

2013 Oklahoma AAU State, Middle School, High School, Masters and Open Power Lifting, Bench Press and Dead Lift Championships



Power Lifting, Bench Press and Dead Lift

Date: Sat. May 18th 2013 and Sun. May 19th 2013

Sponsored by Kid Strength, Inc.

- * Location: 7709 E. 42nd Pl. Tulsa Okla., 74145 #137. 2 blocks west of 42nd and Memorial
- * Weigh in and equipment check: Day 1 Lifters: (May 17th, 6:00 pm to 7:30 pm)&(May 18th, 8:00am to 9:00am)
- * Weigh in and equipment check: Day 2 Lifters: (May 18th, 6:00 pm to 7:30 pm)&(May 19th, 9:00am to 10:00am)
- * Meet Director: Dennis Brooks (dennisbrooks63@msn.com)
- * Assistant Meet Director and Special Guest Walter Thomas multi National and World Champion Power Lifter.

- * Day 1 Lifting begins at 10:00am, May 18th Saturday (rule briefing 9:00am)
- * Day 2 Lifting begins at 11:00am, May 19th Sunday (rule briefing 10:00am)

- * Age groups lifting Day 1--10-11, 12-13, 14-15
- * Age groups lifting Day 1--16-17, 18-19 & up
- * Men's weight classes: 66 77 88 97 105 114 123 132 148 165 181 198 220 242 275 308 308+
- * Women's weight classes: 66 77 88 97 105 114 123 132 148 165 181 198 220 220+
- * Age Divisions: (Youth up to 11) (Teen 12-13 14-15 16-17 18-19) (Juniors 20-23) (Open)(Sub Masters/Masters)

- * Meet T-shirts: \$17.00 each and will only be available by pre-order on entry form. XXL add \$2.00 to order.
- * Meet DVD: \$25.00 for the standard and \$30.00 for HD. No video devices will be allowed in building. This will be STRICTLY ENFORCED AND NOT TOLERATED!!!

- * Entry Fee: \$45.00 first division entered and \$35.00 for each additional division.
- * Team Entry: \$45.00
- * Deadline: Entries postmarked after May 13th will be subject to a \$20.00 late fee.
- * Spectator Admission: \$5.00 for adults---\$3.00 for students

- * Send Entries and payment (check or money order) and drug waiver to: Dennis Brooks, 11526 S. Nandina Ave., Jenks Okla. 74037. **Drug test waivers only required for lifters Over 19 yrs of age.**
- * Awards: 1st-4th place trophy in each division and each weight class.
- * Outstanding Lifter/Bench/Squat/Dead Lift: Youth, Teens, Open, Masters, Men's and Women's Divisions.
- * Team Trophy: 1st and 2nd Place.
- * Questions: Contact Dennis Brooks at (918) 695-6439 or dennisbrooks63@msn.com

- * 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 memberships must be obtained before the meet begins
- * Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at the event. Please allow 10 days for membership to be processed.
- * Participants are encouraged to visit the AAU website www.aausports.org to obtain their memberships.

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Entry Form

Sponsored by KID STRENGTH, INC.

Please Print:

Name: _____ Date of Birth: _____ Age: _____ Body Wt. _____

Wt. Class _____

Team Name: _____ Club Name: _____ AAU Club Card # _____

AAU Card #: _____ Sex: M F

Address: _____ City: _____ Zip Code: _____

E-Mail: _____ Phone: _____

Entry Fee: \$45.00 first division and \$35.00 each additional division.

Circle Events Entered: (Power lifting) (Dead Lift) (Bench Press)

Circle Lift Type: (Equipped) (Raw)

Entries postmarked after Wednesday 5/13/2013 will be subject to a \$20.00 late fee.

Make Check payable to: Dennis Brooks

Mail entries to: Dennis Brooks, 11526 S. Nandina Ave., Jenks Okla. 74037

Please send Drug Test waivers with entry form for lifters above the age of 19.

Personal Best: SQUAT _____ BENCH _____ DEAD LIFT _____ TOTAL _____

I understand and will abide by all AAU Power Lifting rules and regulations waive and release the AAU, the promoter and all parties involved with the meet from any legal action that may be taken as a result of participation in the event. I realize Power Lifting competitions are potentially dangerous and physically demanding and I do so at my own risk.

SIGNATURE OF ATHLETE: _____ DATE: _____

SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18 YRS OLD _____

T-shirt order: Circle

Size: S M L XL XXL-add \$2.00

Price: \$17.00 *T-shirts will not be available at the meet! Quantity: _____ Total: _____

MEET DVD (Standard: \$25.00) (HD: \$30.00) Total: \$ _____ No video devices will be allowed in the building. THIS WILL BE STRICTLY ENFORCED!!!!

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