

# 2013 AAU Central Coast Powerlifting, Bench, Deadlift, Push/Pull, and Bench for Reps Championships In Beautiful Solvang, California

**YOU MAY EITHER POWERLIFT, BENCH, DEADLIFT, PUSH/PULL, BENCH FOR REPS OR ALL COMBINATIONS!**  
Date: August, 18 2013 – Location: 320 Alisal Rd. STE 304A Solvang, Ca 93463.



**This is a qualifier for AAU Worlds Oct 11-13 in Las Vegas**

## Powerlifting Entry Form

- Testing:** **Drug Tested Event!** [National Center for Drug Free Sport](#)
- 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** (6-7,8-9,10-11,12-13) **Raw Teen**(14-15,16-17,18-19),**Teen**(14-15,16-17,18-19)**Junior**(20-23) **Open, Sub-Masters**(35-39)**Masters** 40-44,45-49 etc. in 5 year, **Lifetime Masters, Raw Youth, Raw Teen, Raw Junior, Raw Open, Raw Sub masters, Raw Masters**(40-44,45-49 etc. in 5 year increments) **Raw Lifetime Masters** (5 Yrs) **Law/Fire** (active, retired), **Military**(active, retired, reserves) , **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, 220+
- Weigh-ins:** Early weigh-ins is 6:00-7:30 PM the night before group lifters. Regular weigh-ins is 7:00 am to 8:30 am the morning of the applicable lifting session. See lifting schedule
- Lifting Sched:** 9:00 A.M: 8/18/13 all lifters  
**Awards:** Trophies or medals First thru third (MINIMUM) Best lifter awards in many divisions
- Fees:** \$65 for first division entered \$35 crossover, for each additional class  
All lifters must have a current AAU membership card \$32 adult \$14 youth
- AAU CARDS** **AVAILABLE ONLINE AT [WWW.AAUSPORTS.ORG](http://WWW.AAUSPORTS.ORG) ` ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECKI-IN ! AS PART OF THE CARD PROCESS. ALL LIFTER AGE 20+ WILL HAVE A BACKGROUND CHECK PERFORMED. PROCESS CAN ADD A WEEK TO CARD APPROVAL YOUR CURRENT AAU CARD IS GOOD FOR THIS EVENT. IF YOU NEED A NEW ONE, BUY ON EXACTLY AUG 15, AS THERE IS A QUICK BACKGROUND CHECK. CARDS BOUGHT AUG 15-31 ARE GOOD UNTIL Aug 31 2014 AND GOOD FOR THIS MEET**
- Hotel Info:** **SEE WEB FOR MULTIPLE OPTIONS IN SOLVANG OR BUELLTON**

**ENTRY DEADLINE IS AUGUST 5 2013 - -\$20.00 FEE FOR LATE ENTRY**

**No refunds!**

**Make checks or money orders payable to:**

**COLD IRON BARBELL**

**320 Alisal Rd.**

**Solvang, Ca 93463**

**805-406-8570**

**E-MAIL [info@coldironbarbell.com](mailto:info@coldironbarbell.com)**

**MEET WILL BE CAPPED AT 40 LIFTERS**

- 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



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

PLACE "P" for Powerlifting "B" for Bench, "D" for Deadlift, "C" For Pushpull "B4R" for Bench for Reps in appropriate block!

**Equipped**

Open: \_\_\_\_\_ Teen \_\_\_\_\_ Youth \_\_\_\_\_

Junior \_\_\_\_\_ Sub Master: \_\_\_\_\_ Master: \_\_\_\_\_ Law/Fire: \_\_\_\_\_

Military \_\_\_\_\_ Lifetime Masters \_\_\_\_\_

Raw Open: \_\_\_\_\_ : \_\_\_\_\_ Raw Teen: \_\_\_\_\_ Raw Youth: \_\_\_\_\_

Raw Junior \_\_\_\_\_ Raw Sub Master: \_\_\_\_\_ Raw Master: \_\_\_\_\_

Law/Fire \_\_\_\_\_ Raw Lifetime Masters \_\_\_\_\_

Raw Military \_\_\_\_\_

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 urine analysis 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 releases 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 releases, the undersigned will indemnify, save and hold harmless each of the releases 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