

AMATEUR ATHLETIC UNION



Powerlifting Record Certificate Application

Download this application and fill out one form for each record you have attained. The AAU Staff will verify the record prior to mailing your Record Certification. We will only process fully completed applications.

Please, print information:

Name: _____

Mailing Address:

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Record Information

State Record _____(State) American Record World Record

Weight Lifted: _____ lbs. or kgs. Raw Equipment

(Assisted)

Bench Deadlift Squat Full Meet Total Single Bench Single

Deadlift Location of the Meet: _____ Date: _____

/ /

Age: _____ Meet Director:

You must check *Weight Class* and *Division* on page two of this application.

CIRCLE WEIGHT CLASS: Kilograms/Pounds

FEMALE: 30/66 35/77 40/88 44/97 48/105 52/114 56/123 60/132 67/148 75/165 82/181 90/198 100/220 100/220+

**MALE: 30/66 35/77 40/88 44/97 48/105 52/114 56/123 60/132 67/148 75/165 82/181 90/198 100/220 110/242 125/275 140/308
140/308+**

~~JUNIOR (20-23)~~ ~~JUNIOR (24-29)~~ ~~JUNIOR (30-34)~~ ~~JUNIOR (35-39)~~ ~~JUNIOR (40 AND OVER)~~ ~~JUNIOR (LAW- FIRE -MILITARY)~~

SPECIAL ATHLETE YOUTH (UP TO 11 YEARS OLD)
OPEN (ANY AGE) OPEN LAW- FIRE -MILITARY

MASTER (35-39) SUB-MASTER LAW- FIRE -MILITARY MASTER (40 AND OVER) MASTER LIFETIME

MASTER LAW- FIRE -MILITARY

Enclose a check or money order for \$7.00 for each Certificate requested.

Includes shipping and
Certificate Holder

Send application and checks to:

Virginia Powerlifting Association, Inc.

6108 Pine Slash Road
Mechanicsville, Virginia 23116

Please allow 3 - 4 weeks for delivery

Questions:

VAPowerlifting@aol.com or call 804-559-4624 between 7 - 9 pm (EST)

For Staff use only.

Date received: ___ / ___ / _____

Date verified: ___ / _____ / Date sent:
/ ___ /

Comments: _____