

2010 AAU OKLAHOMA STATE
**POWERLIFTING / BENCH PRESS / DEADLIFT
CHAMPIONSHIPS**

May 8, 2010

ENTRY DEADLINE –MAY 1, 2010 (Postmarked)

ENTRY FEE \$40.00 each Division

LATE FEE ADD \$15.00 (AFTER MAY 1, 2010)

WEIGHT CLASS _____

DIVISIONS: MEN _____ **WOMEN** _____

POWERLIFTING _____ **BENCH PRESS** _____ **DEADLIFT** _____

OPEN _____ **YOUTH** (12-13) (14-15) (16-17) (18-19) _____ **JUNIOR (20-23)** _____ **SUBMASTERS (35-39)** _____
MASTERS (40 AND UP) _____

NAME _____ **PHONE** () _____

ADDRESS _____ **CITY** _____

STATE _____ **ZIP** _____ **DATE OF BIRTH** _____

REGISTERED AAU CLUB / SCHOOL _____ **CLUB NUMBER** _____ **AAU CARD NUMBER** _____ **YEAR** _____

ITEMS OF INTEREST _____
POWERLIFTING ACHIEVEMENTS _____

PREVIOUS PERSONAL BEST IN POUNDS: **SQUAT** **BENCH** **DEADLIFT** **TOTAL**

I, _____ DO HEREBY RELEASE DANNY BERRY, DENNIS BROOKS and THE AAU FROM ANY RESPONSIBILITY FOR INJURIES SUFFERED BY ME PARTICIPATING IN OR TRAVELING TO OR FROM THE 2008 AAU OKLAHOMA STATE OPEN / BENCH PRESS / DEADLIFT POWERLIFTING CHAMPIONSHIPS.

LIFTER'S SIGNATURE _____ **DATE** _____

PARENT'S SIGNATURE _____ **DATE** _____
(If lifter is under 18 years of age)

SEND ENTRIES Danny Berry
And 1301 W. INGLEWOOD ST.
DRUG TESTING BROKEN ARROW OK. 74011
WAIVER (918)-695-3823
TO: **MAKE CHECKS OUT TO ROBERT BERRY**

- 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 to obtain their membership.