

# AMATEUR ATHLETIC UNION



## Powerlifting Certificate

## Record Application

Download this application and fill out one form for each record you have attained. The AAU Staff will verify the record prior to mailing your Record Certification. We will only process fully completed applications.

**Please, print information:**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Record Information

State Record\_\_\_\_(State)       American Record       World Record

Weight Lifted: \_\_\_\_\_ lbs. or kgs.       Raw       Assisted

Bench     Deadlift     Squat     Full Meet Total     Single Bench     Single Deadlift

Location of the Meet: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

Age: \_\_\_\_\_ Meet Director: \_\_\_\_\_

You must check *Weight Class* and *Division* on page two of this application

**CIRCLE WEIGHT CLASS: Kilograms/Pounds**

*Check the box to the left of the Division:*

**FEMALE:** 30/66 35/77 40/88 44/97 48/105 52/111 56/123 60/132 67/148 75/165  
82/181 90/198 100/220 100/220+

**MALE:** 30/66 35/77 40/88 44/97 48/105 52/114 56/123 60/132 67/148 75/165  
82/181 90/198 100/220 110/242 125/275 140/308 140/308+

*Check the box to the left of the Division:*

- |   |   |   |                                       |
|---|---|---|---------------------------------------|
| <input type="checkbox"/> Special Athlete    | <input type="checkbox"/> Youth (8-9)                  | <input type="checkbox"/> Youth (10-11)            |                                       |
| <input type="checkbox"/> Youth (6-7)        | <input type="checkbox"/> Teen (14-15)                 | <input type="checkbox"/> Teen 16-17)              | <input type="checkbox"/> Teen (18-19) |
| <input type="checkbox"/> Teen (12-13)       | <input type="checkbox"/> Junior Law/Fire/Military     |   |                                       |
| <input type="checkbox"/> Junior (20-23)     | <input type="checkbox"/> Open Law/Fire/Military       |   |                                       |
| <input type="checkbox"/> Open (any age)     | <input type="checkbox"/> Sub-Master Law/Fire/Military |   |                                       |
| <input type="checkbox"/> Sub-Master (35-39) | <input type="checkbox"/> Master Lifetime              | <input type="checkbox"/> Master Law/Fire/Military |                                       |
| <input type="checkbox"/> Master             |   |   |                                       |
- (Master Division 40 years and older)**

**Enclose a check or money order for \$7.00 for each Certificate requested.**  
Includes shipping and Certificate Holder

Send application and checks to:  
**Virginia Powerlifting Association, Inc.**  
6108 Pine Slash Road  
Mechanicsville, Virginia 23116

Please allow 3 - 4 weeks for delivery

[VAPowerlifting@aol.com](mailto:VAPowerlifting@aol.com) or call 804-559-4624 between 7 - 9 pm (EST)

For Staff use only.

Date received: \_\_\_/\_\_\_/\_\_\_ Date verified: \_\_\_/\_\_\_/\_\_\_ Date sent: \_\_\_/\_\_\_/\_\_\_

Comments: \_\_\_\_\_