

**2009 AAU World Bench, Deadlift and Push/Pull Championships
& International Powerlifting
DRUG TESTED! Laughlin, Nevada**

YOU MAY EITHER, POWERLIFT,BENCH, DEADLIFT OR PUSH/PULL OR ANY COMBINATION !!!!!!!

Date: Dec 5-6 2009

Location : River Palms Hotel Casino 2700 S. Casino Drive Laughlin Nevada 1-800-835-7904

Testing: Third party testing Performed by the Center For Drug Free Sports

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 (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 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) **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

Weigh-ins Early:12/04/09 6:00-7:30 P.M. for all **Women plus Men181 and below**

Regular 12/05/09 7:00-8:30 A.M.for all **Women plus Men181 and below**

Early: 12/05/09 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

Regular 12/06/09 7:00-8:30 A.M.for all **Men 198 and above**

Lifting Schedule: 9:00 A.M 12/06/09 all **Women plus Men181 and below**

9:00 A.M 12/06/09 for for **all Men 198 and above**

Awards: Trophies/Medals 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 Team entry fee \$70 all lifters must also be entered

CARDS AVAILABLE ONLY ONLINE AT WWW.AAUSPORTS.ORG NO CARDS WILL BE SOLD AT THE MEET PER THE NEW AAU RULE !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! CARDS MUST BE BOUGHT IN ADVANCE

Hotel Rates: River Palms Hotel \$27.95/night Sun-Thur. \$55/night Fri. and Sat.

NO SATURDAY NIGHT ONLY RESERVATIONS 1-800-834-7905 BOOK CLOSES 11/17/09

YOU MUST REFERENCE block # AAU 11

Limited rooms BOOK TODAY !

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

Video Tapes: NO OUTSIDE VIDEOS ALLOWED

ENTRY DEADLINE IS OCT 17 2009

NO LATE ENTRIES WILL BE ACCEPTED!!!! !!!!

No refunds !

Make checks or money orders payable to:

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

both single lifts.

Martin Drake

P.O. Box 108

Nuevo, Ca. 92567

(951) 928-4797

E-MAIL NATURALPOWER@EARTHLINK.NET NATURALPOWER@HUGHES.NET

MEET WILL BE CAPPED AT 350 LIFTERS

MAXIMUM OF 60 IN THE FULL POWERLIFTING !!!!!!!!!!!!!

A.A.U. World Bench, Push/Pull and Deadlift & Intl. Powerlifting

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) !

Equipped

Open: _____ Teen _____ Youth _____

Junior _____ Sub Master: _____ Master: _____ Law Enforc:/Military: _____ : _____ (specify age group or open)

Lifetime _____ Lifetime Masters _____

Raw

Raw Open: _____ : _____ Raw Teen: _____ Raw Youth: _____

Raw Junior _____ Raw Sub Master: _____ Raw Master: _____

Raw Lifetime _____ Raw Lifetime Masters _____

Raw Law Enforc/Raw Military: _____ (specify age group or open)

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

- 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.

The information contained herein is for informational purposes only. It is not intended to be complete, not is it represented as such.

The AAU does sanction events in local areas, granting a non-exclusive right to event hosts to use the AAU logo and brand under terms and conditions, including requirements as specified by AAU Code. The event operator is an independent contractor and is responsible for the management and conduct of the event and may set its own rules and operating procedures, except under no circumstances can the host waive the requirement of membership in AAU for participation in sanctioned events.

By the AAU's granting of (a) sanction (an approval) to any event operator (Host) to conduct such event, the AAU does not accept any financial responsibility nor assure any particular quality of competition.

The AAU of the U.S., Inc. does have supervision over District qualifying events, Regional/Super Regional events, and/or National Championship events in regard to establishing rules of competition, but does not have direct control over the event operators, pursuant and subject to the AAU Code (only).

The AAU does provide insurance benefits to its members in specified situations, subject to the terms of its policies.