



# 2009 Powerlift on the Plains Meet

November 21, 2009 • Brookings, South Dakota  
Sponsored by: South Dakota AAU Powerlifting Club



Location:

South Dakota State University  
Wellness Center (Northwest of Frost Arena)  
Brookings, SD 57007

## FOR MORE INFORMATION

Jay Trenhaile  
703 E. 5<sup>th</sup> Street  
Volga, SD 57071  
(605)688-4367 or (605)  
627-9193  
email:  
jtrenhaile@hotmail.com

## SCHEDULE OF EVENTS:

Friday, Nov. 20  
Early Weigh In – 7:00 – 8:30 pm.

Saturday, Nov 21, 2009  
7:30-9:00 a.m. - Equipment check & weigh-ins,  
9:30 a.m.- Lifting begins

## MOTELS:

Hampton Inn & Suites  
2017 LeFevre Drive  
Brookings, SD 57006  
605-697-5232

Holiday Inn Express  
3020 LeFevre Drive  
Brookings, SD 57006  
605-692-9060

Super 8 Motel  
3034 LeFevre Drive  
Brookings, SD 57006  
605-692-6920

Comfort Inn  
514 Sunrise Ridge Road  
Brookings, SD 57006  
605-692-9566

Fairfield Inn & Suites  
3000 LeFevre Drive  
Brookings, SD 57006  
605-692-3500

Staurilite Inn & Suites  
2515 E. 6<sup>th</sup> Street  
Brookings, SD 57006  
605-692-3111

## T-SHIRTS:

\$18 per shirt. They will not be available at the door.

Large   
X-Large

**ENTRY DEADLINE: November 1, 2009. Entries postmarked after deadline must pay \$15 late fee. Please have late entries in by November 7, 2009.**

**ENTRY FEE:** \$40.00 per adult lifter, \$25 for each additional contest  
\$20 for Teenage Lifters (Age 10 – 19) \$15 for each additional contest

**DIVISIONS:** Mens Open, Womens Open, Mens Teen, Womens Teen, Mens Master, Womens Master

**CONTESTS:** Powerlifting, Bench Press,  
Ironman (Bench + Deadlift)

**CATAGORIES:** Raw (belt only – no wraps or supportive suits)  
Equipped (singly ply supportive suits & wraps allowed)

## WEIGHT CLASSES:

**Men** -114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, & 308+  
**Women** – 97, 105, 114, 123, 132, 148, 165, 181, 198, & 198, 220, 220+  
**Youth/Teen** – 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, & 308+

## AWARDS:

Teens: 1<sup>st</sup> – 4<sup>th</sup> medals in each weight class and contest.  
Open & Masters: 1<sup>st</sup> – 3<sup>rd</sup> trophies.  
Best Lifter Awards for Powerlifting.

## TEAM AWARDS:

Boys team; Girls team; Open team (\$40 team entry fee due by entry deadline.)

Visit the following websites for more info

[http://aausports.org/sprt\\_Powerlifting.asp](http://aausports.org/sprt_Powerlifting.asp)

AAU Registration : [http://aausports.org/sprt\\_Powerlifting.asp?a=pg\\_membership.htm](http://aausports.org/sprt_Powerlifting.asp?a=pg_membership.htm)

**RULES:** Rules will be those of AAU Powerlifting. Youth and teenage can lift in team/school t-shirt and shorts. Note: Shorts cannot be over the knee.

For a copy of the rules to be used please contact the meet director or the AAU Website: [http://aausports.org/sprt\\_Powerlifting.asp?a=sprt\\_Powerlifting\\_Rules.htm#list](http://aausports.org/sprt_Powerlifting.asp?a=sprt_Powerlifting_Rules.htm#list)

**ELIGIBILITY:** Open to ALL AAU lifters. This meet is sanctioned by AAU and all entrants must be registered with AAU. Registration will be available at the contest or on line.

Registration for Adult Lifters is \$32.00, Youth/Teenage registration is \$12.00, Coach/Judge registration is: \$14.00. Registrations will be valid through Sept 1, 2010.

**Return with Entry Fee – Deadline November 1, 2009**

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE#: \_\_\_\_\_  
E-MAIL: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_  
BEST LIFTS: SQUAT \_\_\_\_\_ BENCH \_\_\_\_\_ DEADLIFT \_\_\_\_\_ WEIGHT CLASS: \_\_\_\_\_  
AAU Membership # \_\_\_\_\_

**CONTEST ENTERED**

	<b>Powerlifting</b>	
	Men	Women
Open	<input type="checkbox"/>	<input type="checkbox"/>
Youth/Teen	<input type="checkbox"/>	<input type="checkbox"/>
Master	<input type="checkbox"/>	<input type="checkbox"/>
	<b>Bench</b>	
	Men	Women
Open	<input type="checkbox"/>	<input type="checkbox"/>
Youth/Teen	<input type="checkbox"/>	<input type="checkbox"/>
Master	<input type="checkbox"/>	<input type="checkbox"/>
	<b>Ironman</b>	
	Men	Women
Open	<input type="checkbox"/>	<input type="checkbox"/>
Youth/Teen	<input type="checkbox"/>	<input type="checkbox"/>
Master	<input type="checkbox"/>	<input type="checkbox"/>

**RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST**

IMPORTANT: read this release carefully. When you sign it you will be giving up important legal rights. In consideration of the acceptance of my entry in this Powerlifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. I signing this release from liability I waive and release everyone connected with competition from any and all liability, including any results of negligence which may arise from this competition

**DRUG TESTING CONSENT FORM  
FOR  
AMATEUR ATHLETIC UNION POWERLIFTING**

(Print Name Here)  
I \_\_\_\_\_ understand that in order to participate in this event or any Amateur Athletic Union Powerlifting (AAUPC) event Amateur Athletic Union Powerlifting (AAUPC) event, and having read the Adult Substance Abuse Program Summary, do hereby consent to be drug tested by urinalysis. I further agree that if I have a positive result, refuse to be tested or fail to appear for testing that I will automatically be disqualified from this event and any future AAUPC event and may be subject to further penalties and or sanctions under the rules of the AAU Code Book. I also understand that if I test positive, refuse to be tested or fail to appear for testing, that I am eligible for a AAU Review Board hearing to challenge these results, my refusal to be tested, or my failure to appear. If after the hearing, and I am found in non-compliance with AAU Powerlifting Substance Abuse policy, I consent to the publication of my positive test results, refusal to be tested or failure to appear, on the AAUPC web page at the AAU web site. I understand and agree that both the collection process and the testing procedures will be performed by a third party (not AAU Powerlifting or the AAU), and in accordance with AAU Powerlifting policy, I agree that this Drug Testing Consent form will be in effect for one (1) year from the date of its signing. The parties agree that if any part of this consent form shall be deemed invalid and or unenforceable, the remainder of said consent shall remain in full force and effect. I have read this consent form and fully understand and agree with its contents. I also understand, if I am selected to be tested, that I may be required to sign this document again.

TODAY'S DATE \_\_\_\_\_  
SIGNATURE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
STREET ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
PHONE NUMBER \_\_\_\_\_  
E-MAIL ADDRESS \_\_\_\_\_  
WITNESS (Print name) \_\_\_\_\_  
WITNESS SIGNATURE \_\_\_\_\_

**Adults:** \$40 first contest, \$25 each additional contest

**Teen:** \$20 first contest, \$15 each additional contest

**CATEGORY ENTERED**

	Raw	Equipped
	<input type="checkbox"/>	<input type="checkbox"/>
+ T-Shirt Fees \$ _____		
+ Entry Fees \$ _____		
+ Team Fees \$ _____		
Total Enclosed \$ _____		

**Send Entry Form & Fee to:**

Jay Trenhaile  
703 E. 5<sup>th</sup> Street  
Volga, SD 57071

- 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](http://www.aausports.org) to obtain their membership.