

A.A.U.

12th ANNUAL FRED ROGERS-PAUL SMART BENCH PRESS
DEADLIFT CLASSIC

DATE: Saturday, November 14, 2009 TIME: Weigh-ins 8:00 Lifting starts
at 10:30 AM

ENTRY DEADLINE: November 3, 2009 (All entries must be received by this
date NO EXCEPTIONS!!!!)

DIVISIONS: All Male & female weight and age classes AWARDS: 1ST- 3RD Place

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) (LIFETIME)

****All lifters please specify whether you are RAW or equipment.****

RULES: A.A.U. RULES APPLY!

UNIFORM: One-piece lifting singlet, T-shirt/single-ply bench shirt
NO DENIM OR OPEN-BACK SHIRTS ARE ALLOWED

ENTRY FEE: \$60.00 INCLUDES T-SHIRT (make checks payable to Steve Rogers)
Ironman division (bench/deadlift total) \$60.00. Extra divisions \$40.00

MEET DIRECTOR: Steve Rogers
13797 State Route 31, Savannah, NY 13146
(315) 365-3377 Email: seepser67@tds.net

PLACE: Donselaar's Party House (Please do not call location for information on meet)
Located just west of Clyde on Route 31, Clyde, New York 14433

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

- 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 connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

Name _____ Age _____ DOB _____ Email _____

Address _____ City/State/Zip _____

County of Residence _____ Phone _____

AAU Membership # _____

Potential openers: Bench _____ Deadlift _____

Weight Class _____ **RAW** or **EQUIPMENT (circle one)**

Class you are entering: Bench _____ Deadlift _____ Ironman _____

Open _____ Women _____ RAW _____ Teen _____ Junior(20-23) _____

Submaster(35-39) _____ Master(40-44) _____ (45-49) _____

(50-54) _____ (55-59) _____ (60-64) _____ (65-69) _____

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