



Suffolk Open; Full Power, Push-Pull & Single Lift February 23, 2013



Location: C-fit Studio
143 N. Main St. Suffolk Virginia

Hosted by: Heavy Metal

Meet Director: Rob Kelly robkellypl@gmail.com

Event: Full meet (squat, bench, deadlift, Single lift bench press, Single lift deadlift, Push-pull (bench, deadlift))

Schedule: Weigh-ins & Equipment Check 8:00, rule briefing 9:00

Divisions: All male and female weight and age classes.

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+

Membership:

All participants must be members of the AAU. All coaches must have a membership card if you are going to be on the platform or in the lifting area. ALL membership must be done on-line prior to meet and a copy sent with the application or bought to weigh-in.

Teams: You must have a valid club membership to compete as a team. All club memberships must be done on-line prior to attending meet.

Entry Fee: \$40 per athlete & \$35.00 for cross-overs.

Deadline: January 5, 2013

More Info: Email: robkellypl@gmail.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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. **Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.**
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

REGISTRATION CATEGORIES:

Please Print:

NAME: _____

CIRCLE WEIGHT CLASS: (all lifters must circle one) 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+

All lifters must register as "Raw" or "Assisted" in one of the three Meets and check one Division in that meet. Then, you may "Crossover" to the other Meets and/or Division(s). Please Circle each Division(s) you wish to compete in. Remember, the first Division will cost \$40.00. All "Crossovers" will cost \$35.00 each.

POWERLIFTING (3 lift meet): Age ____ CHECK ONE: RAW ASSISTED Check the box to the left of each Division you wish to compete in: SPECIAL ATHLETE YOUTH (UP TO 11 YEARS OLD) TEEN (12 – 19) JUNIOR (20-23) JUNIOR LAW / FIRE/ MILITARY OPEN (ANY AGE) OPEN LAW/ FIRE/ MILITARY SUB-MASTER (35-39) SUB-MASTER LAW /FIRE/ MILITARY MASTER (40 AND OVER) MASTER LIFETIME MASTER LAW / FIRE /MILITARY

PUSH/PULL (Bench & Deadlift): Age ____ CHECK ONE: RAW ASSISTED Circle each Division you wish to compete in: SPECIAL ATHLETE YOUTH (UP TO 11 YEARS OLD) TEEN (12 – 19) JUNIOR (20-23) JUNIOR LAW / FIRE/ MILITARY OPEN (ANY AGE) OPEN LAW/ FIRE/ MILITARY SUB-MASTER (35-39) SUB-MASTER LAW /FIRE/ MILITARY MASTER (40 AND OVER) MASTER LIFETIME MASTER LAW / FIRE /MILITARY WOUNDED WARRIOR

SINGLE-LIFT DEADLIFT : Age ____ CHECK ONE: RAW ASSISTED Circle each Division you wish to compete in: SPECIAL ATHLETE YOUTH (UP TO 11 YEARS OLD) TEEN (12 – 19) JUNIOR (20-23) JUNIOR LAW / FIRE/ MILITARY OPEN (ANY AGE) OPEN LAW/ FIRE/ MILITARY SUB-MASTER (35-39) SUB-MASTER LAW /FIRE/ MILITARY MASTER (40 AND OVER) MASTER LIFETIME MASTER LAW / FIRE /MILITARY WOUNDED WARRIOR

SINGLE-LIFT BENCH PRESS : Age ____ CHECK ONE: RAW ASSISTED Circle each Division you wish to compete in: SPECIAL ATHLETE YOUTH (UP TO 11 YEARS OLD) TEEN (12 – 19) JUNIOR (20-23) JUNIOR LAW / FIRE/ MILITARY OPEN (ANY AGE) OPEN LAW/ FIRE/ MILITARY SUB-MASTER (35-39) SUB-MASTER LAW /FIRE/ MILITARY MASTER (40 AND OVER) MASTER LIFETIME MASTER LAW / FIRE /MILITARY WOUNDED WARRIOR

WE WILL NOT ACCEPT APPLICATIONS AFTER January 5, 2013

NO REFUNDS ALLOWED

ENTRY FEE: (Includes One Division) \$40 = _____

CROSSOVER FEES: NUMBER OF CROSSOVERS \$35 = _____

TOTAL AMOUNT ENCLOSED: (NO REFUNDS) _____

MAKE CHECK OR MONEY ORDER PAYABLE TO:

Heavy Metal 108 RIVER POINT DR.

SUFFOLK, VIRGINIA 23434, USA DO NOT SEND APPLICATIONS VIA CERTIFIED MAIL OR THAT REQUIRES A SIGNATURE

SUFFOLK OPEN POWERLIFTING, PUSH/PULL, & SINGLE LIFT

February 23, 2013

C-Fit Studio 143 N. Main Street Suffolk VA 23434

ENTRY FORM

LIMITED TO 45 LIFTERS

ENTRY FORMS WILL NOT BE ACCEPTED AFTER January 5, 2013

QUESTIONS, CONTACT:

Heavy Metal

Rob Kelly

108 River Point Dr.

Suffolk, VA 23434

robkellypl@gmail.com

PLEASE PRINT:

NAME: _____

DATE OF BIRTH: _____ AGE: _____ SEX: M F BODY WT: _____ Lbs. Kgs.

ADDRESS: _____

_____ COUNTRY: _____

CITY: _____ STATE: _____ ZIP: _____

DAY PHONE _____ NIGHT PHONE _____

EMAIL _____

A.A.U. CARD NUMBER _____ EXPIRATION: 20 _____

If available, Please send a copy of your AAU card with this application.

Club Name: _____ Club #: _____

Team Name: _____

DO NOT SEND APPLICATIONS VIA CERTIFIED MAIL OR THAT REQUIRES A SIGNATURE

Release, Waiver of Liability, Assumption of Risk, Indemnity, and parental Consent Agreement (“agreement”)

In consideration of being permitted to participate in an Amateur Athletic Union of the U.S. Inc. activity (“activity”) I, my personal representatives, assigned heirs and next to kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of the activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe; I will immediately discontinue further participation in the activity.

2. FULLY UNDERSTAND that: (a) ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH (“Risks”); (b) these Risks and dangers may be caused by my own actions or the actions of others participating in the activity, the condition in which the activity takes place, or THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW: there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time: and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Amateur Athletic Union of the U.S. Inc. (AAU), including its parent company, related affiliated and subsidiary companies of each, as well as the officers, directors, agents, employees and assigns of each, and the AAU’s Associations, clubs, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, and any other party indemnified and held harmless by the AAU, (each considered one of the “RELEASEES” herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Release’s, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expense, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Printed name of participant: _____ Phone: _____

Participant’s signature (only if age 18 or over): _____ Date: _____

Minor’s RELEASE

AND I, THE MINOR’S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR’S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE’S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR’S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE. I THE MINOR OR ANYONE ON THE MINOR’S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAME ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Printed name of parent or Guardian: _____ Phone: _____

Address: _____
Street City State Zip Code

Parent/guardian signature (only if participant is under the age of 18): _____ Date: _____