

2009 A.A.U. North American Powerlifting Bench, Deadlift and Push/Pull Championships

DRUG TESTED !!!!! Vista (San Diego) Calif.

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

Date: June 27-28 2009

Location : Rancho Buena Vista Performing Arts Center, Rancho Buena Vista High School 760-727-7284 ext 3422

Directions : From Riverside take the 15 south to 78 west get off at Vista Village go left, take a right at Hacienda take a left at Melrose and right on Longhorn Dr. School is on corner of Longhorn and Melrose.

From LA, take 5 south on 78 east get off at Melrose and take a right, take a right on Longhorn Dr.

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 Submasters, 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: 6/26/09 6:00-7:30 P.M. for all **Women plus Men 181 and below**

Regular 6/27/09 7:00-8:30 A.M. for **all Women plus Men 181 and below**

Early: 6/27/09 6:00-7:30 P.M. for **all Men 198 and above**

24 hr. **WEIGH- in rule. If officials available day2 lifters may weigh-in after 11:00 A.M 6/27/09**

Regular 6/28/09 7:00-8:30 A.M. for all **Men 198 and above**

Lifting Schedule: 9:00 A.M 6/27/09 all **Women plus Men 181 and below**

9:00 A.M 6/28/09 for for **all Men 198 and above**

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

Team Trophies first thru fifth

Fees: \$70 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: Laquinta Inn CALL FOR RATE 760-727-8180

BOOK CLOSES 6/07/09

630 Sycamore Ave., Vista, Ca 92083

YOU MUST REFERENCE the North American Powerlifting
Limited rooms BOOK TODAY !

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

Video Tapes: NO OUTSIDE VIDEOS ALLOWED

ENTRY DEADLINE IS May 20 2009

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 LAUGHLIN NEVADA DEC 5-6 , AAU WORLD CHAMPIONSHIPS IN RICHMOND. AND IS A QUALIFIER FOR THE US IPC TRIALS

A.A.U. North American Power lifting ,Bench, Push/Pull and Deadlift

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 Enforc:/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 Enforc/Raw Military: _____ 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 urinalysis 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 releasees 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 releasees, the undersigned will indemnify, save and hold harmless each of the releasees 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