

AAU NEW ENGLAND STATES CHAMPIONSHIPS
Full Power, Push/Pull, Single Lift Bench Press and Deadlift

June 12, 2010

AAU OFFICIAL ENTRY FORM -- Fill Out Completely -- RETURN ENTIRE PAGE



**Bay State Athletic Club
Scituate, MA 781-545-7635**

NAME _____ AGE _____ WGT CLASS _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE (DAY) _____ (EVENING) _____
AAU # _____ TEAM (If applicable) _____
E-MAIL _____

PLEASE CIRCLE ---Division Entered and indicate Raw or Equipped

MEN WOMEN
FULL POWER MEET --BENCH MEET--DEADLIFT MEET--PUSH/PULL
OPEN-- MASTER --SUBMASTER-- YOUTH--TEEN--JUNIORS (20-23yrs.)
(Master's Division is in 5 year age groups)
WEIGH IN: 7:00 – 8:30 Saturday Only
RULES BRIEFING AT 9:00 AM

Entry Fee: \$60 per lifter---\$30 each additional division---\$30 team entry---\$25 late fee After June 1
AMOUNT ENCLOSED _____ NUMBER OF DIVISIONS _____

SIGNATURE _____

Signature of parent or legal guardian if under 18 _____.

RETURN ALL SIGNED FORMS

RETURN TO: Dave Mansfield

58 Holmes Terrace, Hanson Massachusetts 02341 781-294-4201

BIGIRONPowerlifting@comcast.net

MAKE CHECKS PAYABLE TO BIG IRON Fitness & Rehab LLC

LATE FEE: IF RECEIVED AFTER JUNE 1, 2010

NO REFUNDS FOR ANY REASONS

I understand and will abide by all A.A.U. Powerlifting rules and regulations waive and release the A.A.U., the promoter and all parties involved with the meet from any legal action that may be taken as a result of participation in this event. I realize Powerlifting competitions are potentially dangerous and physically demanding and I do so at my own risk.

SIGNATURE OF ATHLETE _____ DATE _____

SIGNATURE OF PARENT OR GUARDIAN _____ IF UNDER 18

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- Participants are encouraged to visit the AAU web site www.aasports.org to obtain their membership.

REGISTRATION CATEGORIES:

Please Print:

NAME: _____

CIRCLE WEIGHT CLASS: (all lifters must circle one) *Kilograms/Pounds*

FEMALE:	30/66	35/77	40/88	44/97	48/105	52/114	56/123	60/132
	67/148	75/165	82/181	90/198	100/220	100+/220+		
MALE:	30/66	35/77	40/88	44/97	48/105	52/114	56/123	60/132
	67/148	75/165	82/181	90/198	100/220	110/242	125/275	140/308
								140+/308+

All lifters must register in one of the two Meets and check one Division in that meet. Then, you may “Crossover” to the other Meets and/or Division(s). Please check the box next to each Division(s) you wish to compete in. Remember, the first Division will cost \$75.00. All “Crossovers” will cost \$40.00 each. Team entries will require a separate application and cost \$75 per division entered.

Check the box to the left of each appropriate Division listed below.

New England POWERLIFTING CHAMPIONSHIPS:

Check the box to the left of each Division you wish to compete in:

- ☐ SPECIAL ATHLETE
- ☐ YOUTH (UP TO 11 YEARS OLD)
- ☐ TEEN (12 – 19) ☐ TEEN LAW & FIRE / MILITARY
- ☐ JUNIOR (20-23) ☐ JUNIOR LAW & FIRE/MILITARY
- ☐ OPEN (ANY AGE) ☐ OPEN LAW & FIRE/ MILITARY
- ☐ SUB-MASTER (35-39) ☐ SUB-MASTER LAW & FIRE /MILITARY
- ☐ MASTER (40 AND OVER) ☐ MASTER LAW & FIRE /MILITARY

Check the box to the left of each appropriate Division listed below.

New England BENCH PRESS CHAMPIONSHIP:

Check the box to the left of each Division you wish to compete in:

- ☐ SPECIAL ATHLETE
- ☐ YOUTH (UP TO 11 YEARS OLD)
- ☐ TEEN (12 – 19) ☐ TEEN LAW & FIRE /MILITARY
- ☐ JUNIOR (20-23) ☐ JUNIOR LAW & FIRE/MILITARY
- ☐ OPEN (ANY AGE) ☐ OPEN LAW & FIRE/ MILITARY
- ☐ SUB-MASTER (35-39) ☐ SUB-MASTER LAW & FIRE /MILITARY
- ☐ MASTER (40 AND OVER) ☐ MASTER LAW & FIRE /MILITARY

Qualifying Information: All lifters **must** have competed in an AAU sanctioned meet within one year of the competition date. Information will be checked and verified

Competition Name : _____

Competition Location : _____

Competition Date : _____

Please Print:

NAME: _____

New England DEADLIFT CHAMPIONSHIP:

Check the box to the left of each Division you wish to compete in:

- ☐ SPECIAL ATHLETE
☐ YOUTH (UP TO 11 YEARS OLD)
☐ TEEN (12 – 19) ☐ TEEN LAW &/ MILITARY
☐ JUNIOR (20-23) ☐ JUNIOR LAW & FIRE/ MILITARY
☐ OPEN (ANY AGE) ☐ OPEN LAW & FIRE/ MILITARY
☐ SUB-MASTER (35-39) ☐ SUB-MASTER LAW & FIRE/ MILITARY
☐ MASTER (40 AND OVER) ☐ MASTER LAW & FIRE/MILITARY

Check the box to the left of each appropriate Division listed below.

New England PUSH/PULL CHAMPIONSHIP:

Check the box to the left of each Division you wish to compete in:

- ☐ SPECIAL ATHLETE
☐ YOUTH (UP TO 11 YEARS OLD)
☐ TEEN (12 – 19) ☐ TEEN LAW & FIRE/ MILITARY
☐ JUNIOR (20-23) ☐ JUNIOR LAW & FIRE/ MILITARY
☐ OPEN (ANY AGE) ☐ OPEN LAW & FIRE/ MILITARY
☐ SUB-MASTER (35-39) ☐ SUB-MASTER LAW & FIRE/MILITARY
☐ MASTER (40 AND OVER) ☐ MASTER LAW & FIRE /MILITARY

NO REFUNDS ALLOWED

LATE FEE OF \$25 IF RECEIVED AFTER JUNE 1, 2010

ENTRY FEE: (Includes One Division) \$60 = _____

TEAM ENTRY FEE: (Per Division) \$30 = _____

CROSSOVER FEES: NUMBER OF CROSSOVERS \$30 = _____

LATE FEE: IF RECEIVED AFTER JUNE 1, 2010 \$25=_____

TOTAL AMOUNT ENCLOSED: (NO REFUNDS) _____

MAKE CHECK OR MONEY ORDER PAYABLE TO:

BIG IRON Fitness & Rehab LLC

SEND COMPLETED APPLICATION TO

DAVE MANSFIELD

58 HOLMES TERRACE

HANSON, MASSACHUSETTS 02341

Release, Waiver of Liability, Assumption of Risk, Indemnity, and parental Consent Agreement (“agreement”)

In consideration of being permitted to participate in an Amateur Athletic Union of the U.S. Inc. activity (“activity”) I, my personal representatives, assigned heirs and next to kin:

1. **ACKNOWLEDGE**, agree, and represent that I understand the nature of the activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe; I will immediately discontinue further participation in the activity.

2. **FULLY UNDERSTAND** that: (a) **ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH (“Risks”)**; (b) these Risks and dangers may be caused by my own actions or the actions of others participating in the activity, the condition in which the activity takes place, or **THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW**; there may be **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time; and **I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation or that of the minor in the activity.

3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the Amateur Athletic Union of the U.S. Inc. (AAU), including its parent company, related affiliated and subsidiary companies of each, as well as the officers, directors, agents, employees and assigns of each, and the AAU’s Associations, clubs, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, and any other party indemnified and held harmless by the AAU, (each considered one of the **“RELEASEES”** herein) **FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE** that if, despite this **RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I**, or anyone on my behalf, makes a claim against any of the Release’s, **I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES** from any litigation expense, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Printed name of participant: _____ Phone: _____

Participant’s signature (only if age 18 or over): _____ Date: _____

Minor’s RELEASE

AND I, THE MINOR’S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR’S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE’S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR’S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE. I THE MINOR OR ANYONE ON THE MINOR’S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAME ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Printed name of parent or Guardian: _____ Phone: _____

Address: _____
Street City State Zip Code

Parent/guardian signature (only if participant is under the age of 18): _____ Date: _____

**2010 A.A.U. NEW ENGLAND POWERLIFTING CHAMPIONSHIPS
and
BENCH PRESS, DEADLIFT AND PUSH/PULL CHAMPIONSHIPS**

**June 12, 2010
Bay State Athletic Club
Scituate, MA 781-545-7635**

INFORMATION SHEET

QUESTIONS, CONTACT:

Big Iron Powerlifting

Dave Mansfield 781-294-4201

Rich DeLeon after 12:00 p.m. 781-523-1547 (leave message)

E-MAIL: BigIronPowerlifting@comcast.net

ENTRY DEADLINE

LATE FEE OF \$25 IF RECEIVED AFTER JUNE 1, 2010

Please do not send your application by certified mail.

WEIGHT CLASS:

Women – 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+

Men - 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+

DIVISIONS

Teen, Junior, /Open (All Ages), Sub-Master, Master, Military/Law/Fire, Special Athlete

LIFTING ATTIRE:

One-piece lift suit (wrestling singlet) is mandatory for all lifters. For more information go to www.aausports.org – click handbook, then costume.

CONTEST: Saturday June 12, 2010

Full power, Push-pull, single lift bench & deadlift meet. AAU rules apply

Meet may run in sessions or flights (to be determined week prior to meet)

MANDATORY EQUIPMENT CHECK AT WEIGH-IN'S

Kilogram plates will be used on the competition platform.

DO NOT CALL AND ASK WHO IS IN YOUR WEIGHT CLASS. There will be a lifter's program posted after weigh-in at the meet.

REGISTRATION/WEIGH-IN:

Saturday, June 12, 2010 7:00 – 8:30 AM at the venue

RULES BRIEFING: 9:00 A.M.

ALL LIFTERS MUST ATTEND THE RULES BRIEFING

LIFTING STARTS:

9:30 A.M. SHARP

SPECTATOR'S FEE:

\$5.00 per person, children 12 and under free

AWARDS:

Awards will be awarded for 1st-3rd place in all divisions, weight classes
Awards will be awarded for 1st-3rd place teams.

RECORDS:

Breaking / setting records will require proof of age at the end of the meet.
American, New England, and Massachusetts records may be broken at this meet.

ENTRY FEE: NO entries will be accepted after June 1st.

\$60.00 for registration and \$30.00 for each additional crossover.

\$30.00 for Team entry, all lifters must be entered

ELIGIBILITY:

All contestants must be current AAU members. Cards may be purchased online at www.aausports.org **NOTE:** Annual membership expires August 31st of each year. \$32.00 (adults), \$12.00 (ages 19 & under). Any coach that will be in the lifting area or on the platform with their athlete must have a coach's pass also (\$12.00)

RULES:

All AAU rules apply. See www.aausports.org –click on handbook for lifters

DRUG TESTING:

Athletes must sign a drug waiver form at the time of weigh-in. Failure to do so will disqualify you from the competition. Leaving prior to the announcement of drug testing participants will disqualify you from the competition and you will forfeit all records that were obtained during competition.

LOCATION:

Bay State Athletic Club
The New Driftway
Scituate, MA