

2016 AAU UNITED STATES BENCH, DEADLIFT AND PUSH/PULL

Harrah's Hotel Casino Ballrooms

AMERICAN RECORDS WILL BE SET !!!!!

Harrah's Hotel Casino, Las Vegas, NV

Date: June 25 – Location: Ballroom

YOU MAY EITHER POWERLIFT, BENCH, DEADLIFT OR PUSH/PULL,



Testing: Any AAU lifter may be subject to drug testing per the AAU Policy and Procedures.
Eligibility: Must be a current member of the AAU.
Divisions: All weight classes listed below are provided in all divisions for **both men and women. Both Raw and equipped**

Youth (6-7,8-9,10-11,12-13) Raw Teen(14-15,16-17,18-19), Teen(14-15,16-17,18-19) Junior(20-23) Open, Lifetime, Sub-Masters(35-39) Masters 40-44,45-49 etc. in 5 year, Lifetime Masters, Raw Youth, Raw Teen, Raw Junior, Raw Open, Raw Lifetime, Raw Sub masters, Raw Masters(40-44,45-49 etc. in 5 year increments) Raw Lifetime Masters (5 Yrs) Military/ Law/Fire/Military (active, retired, reserves), Disabled by weight and age Blind/Dwarf/Wheel Chair. High School

Weight Classes: Men: + Youth 66, 77, 88, 97, 105 ALL 114,123,132,148,165,181,198, 220 ,242, 275,308, 308+

Women: Youth 66, 77, 88, ALL 97,105 114,123,132,148,165,181,198,198 220, 220+

Weigh-ins: Early weigh-ins is 6:00-7:30 PM the night before group lifters. Regular weigh-ins is 7:00 am to 8:30 am the morning of the applicable lifting session. See lifting schedule

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Lifting Sched: 06/25/16 late afternoon, early evening

Awards: Custom Plaques First thru Fifth (MINIMUM) Best lifter awards in many divisions
Team Trophies first thru fifth

Fees: \$70 for first division entered \$40 crossover, for each additional class
All lifters must have a current AAU membership card \$24 adult \$14 youth

AAU CARDS AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG `ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECKI-IN ! AS PART OF THE CARD PROCESS, ALL LIFTER AGE 20+ WILL HAVE A BACKGROUND CHECK PERFORMED. PROCESS CAN ADD A WEEK TO CARD APPROVAL

Hotel Info: Harrah's Hotel Casino , Las Vegas, NV : Our block is on a first come first serve basis. When the block fills, room rates WILL GO UP. .

Our rate is only \$85 +\$18 resort fee Block under INBA Bodybuilding GROUP CODE SHINB6

Hotel hot link <https://resweb.passkey.com/go/SHINB6>

BLOCK CLOSES May 24 2016 OR WHEN SOLD OUT

Spectator Fee: \$10 per day, except officials and lifters entered.

Video Tapes: VIDEOING ALLOWED

ENTRY DEADLINE IS May 26 2016 - LATE ENTRIES WILL NOT BE ACCEPTED!

NO REFUNDS !!!! Make checks or money orders payable to:

Martin Drake

1993 Thunder Ridge Circle

Henderson, NV 89012

310-953-5030

E-MAIL NATURALPOWER@EARTHLINK.NET

MEET WILL BE CAPPED AT 20 LIFTERS

Top 3 in each weight class qualify for the AAU World Powerlifting Championships Sept 2016 at the Rio Hotel in Las Vegas

IF YOU NEED TO GET A QUALIFYING SQUAT IN FOR WORLDS, WE WILL HAVE A TOKEN WEIGHT AVAILABE FOR A SINGLE ATTEMPT

**2016 AAU UNITED STATES BENCH, DEADLIFT AND PUSH/PULL
Harrah's Hotel Casino Ballrooms and Rio Vista Amphitheater, Laughlin NV**

Name: _____ Phone: _____ A.A.U. # _____
Address _____ City _____ State _____ Zip _____
Weight Class _____ Age: _____ D.O.B. _____ Sex _____
E-Mail address _____

PLACE "P" IF YOU NEED A TOKEN SQUAT "B" for Bench, "D" for Deadlift, "C" For Pushpull in appropriate block!

Equipped

Open: _____ Teen _____ Youth _____

Junior _____ Sub Master: _____ Master: _____ Military/ Law/Fire/Military: _____

Lifetime _____ Lifetime Masters _____

Raw

Raw Open: _____: _____ Raw Teen: _____ Raw Youth: _____

RAW HIGH SCHOOL _____

Raw Junior _____ Raw Sub Master: _____ Raw Master: _____

Raw Lifetime _____ Raw Lifetime Masters _____

Raw Military/ Law/Fire/Military: _____ Disabled: _____ (specify, Dwarf, Blind, Wheel Chair) High School _____

AAU Powerlifting Waiver and Consent

In order to be able to participate in this or any other AAU Powerlifting event, I hereby consent to be drug tested by urine analysis or whatever other method is chosen by the AAUPC. I agree if I fail or refuse to be tested that I will automatically be disqualified from the event(s) and may be subject to further penalties under the AAU Code. I further consent to the publication of my test results and/or my failure/refusal to test in sole discretion of the AAUPC.

I understand that both the collection process and testing procedures will be performed by a third party (not AAUPC or AAU) I hereby release, discharge and covenant not to sue the AAUPC and/or the AAU, their respective administrators, directors, agents, officers, members, volunteers, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of the premises on which any AAU activity takes place (each considered one of the releases) , from all liability, claims, demands, losses, or damages on any account caused or alleged to be caused in whole or in part by any and all of the releases or otherwise, relative to the drug testing, the publication(s), or any matter related to this event, and further agree that if, despite this release and waiver of liability, assumption of risk and indemnity agreement, such a claim is made against any of the releases, the undersigned will indemnify, save and hold harmless each of the releases from any litigation expenses, attorneys fees, loss, liability, damage, or cost which may occur as a result of such claim.

The parties agree that if any portion of the consent/release shall be deemed invalid and/or unenforceable, the rest of such consent/release shall remain in full effect.

Signature: _____ Date: _____

Signature of parent or Guardian: _____ if under age 21

2016 AAU United States Weightlifting and Single Lift Weightlifting and Power Clean Harrah's Hotel Casino Ballrooms Las Vegas, NV

YOU MAY EITHER DO THE FULLWEIGHTLIFTING, OR THE SINGLE LIFTS FOR THE SNATCH OR C&J OR ALL
ALL NEW AMERICAN RECORDS WILL BE SET !!!!!

Harrah's Hotel Casino, Las Vegas, NV

Date: June 25 – Location: Ballroom



Testing: Any athlete entered may be subjected to drug testing per the AAU Policies and procedures.

Eligibility: Must be a current member of the AAU.

Divisions:

Youth (6-7,8-9,10-11,12-13) **Teen**(14-15,16-17,18-19)**Junior**(20-23) **Open, Sub-Masters**(35-39)**Masters** 40-44,45-49 etc. in 5 year, **Lifetime Masters**), **Law/Fire** (active, retired), **Military**(active, retired, reserves) ,

Female Age Divisions to Weight Classes

(Female Weight Classes kg: 31, 35, 39, 44, 48, 53, 58, 63, 69, 75, 82, 82+)

Youth Ages 6-7, 8-9, 10-11: 31 – 58+kg

Youth Ages 12-13: 35 – 63+kg **Teen Ages 14-15, 16-17:** 44 – 69+kg

Teen Ages 18-19: 48 – 82+kg **Junior Ages 20-23:** 48 – 82+kg

Senior/Open Ages 24-34: 48 – 82+kg **Masters Ages 35-**

39,40-44,45-49,... *: 48 – 82+kg

* (and so on in 5-yr increments)

Male Age Divisions to Weight Classes

(Male Weight Classes kg: 31, 35, 39, 44, 50, 56, 62, 69, 77, 85, 94, 105, 114, 114+)

Youth Ages 6-7, 8-9, 10-11: 31 – 62+kg

Youth Ages 12-13: 35 – 69+kg **Teen Ages 14-15, 16-17:** 50 – 94+kg

Teen Ages 18-19: 56 – 114+kg **Junior Ages 20-23:** 56 – 114+kg

Senior/Open Ages 24-34: 56 – 114+ kg **Masters Ages 35-39,40-**

44,45-49,... *: 56 – 114+ kg

* (and so on in 5-yr increments)

Weigh-ins: Early weigh-ins is 6:00-7:30 PM the night before group lifters. Regular weigh-ins is 7:00 am to 8:30 am the morning of the applicable lifting session. See lifting schedule

Lifting Sched:

06/25/16 Session 1 3:00 PM Session 2 4:30 PM

Awards: Custom Plaques First thru Fifth (MINIMUM) Best lifter awards in many divisions
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Fees: \$70S for first division entered \$40 crossover, for each additional class
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2016 AAU United States Weightlifting and Single Lift Weightlifting and Power Clean

Name: _____ Phone: _____ A.A.U. # _____
Address _____ City _____ State _____ Zip _____
Weight Class _____ Age: _____ D.O.B. _____ Sex _____
E-Mail address _____

PLACE WL for weightlifting, SN for Snatch only or CJ for Clean and Jerk only PC for Power Clean in appropriate block!

Open: _____ Teen _____ Youth _____

Junior _____ Sub Master: _____ Master: _____ Law/Fire: _____

Military _____ Lifetime Masters _____

AAU Weightlifting Waiver and Consent

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I understand that both the collection process and testing procedures will be performed by a third party (not AAUPC or AAU) I hereby release, discharge and covenant not to sue the AAUPC and/or the AAU, their respective administrators, directors, agents, officers, members, volunteers, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of the premises on which any AAU activity takes place (each considered one of the releases) , from all liability, claims, demands, losses, or damages on any account caused or alleged to be caused in whole or in part by any and all of the releases or otherwise, relative to the drug testing, the publication(s), or any matter related to this event, and further agree that if, despite this release and waiver of liability, assumption of risk and indemnity agreement, such a claim is made against any of the releases, the undersigned will indemnify, save and hold harmless each of the releases from any litigation expenses, attorneys fees, loss, liability, damage, or cost which may occur as a result of such claim.

The parties agree that if any portion of the consent/release shall be deemed invalid and/or unenforceable, the rest of such consent/release shall remain in full effect.

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