



A.A.U. BENCH PRESS NATIONALS OUR TIME TO SHINE

DATE: March 15, 2008

TIME: Weigh-ins Friday 6:00-7:30 PM

Saturday 7:30 – 9:00 AM Rules meeting 9:00 AM

ENTRY DEADLINE: February 22, 2008 (All entries must be received by this date)

Absolutely NO LATE ENTRIES

AWARDS: 1ST- 5th Place We will cap the applications at first 100 entries

DIVISIONS: All Males & female weight and age classes

MENS: 114 123 132 148 165 181 198 220 242 275 308 SHW,

WOMANS: 97 105 114 123 132 148 165 181 198 HWT

**Teen (11+ under) (12-13) (14-15) (16-17) (18-19) Junior (20-23) Sub-master (35-39) Masters (40-44)
(45-49) (50-54) (55-59) (60-64) (65+) (OPEN) (RAW)**

Submaster and master lifters please specify whether you are RAW or equipment.

RULES: A.A.U. RULES APPLY

This event is sanctioned by the AAU. Membership card applications will be available at the meet. The AAU calendar year is September 1, 2007 through August 31, 2008. Adults \$32.00 and teenager is \$12.00. You can also register online at www.aausports.org if you register online, you get your ID card at that time and you must have it with you as proof of registration on the day of the meet. The AAU membership fee is not included in the entry fee.

**UNIFORM: One-piece lifiting singlet, T-shirt/bench shirt
Raw lifters **MUST** wear T-shirt.**

ENTRY FEE: \$75.00 INCLUDES T-SHIRT Extra divisions \$50.00

**MEET DIRECTOR: Steve Rogers (make checks payable to Steve Rogers)
13797 Route 31, Savannah, NY 13146
(315) 365-3377**

**PLACE: Donselaars Party House (Please do not call location for information on meet)
Clyde, New York 14433 www.donselaars.com**

ADMISSION: \$5.00 per person and children 12 and under free

Name _____ Age _____ DOB _____ Email _____

Address _____ City/State/Zip _____

County of Residence _____ Phone _____

AAU Membership # _____ **(required)**

Weight Class _____ Potential opener: Bench _____

RAW or **EQUIPMENT** **AAU qualifying meet:** _____
Circle one Date or place

Class you are entering: Open _____ Women _____

Teen _____ Junior(20-23) _____ Submaster(35-39) _____

Master(40-44) _____ (45-49) _____ (50-54) _____ (55-59) _____

(60-64) _____ (65-69) _____ (70-74) _____ Lifetime _____

Special Olympian _____ Police/Fire _____

Athletes Liability Release Form

In the acceptance of my entry in this AAU competition, I intend to waive and release all rights and claims of damages which I may have or which may accrue against the Niagara Association of the AAU and Steve Rogers, the facility owners or any other support organization of any liability that may occur.

I have carefully read the above sentence and I fully understand and agree with all of its contents. In acknowledgment thereof, I affix my signature thereunder.

Athlete's Signature

Date

Guardian's Signature (If under 18)

Date

Name _____ Age _____ DOB _____ Email _____

Address _____ City/State/Zip _____

County of Residence _____ Phone _____

AAU Membership # _____ (required)

Weight Class _____ Potential opener: Bench _____

RAW or EQUIPMENT AAU qualifying meet: _____
Circle one Date or place

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