

2010 AAU OKLAHOMA STATE POWERLIFTING / BENCH PRESS / DEADLIFT CHAMPIONSHIPS

DATE: MAY 8TH 2010

MEET DIRECTOR: DANNY BERRY (918)-695-3823

MEET SITE: SAPULPA HIGH SCHOOL GYM (3 SOUTH MISSION SAPULPA OKLA. 74066)

WEIGH-INS: FRIDAY, MAY 7TH 6:00 TO 7:30 PM

SATURDAY, MAY 8TH - 8:00 TO 9:30 AM

LIFTING BEGINS: SATURDAY MAY 8TH 10:00 AM All lifters

AAU Membership Cards Must Be Presented At Weigh-In. AAU Membership Cards Will be Available online at www.aausports.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: MAY 1ST (postmarked) LATE ENTRY FEE \$55.00 AFTER MAY 1ST
\$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 ADDRESS 1301 WEST INGLEWOOD ST. BROKEN ARROW OKLA, 74011

Make checks Payable to Robert Berry

ADULTS FILL OUT DRUG WAIVER SEND WITH ENTRY

AWARDS: 1ST 2ND 3RD PLACE IN EACH WEIGHT CLASS

TEAMS: 1ST 2ND 3RD

OUTSTANDING SQUAT / BENCH / DEADLIFT/ Awards

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.aausports.org to obtain their membership.