

# 2009 AAU TULSA CHRISTMAS CLASSIC POWERLIFTING / BENCH PRESS / DEADLIFT CHAMPIONSHIPS

DATE: DECEMBER, 19, 2009  
MEET DIRECTOR: DANNY BERRY (918)-695-3823  
MEET SITE: 4960 S. 83<sup>RD</sup> EAST AVE. SUITE C TULSA OK 74145  
WEIGH-INS: FRIDAY, DEC 18 6:00 TO 7:30 PM  
SATURDAY, DEC 19 - 8:00 TO 9:30 AM  
LIFTING BEGINS: SATURDAY DECEMBER 19 10:00 AM All lifters

AAU Membership Cards Must Be Presented At Weigh-In. AAU Membership Cards are Available online at [www.ausports.org](http://www.ausports.org) / Held Under  
The Sanction Of The AAU

*BRING COPY OF BIRTH CERTIFICATE TO THE WEIGH-IN IF YOU ARE ENTERED IN AN AGE GROUP DIVISION OR PLAN TO BREAK AGE RELATED RECORD*

## WEIGHT CLASSES:

MEN 114 123 132 148 165 181 198 220 242 275 308 308 +  
WOMEN 97 105 114 123 132 148 165 181 198 198+  
YOUTH MENS 66 77 88 97 105 114 123 132 148 165 181 198 220 242 275 308 308+  
YOUTH WOMENS 66 77 88 97 105 114 123 132 148 165 181 198

## DIVISIONS

MEN – OPEN, JUNIOR (20- 23) SUBMASTER (35-39) MASTERS (40-up)

WOMEN – OPEN, JUNIOR (20-23), SUBMASTER (35-39), MASTER (40-UP)

**MENS YOUTH** (12-13) (14-15) (16-17) (18-19)

**WOMENS YOUTH** (12-13) (14-15) (16-17) (18-19)

ENTRY FEE:\$40.00 EACH DIVISION ENTRY DEADLINE: DECEMBER, 14 (postmarked) LATE ENTRY FEE \$55.00 AFTER DECEMBER 14  
\$40.00 TEAM ENTRY **TEAMS MUST BE AAU MEMBERS** (2 DOOR PASSES FOR COACHES WITH TEAM ENTRY)  
ENTRY FEE MUST ACCOMPANY ENTRY BLANK. SPECTATOR ADMISSION: Adults \$4.00 Students \$2.00

SEND ENTRY TO DANNY BERRY 11526 S. Nandina Ave.. Jenks OK 74037

**Make checks Payable to Robert Berry**

**ADULTS FILL OUT DRUG WAIVER SEND WITH ENTRY**

**AWARDS:** 1<sup>ST</sup> 2<sup>ND</sup> 3<sup>RD</sup> PLACE MEDALS IN EACH WEIGHT CLASS

**TEAMS:** 1<sup>ST</sup> 2<sup>ND</sup> 3<sup>RD</sup>  
OUTSTANDING SQUAT / BENCH / DEADLIFT/ EACH DIVISION.

- 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.ausports.org](http://www.ausports.org) to obtain their membership