

DATE RECEIVED: _____ PAID: Check Cash Money Order

2012 A.A.U. ARMED FORCES RAW PUSH/PULL & SINGLE LIFT CHAMPIONSHIPS
2012 AAU RAW FLORIDA STATE PUSH/PULL & SINGLE LIFT CHAMPIONSHIPS
Saturday, December 15, 2012



*Short Fitness Center – MacDill Air Force Base,
Tampa, Florida*



ENTRY FORM

LIMITED TO 50 LIFTERS

ENTRY FORMS WILL NOT BE ACCEPTED AFTER DECEMBER 7th, 2012

QUESTIONS, CONTACT:
Hal Pittman 813-449-2548
E-MAIL: Hal.pittman@yahoo.com

PLEASE PRINT:

NAME: _____
FIRST LAST

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

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: _____

REGISTRATION CATEGORIES:

Please Print:

NAME: _____

FIRST

LAST

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” in either the Armed Forces Push/Pull, Bench Press or Deadlift OR the Florida State Push/Pull, Bench Press or Deadlift and check one Division in that meet. Then, you may “Crossover” to the other Meets and/or Division(s). Please check the box next to each Division(s) you wish to compete in. Remember, the first Division will cost \$50.00. All “Crossovers” will cost \$25.00 each.

AAU RAW ARMED FORCES PUSH/PULL CHAMPIONSHIPS (Bench & Deadlift):

Age ____

RAW

Check the box to the left of each Division you wish to compete in:

JUNIOR MILITARY

OPEN MILITARY

SUB-MASTER MILITARY

MASTER MILITARY

AAU RAW ARMED FORCES SINGLE LIFT BENCH PRESS: Age ____

RAW

Check the box to the left of each Division you wish to compete in:

JUNIOR MILITARY

OPEN MILITARY

SUB-MASTER MILITARY

MASTER MILITARY

AAU RAW ARMED FORCES SINGLE LIFT DEADLIFT: Age ____

RAW

Check the box to the left of each Division you wish to compete in:

JUNIOR MILITARY

OPEN MILITARY

SUB-MASTER MILITARY

MASTER MILITARY

AAU RAW FLORIDA STATE PUSH/PULL CHAMPIONSHIPS (Bench & Deadlift):

Age ____

RAW

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**

AAU RAW FLORIDA STATE SINGLE LIFT DEADLIFT CHAMPIONSHIP: Age ____

RAW

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

AAU RAW FLORIDA STATE SINGLE LIFT BENCH PRESS CHAMPIONSHIPS: Age ____

- RAW*

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

**WE WILL NOT ACCEPT APPLICATIONS AFTER December 7th, 2012
NO REFUNDS ALLOWED**

ENTRY FEE: (Includes One Division) \$50 = _____

CROSSOVER FEES: NUMBER OF CROSSOVERS \$25 = _____

TOTAL AMOUNT ENCLOSED: (NO REFUNDS) _____

MAKE CHECK OR MONEY ORDER PAYABLE TO:

**HAL PITTMAN
PO BOX 6339
TAMPA, FL 33608**

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:

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**Short Fitness Center – MacDill Air Force Base,
Tampa, Florida**
INFORMATION SHEET

LIMITED TO FIRST 50 LIFTERS

QUESTIONS, CONTACT:
Hal Pittman 813-449-2548 – hal.pittman@yahoo.com

ENTRY DEADLINE

December 7th, 2012 – **LATE APPLICATIONS WILL NOT BE ACCEPTED!**

Please do not send your application by certified mail.

ADULT WEIGHT CLASSES:

Women – 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+

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

DIVISIONS

Youth, Teen, Juniors, Open (All Ages), Sub-Masters. Masters, Military/Law/Fire,
Lifetime Masters, Special Athlete

LIFTING ATTIRE:

One-piece lift suit (wrestling singlet) is **mandatory** for all lifters. For more information go to
www.ausports.org – click handbook, then costume.

CONTEST:

This is a push – pull meet (2 lift), single lift bench & deadlift meet, Raw division only. AAU rules apply

REGISTRATION/WEIGH-IN:

All athletes: Friday, December 14th 4:00-6:00 p.m. or Saturday, December 15th 7:00-8:30 a.m.

MANDATORY EQUIPMENT CHECK AT WEIGH-INS

RULES BRIEFING:

9:00 a.m. Saturday morning prior to start of competition. **ALL LIFTERS MUST ATTEND THE RULES BRIEFING.**

LIFTING STARTS:

10:00 a.m.

AWARDS:

Awards will be awarded for 1st-5th place in all divisions, weight classes

Awards will be awarded for 1st-5th place teams.

RECORDS:

Breaking / setting records will require proof of age at the end of the meet. American records may be broken at this meet.

ENTRY FEE:

\$50.00 for registration and \$25.00 for each additional crossover.

NO entries will be accepted after December 7th, 2012. NO FAXED entries will be accepted. Payment must be received at the time of the application.

ELIGIBILITY:

- All contestants **must be current AAU members.**
- Armed Forces competitors must show active duty, reserve or retired ID card (current/not expired), or DD 214
- AAU Cards must be purchased online at www.aausports.org . **Memberships are not sold at the meet!**
- AAU annual membership \$32.00 (adults), \$12.00 (ages 19 & under).
- A copy of your membership card needs to be sent with the application or presented at weigh-ins.

RULES:

All AAU rules apply. See www.aausports.org –click on handbook for lifters. **A video tape of the rules and rules briefing is now on-line at www.aausports.org under powerlifting.**

DRUG TESTING:

Athletes must sign a drug waiver form at the time of weigh-in. Failure to do so will disqualify you from the competition. Leaving prior to the announcement of drug testing participants will disqualify you from the competition and you will forfeit all records that were obtained during competition.

VENUE:

Short Fitness Center

8115 Cypress Stand Street, Bldg. 303,

MacDill Air Force Base, Tampa, FL 33621

The venue is on MacDill Air Force Base. You will need to provide your driver's license number, and the driver's license numbers for guests in your vehicle if you do not have regular access to military facilities; We will place your name on a list to receive base access on Friday for weigh-ins and Saturday during the meet.