

2010 AAU TEENAGE NATIONALS
POWERLIFTING / BENCH PRESS /
CHAMPIONSHIPS

JULY 17, 2010
ENTRY DEADLINE – JULY 10, 2010 (Postmarked)

WEIGHT CLASS _____

DIVISIONS: MEN _____ WOMEN _____

DIVISIONS: CIRCLE DIVISION (12-13) (14-15) (16-17) (18-19)

WEIGHT CLASSES: MEN 66 77 88 97 105 114 123 132 148 165 181 198 220 242 275 308 308+

WOMEN 66 77 88 97 105 114 123 132 148 165 181 198 198+

POWERLIFTING _____ **BENCH PRESS** _____

.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	SQUAT	BENCH	DEADLIFT	TOTAL
BEST IN POUNDS:	_____	_____	_____	_____

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 OKLA 74011
WAIVER (918)-695-3823

- 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.