

2010 AAU TEENAGE NATIONALS
POWERLIFTING / BENCH PRESS / CHAMPIONSHIPS
WITH FULL POWER MEET & BENCH PRESS MEET



DATE: July 17, 2010
MEET SITE: Sapulpa Middle School Gym
3 S Mission
Sapulpa OK. 74066

WEIGH-INS: Friday July 16th 6:30pm to 8:00pm
Saturday July 17th 8:00am to 9:30am
AAU Membership cards must be presented at weigh-in. AAU Membership cards will be available online at www.aausports.org / held under sanction of the AAU

BRING COPY OF BIRTH CERTIFICATE TO WEIGH-IN IF PLANNING TO BREAK AGE RELATED RECORD

LIFTING BEGINS: SATURDAY – July 17th 10:00am

WEIGHT CLASSES: MEN 66 77 88 97 105 114 123 132 148 165 181 198 220 242 275 308 308+
WOMEN 66 77 88 97 105 114 123 132 148 165 181 198 198+

DIVISIONS: (12-13) (14-15) (16-17) (18-19)
Full Meet, or Bench Only

ENTRY FEE: \$50.00 EACH DIVISION DEADLINE July 10th (postmarked) NO LATE ENTRIES
\$50.00 TEAM ENTRY (INCLUDES 2 COACH PASSES)
ENTRY FEE MUST ACCOMPANY ENTRY FORM
SPECTATOR ADMISSION: ADULT \$5.00 STUDENT \$3.00 (UNDER 18)

SEND ENTRY Danny Berry Make checks payable to Robert Berry
AND 1301 W Inglewood st.
DRUG TEST Broken Arrow Ok, 74011

WAIVER TO:

AWARDS: 1st-3rd place in each weight class / division 4th and 5th place medal
Outstanding squat / bench / deadlift / lifter (men & women)
1st – 3rd team trophy

CAMERAS: NO VIDEO CAMERAS ALLOWED

QUESTIONS: Meet Director- Danny Berry danny@oklahomaaupowerlifting.com (918)-695-3823

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