

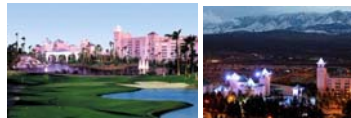
**2010 AAU
National Bench, Deadlift and Push/Pull Championships and
North American Powerlifting**

DRUG TESTED! Casablanca Resort Hotel Casino Mesquite NV

YOU MAY EITHER POWERLIFT, BENCH, DEADLIFT OR PUSH/PULL OR ALL COMBINATIONS!

Date: July 9-11 2010

Location: The beautiful Casablanca Resort in Mesquite Nevada. 1 hour north of Las Vegas.



Three shuttles daily from the Las Vegas airport. Approx. Cost \$50 round trip.
5 ACRE SWIMMING POOL WITH ROCK WATERFALLS AND SLIDE
2 PGA Gold Courses **SPECIAL LOW RATES ON GOLF.**
CLOSE TO ZION AND BRYCE CANYON NATIONAL PARKS

Testing: Third party

Eligibility: Must be a current member of the AAU.

Divisions: All weight classes listed below are provided in all divisions for **both men and women. Both Raw and equipped**
Youth (6-7,8-9,10-11,12-13) **Raw Teen**(14-15,16-17,18-19),**Teen**(14-15,16-17,18-19)**Junior**(20-23) **Open, Lifetime, Sub-**
Masters(35-39)**Masters** 40-44,45-49 etc. in 5 year, **Lifetime Masters, Raw Youth, Raw Teen, Raw Junior, Raw Open, Raw**
Lifetime , Raw Sub masters, Raw Masters(40-44,45-49 etc. in 5 year increments) **Raw Lifetime Masters** (5 years) **Military/ Law**
enforcement(active, retired, reserves) , **Disabled by weight and age Blind/Dwarf/Wheel Chair**

Weight Classes: Men: + Youth 66, 77, 88, 97, 105 ALL 114,123,132,148,165,181,198,220,242,275,308,308+
Women: Youth 66, 77, 88, ALL 97,105 114,123,132,148,165,181,198,198 220, shw

Weigh-ins Early weigh-ins is 6:00-7:30 PM the night before group lifters. Regular weigh-ins is 7:00 am to 8:30AM the morning of the applicable lifting session. See lifting schedule

Lifting Schedule: 9:00 A.M: 7/9/10 all **Women plus Men 165 and below**

9:00 A.M 7/10/10 for **Men 181-220**

9:00 A.M 7/11/10 for **Men 242-SHW**

Awards: Trophies First thru Fifth (MINIMUM) Best lifter awards in many divisions
Team Trophies first thru fifth

Fees: \$75 for first division entered \$35 crossover, for each additional class

A.A.U. cards available at the meet, all lifters must have a current A.A.U card \$32 adult \$12 youth

AAU CARDS **CARDS AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG `ALL CARD MUST BE BOUGHT ONLINE!**

Hotel Rates: Casablanca Resort Hotel Casino. One of the most beautiful resorts in the USA

1-877-438-2929 ASK FOR AAU National Bench Press, Deadlift and Pushpull **GROUP # 16789**

Sun-Thru rate: \$39.98/Night Fri and Sat \$44.98/night

Limited rooms BOOK TODAY! BLOCK CLOSSES JUNE 8 2010

Spectator Fee: \$10 per day, except officials and lifters entered.

Video Tapes: NO OUTSIDE VIDEOS ALLOWED

ENTRY DEADLINE IS June 6, 2010

NO LATE ENTRIES WILL BE ACCEPTED!!!! !!!! No refunds!

Make checks or money orders payable to:

Martin Drake

P.O. Box 108

Nuevo, Ca. 92567

(951) 928-4797

E-MAIL NATURALPOWER@EARTHLINK.NET

THIS MEET IS A WORLD QUALIFIER FOR THE AAU WORLD BENCH/DEADLIFT/PUSH/PULL AND INTERNATIONAL POWERLIFTING OCT 8-10 IN LAS VEGAS NEVADA AND IS A QUALIFIER FOR THE US IPC TRIALS

MEET WILL BE CAPPED AT 400 LIFTERS

- 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.

AAU National Bench, Push/Pull and Deadlift and North American Powerlifting

Name: _____ Phone: _____ A.A.U. # _____
Address _____ City _____ State _____ Zip _____
Weight Class _____ Age: _____ D.O.B. _____ Sex _____
E-Mail address _____

PLACE "P" for Powerlifting "B" for Bench, "D" for Deadlift, "C" For Pushpull in appropriate block!

Equipped

Open: _____ Teen _____ Youth _____

Junior _____ Sub Master: _____ Master: _____ Law Enforce: /Military: _____

Lifetime _____ Lifetime Masters _____ Novice _____

Raw

Raw Open: _____: _____ Raw Teen: _____ Raw Youth: _____

Raw Junior _____ Raw Sub Master: _____ Raw Master: _____

Raw Lifetime _____ Raw Lifetime Masters _____

Raw Law Enforce/Raw Military: _____ Raw Novice _____

Disabled. _____ (specify, Dwarf, Blind, Wheel Chair)

AAU Powerlifting Waiver and Consent

In order to be able to participate in this or any other AAU Powerlifting event, I hereby consent to be drug tested by urine analysis or whatever other method is chosen by the AAUPC. I agree if I fail or refuse to be tested that I will automatically be disqualified from the event(s) and may be subject to further penalties under the AAU Code. I further consent to the publication of my test results and/or my failure/refusal to test in sole discretion of the AAUPC.

I understand that both the collection process and testing procedures will be performed by a third party (not AAUPC or AAU)

I hereby release, discharge and covenant not to sue the AAUPC and/or the AAU, their respective administrators, directors, agents, officers, members, volunteers, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of the premises on which any AAU activity takes place (each considered one of the releases) , from all liability, claims, demands, losses, or damages on any account caused or alleged to be caused in whole or in part by any and all of the releases or otherwise, relative to the drug testing, the publication(s), or any matter related to this event, and further agree that if, despite this release and waiver of liability, assumption of risk and indemnity agreement, such a claim is made against any of the releases, the undersigned will indemnify, save and hold harmless each of the releases from any litigation expenses, attorneys fees, loss, liability, damage, or cost which may occur as a result of such claim.

The parties agree that if any portion of the consent/release shall be deemed invalid and/or unenforceable, the rest of such consent/release shall remain in full effect.

Signature: _____ Date: _____

Signature of parent or Guardian: _____ if under age 21