

**2010 A.A.U. Nevada State Championships & Southwest Regionals**  
*Qualifier for the 2010 Nationals July 8-10 in Mesquite and Worlds Oct 8-10 in Las Vegas*

**March 13 & 14 2010**



**Location:** Imperial Palace 3535 Las Vegas Blvd S Las Vegas Nevada 89109

**Testing:** Third party testing Performed by: *The Center for Drug Free Sports* DRUG TESTED !...!!!!

**Eligibility:** All participants must have a current AAU membership. See pg 2

**Divisions:** All weight classes listed are provided in all divisions for **both men and women.**

**Both Raw and Equipped**

**We encourage ALL lifters to enter either the Open or Raw Open as well as their respective age groups. This will add depth. Also those entering the push-pull are encouraged to also enter either or both single lifts.**

Youth (5 and under 6-7,8-9,10-11,12-13) 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 in 5 year, Raw Youth, Raw Teen, Raw Junior, Raw & Equipped Lifetime, Raw & Equipped Submasters, Raw & Equipped Masters (40-44,45-49 etc. in 5 year increments) Raw & Equipped Lifetime Masters (5 years) Raw & Equipped Military/ Law enforcement (active, retired, reserves) in age groups, 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

**Early Weigh-ins:** 03/12/2010 - 6:00 - 7:30 P.M. for **all lifters**

**Regular:** 03/13/2010 - 7:00 - 8:30 A.M. for **all lifters**

*24 hr. WEIGH- in rule. If officials available day 2 lifters may weigh-in after 11:00*

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

**Video Tapes:** NO OUTSIDE VIDEOS ALLOWED

**Lifting Schedule:** 9:00 A.M - 03/13/2010 **all lifters**

**Awards:** Trophies/Medals 1<sup>st</sup> thru 3<sup>rd</sup> (Minimum) Best Lifter awards in many divisions

Team Trophies 1<sup>st</sup> thru 3<sup>rd</sup>

**Fees:** \$60 for 1<sup>st</sup> division \$30 crossover for each additional. Team entry fee \$70 all lifters must be entered No refunds

**Hotel Rates:** \$69.00 per night Thursday thru Sunday. YOU MUST REFERENCE block #

**AAU NO SATURDAY NIGHT ONLY RESERVATIONS (702) 794-3114**

**ENTRY DEADLINE IS FEB 20 2010**

**LATE ENTRIES WILL BE ACCEPTED ON A CASE BY CASE BASIS!!!! !!!!**

**Make checks or money orders payable to: FIA PROPERTY SVS., LLC**

**Mail to: 6935 Aliante pkwy., Ste.104-158**

**N Las Vegas, Nv 89084**

**CONTACT MEET DIRECTOR (Tony Rodriguez) AT**  
**NATURALPOWERLASVEGAS@YAHOO.COM**

**(702)575-9687**



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

PLACE “B” for Bench, “D” for Deadlift, “C” For Pushpull in appropriate block AND “P” for Powerlifting(s) !

We encourage ALL lifters to enter either the Open or Raw Open as well as their respective age groups. This will add depth. Also those entering the pushpull are encouraged to also enter either or both single lifts.

Equipped: \_\_\_\_\_ Teen: \_\_\_\_\_ Youth: \_\_\_\_\_  
Junior: \_\_\_\_\_ Sub Master: \_\_\_\_\_ Master: \_\_\_\_\_  
Lifetime: \_\_\_\_\_ Lifetime Masters \_\_\_\_\_  
Law Enforce/Raw Military : \_\_\_\_\_ (specify age group or open)  
Disabled: \_\_\_\_\_ (specify, Dwarf, Blind, Wheel Chair)

Raw Open: \_\_\_\_\_ Raw Teen: \_\_\_\_\_ Raw Youth: \_\_\_\_\_  
Raw Junior: \_\_\_\_\_ Raw Sub Master: \_\_\_\_\_ Raw Master: \_\_\_\_\_  
Raw Lifetime: \_\_\_\_\_ Raw Lifetime Masters \_\_\_\_\_  
Raw Law Enforce/Raw Military : \_\_\_\_\_ (specify age group or open)  
Disabled: \_\_\_\_\_ (specify, Dwarf, Blind, Wheel Chair)

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership before the competition begins.
- AAU membership may not be included as part of the entry fee to the event.
- Participants are encouraged to visit [www.aausports.org](http://www.aausports.org) to obtain their membership.