

# A.A.U. NEW YORK STATE

## BENCH PRESS/DEADLIFT STATE CHAMPIONSHIP

**DATE: February 20, 2010**    **TIME: Weigh-ins 8:00 – 9:30 Lifting starts at 10:00 AM**

**ENTRY DEADLINE: February 10, 2010** (All entries must be received by this date)

**AWARDS: 1<sup>ST</sup>- 3<sup>RD</sup> Place**

**DIVISIONS: All Males & female weight and age classes**

**MENS: 114 123 132 148 165 181 198 220 242 275 308 308+,**

**WOMANS: 97 105 114 123 132 148 165 181 198 220 220+**

**Teen (11+ under) (12-13) (14-15) (16-17) (18-19) Junior (20-23) Sub-master (35-39) Masters (40-44) (45-49) (50-54) (55-59) (60-64) (65+) (OPEN) (RAW)**

**Submaster and master lifters please specify whether you are RAW or equipment.**

**RULES: A.A.U. RULES APPLY**

**UNIFORM: One-piece lifting singlet, T-shirt/one ply polyester bench shirt**

**No records will be set without proper attire. RAW lifters MUST wear a t-shirt in both events.**

**ENTRY FEE: INCLUDES T-SHIRT**

**Bench ONLY \$65.00    Deadlift ONLY        \$65.00  
Ironman (bench and deadlift total) \$65.00.  
Extra divisions \$40.00**

**MEET DIRECTOR: Steve Rogers (make checks payable to Steve Rogers)**

**13797 Route 31, Savannah, NY 13146**

**(315) 365-3377**

**Email: seepser67@tds.net**

**PLACE: Donselaars Party House (Please do not call location for information on meet)**

**Located just west of Clyde on Route 31**

**Clyde, New York 14433**

**ADMISSION:        \$5.00 per person and children 12 and under free**

- 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 connect. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

Name \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

**AAU Membership # \_\_\_\_\_ (required)**

Potential openers: Bench \_\_\_\_\_ Deadlift \_\_\_\_\_

Weight Class \_\_\_\_\_ **RAW** or **EQUIPMENT (circle one)**

Class you are entering: Bench \_\_\_\_\_ Deadlift \_\_\_\_\_ Ironman \_\_\_\_\_

Open \_\_\_\_\_ Women \_\_\_\_\_ RAW \_\_\_\_\_ Teen \_\_\_\_\_ Junior(20-23) \_\_\_\_\_

Submaster(35-39) \_\_\_\_\_ Master(40-44) \_\_\_\_\_ (45-49) \_\_\_\_\_

(50-54) \_\_\_\_\_ (55-59) \_\_\_\_\_ (60-64) \_\_\_\_\_ (65-69) \_\_\_\_\_

Lifetime \_\_\_\_\_ Other \_\_\_\_\_

Athletes Liability Release Form

In the acceptance of my entry in this AAU competition, I intend to waive and release all rights and claims of damages which I may have or which may accrue against the Niagara Association of the AAU and Steve Rogers, the facility owners or any other support organization of any liability that may occur.

I have carefully read the above sentence and I fully understand and agree with all of its contents. In acknowledgment thereof, I affix my signature thereunder.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Guardian's Signature (If under 18)

\_\_\_\_\_  
Date