

**SIXTH ANNUAL AAU TRIPLE CROWN CLASSIC  
2008 AAU EAST COAST BENCH PRESS CLASSIC  
2008 AAU MILITARY NATIONALS FULL POWER  
2008 AAU MILITARY NATIONALS BENCH PRESS**



**INFORMATION SHEET**  
SATURDAY & SUNDAY APRIL 26-27, 2008  
RICHMOND, VIRGINIA

**MAXIMUM OF 100 LIFTERS**

VIRGINIA POWERLIFTING ASSOCIATION, INC.

Judy Wood after 7:00 p.m.

804-559-4624 -- FAX 804-559-0257 -- [Vapowerlifting@aol.com](mailto:Vapowerlifting@aol.com)

**ENTRY DEADLINE: APRIL 20, 2008**

**WEIGHT CLASS: Women 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+  
Men 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+**

**DIVISIONS: YOUTH / TEENAGE / JUNIORS / OPEN (ALL AGES) / SUB-MASTERS / MASTERS/  
MILITARY/LAW-FIRE / LIFETIME / SPECIAL ATHLETES**

**LIFTING ATTIRE: One-piece lift suit (wrestling singlet) is mandatory for all lifters age 20 & older. Teenagers and youth may wear non-supportive, snug, not tight shorts in good repair. Cut-off jeans, walking shorts and loose fitting/baggy shorts are not allowed. Spandex type bike shorts are suitable. For more information go to [www.aausports.org](http://www.aausports.org) and click Handbook, then Costume.**

**WEIGH-IN: All women, youth (5-19) & men up to & including 181 – Friday-April 25th , 4 to 5:30 PM and Sat.-April 26<sup>th</sup>  
6:00 to 7:30 AM, Location – Brookland Middle School  
All Men 198 & up – Saturday-April, 26th 4 to 5:30 PM and Sunday- April 27<sup>th</sup>  
6:00 to 7:30 AM, Location Brookland Middle School**

**RULES BRIEFING: SAT. & SUN. – 8:00 AM -- LIFTING STARTS: SAT. & SUN. 9:00 AM**

**SPECTATOR'S FEE: \$7 (12 years and older) ONE DAY PASS - WEEKEND PASS: \$10**

**CONTEST: Full meet (squat, bench, and deadlift) - Raw & Equipment - AAU RULES APPLY**  
• Mandatory equipment checks at registration  
• Kilogram plates will be used on the platform

**AWARDS: Individuals: 1<sup>st</sup> – 3<sup>rd</sup> in all divisions, weight classes & crossovers  
Teams: 1<sup>st</sup> – 3<sup>rd</sup> (Team must be registered with AAU as a club)**

**RECORDS: Breaking & setting American records will require proof of age at the end of meet to retain record.**

**DRUG TESTING: This is a drug-free Meet. Athletes may be tested during or after the Meets.**

**ENTRY FEE: \$60 --EACH CROSSOVER: \$35 -- TEAM: \$25**

**NO REFUNDS -**

**- NO ENTRY AFTER April 20th --**

**NO EXCEPTIONS!**

**LOCATION: Brookland Middle School, 9200 Lydell Drive, Richmond, VA 23228**

**ELIGIBILITY: All contestants must be a current 2008 AAU member. Cards may be purchased online at [www.aausports.org](http://www.aausports.org)  
Cards may also be purchased at Weigh-ins. Note: Annual memberships expire August 30<sup>th</sup> of each year.  
**Adults: \$32 Ages 19 & under: \$12****

**RULES: All AAU rules apply. See [www.aausports.org](http://www.aausports.org) -- Click on Handbook**

***RETAIN THIS SHEET FOR YOUR INFORMATION AND MAIL ENTRY FORM***







**ALL LIFTERS MUST COMPLETE AND SIGN THE AAU RELEASE, WAIVER OF LIABILITY,  
ASSUMPTION OF RISK, INDEMNITY, AND THE PARENTAL CONSENT AGREEMENT**

**Release, Waiver of Liability, Assumption of Risk, Indemnity, and parental Consent Agreement (“agreement”)**

In consideration of being permitted to participate in an Amateur Athletic Union of the U.S. Inc. activity (“activity”) I, my personal representatives, assigned heirs and next to kin:

1. **ACKNOWLEDGE**, agree, and represent that I understand the nature of the activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe; I will immediately discontinue further participation in the activity.

2. **FULLY UNDERSTAND** that: (a) **ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH (“Risks”)**: (b) these Risks and dangers may be caused by my own actions or the actions of others participating in the activity, the condition in which the activity takes place, or **THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW**: there may be **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time: and **I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation or that of the minor in the activity.

3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the Amateur Athletic Union of the U.S. Inc. (AAU), including its parent company, related affiliated and subsidiary companies of each, as well as the officers, directors, agents, employees and assigns of each, and the AAU’s Associations, clubs, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, and any other party indemnified and held harmless by the AAU, (each considered one of the **“RELEASEES”** herein) **FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE** that if, despite this **RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I**, or anyone on my behalf, makes a claim against any of the Release’s, **I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES** from any litigation expense, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

**I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.**

Printed name of participant: \_\_\_\_\_ Phone: \_\_\_\_\_

Participant’s signature (only if age 18 or over): **X** \_\_\_\_\_ Date: \_\_\_\_\_

**Minor’s RELEASE**

**AND I, THE MINOR’S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR’S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE’S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR’S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE. I THE MINOR OR ANYONE ON THE MINOR’S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAME ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.**

Printed name of parent or Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip Code

Parent/guardian signature (only if participant is under the age of 18): **X** \_\_\_\_\_ Date: \_\_\_\_\_