

2013 AAU American Powerlifting, Bench, Deadlift and Push/Pull Championships & AAU Feats of Strength. Also: AAU American Weightlifting.

QUALIFIER FOR AAU Worlds October 11-13 in Las Vegas, NV

Rancho Buena Performing Arts Center, RBVHS 1601 Longhorn, Dr, Vista, CA 92081

YOU MAY EITHER POWERLIFT, BENCH, DEADLIFT OR PUSH/PULL OR ALL COMBINATIONS! And/or FOS

Date: June 8-9 Location: Rancho Buena Vista Performing Arts Center, R.B.V.H.S.

1601 Longhorn Drive, Vista, CA 92081 760-726-2170

The Powerlifting venue is an amazing facility with a semi-circular raised stage and theater style seating.



LESS THAN 20 MINUTES FROM SAN DIEGO AIRPORT AND 1 HR FROM ORANGE COUNTY AIRPORT. CLOSE TO LEGOLAND, SAN DIEGO ZOO AND SEA WORLD

Testing: [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, Lifetime, Sub-Masters**(35-39)**Masters** 40-44,45-49 etc. in 5 year, **Lifetime Masters, Raw Youth, Raw Teen, Raw Junior, Raw Open, Raw Lifetime, Raw Sub masters, Raw Masters**(40-44,45-49 etc. in 5 year increments) **Raw Lifetime Masters** (5 Yrs) **Military/ Law/Fire/Military** (active, retired, reserves) , **Disabled by weight and age Blind/Dwarf/Wheel Chair. High School**

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: 06/08/2013 9:00 A.M **ALL WOMEN PLUS MEN 181 AND BELOW**

06/09/2013 9:00 A.M **ALL MEN 198 AND ABOVE**

Awards: Plaques/Trophies First thru Fifth (MINIMUM) Best lifter awards in many divisions.

Team Trophies first thru fifth FOS Awards: Trophies or Medals

Fees: \$65 for first division entered \$35 crossover, for each additional class. For the Bench, Deadlift, Pushpull \$30 for High School (different wards)

All lifters must have a current AAU membership card \$32 adult \$14 youth

AAU CARDS AAU CARDS AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG `ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECK-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

Hotel Info: Suggested hotel. La Quinta Inn San Diego Vista 630 Sycamore Ave Vista, CA 92083 Phone: 1-760-727-8180



Video Tapes: VIDEO TAPING WILL BE ALLOWED Spectator fee: \$10 13 and over \$5 12 and under , gets you into all events, Powerlifting, Weightlifting and Feats of Strength

ENTRY DEADLINE IS May 23 2013 - LATE ENTRIES WILL NOT BE ACCEPTED!
MEET WILL BE CAPPED AT 200 LIFTERS

Make checks or money orders payable to:

Martin Drake PO Bix 108, Nuevo, CA 92567 E-MAIL NATURALPOWER@EARTHLINK.NET

- 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 to obtain their membership

2013 AAU American Powerlifting, Bench, Deadlift and Push/Pull Championships

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 in appropriate block!

Equipped

Open: _____ Teen _____ Youth _____

Junior _____ Sub Master: _____ Master: _____ Military/ Law/Fire/Military: _____

Lifetime _____ Lifetime Masters _____

Raw

Raw Open: _____: _____ Raw Teen: _____ Raw Youth: _____ Raw H.S. _____

Raw Junior _____ Raw Sub Master: _____ Raw Master: _____

Raw Lifetime _____ Raw Lifetime Masters _____

Raw Military/ Law/Fire/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

AMATEUR ATHLETIC UNION POWERLIFTING DRUG-TESTING

CONSENT FROM

By signing this form, I affirm that I am aware of the
(Please Print Name)

Amateur Athletic Union Powerlifting (AAUPC) drug-testing program and have read the Adult Substance Abuse Program Summary.

I acknowledge that doping or the use of drugs before or during competition is prohibited and a violation of the AAU Code.

I consent and agree to urine drug testing to participate in any and all AAUPC events.

I understand and agree that the collection process and testing procedures will be performed by a third party and in accordance with the AAU Powerlifting Drug Testing Policy.

I acknowledge that AAUPC shall notify me of the results of the test by certified mail, return receipt requested, to the address I provide below. **I FURTHER ACKNOWLEDGE AND AGREE THAT SHOULD NOTICE OF A POSITIVE TEST BE RETURNED FOR ANY REASON TO AAUPC, THE AAUPC SHALL HAVE THE RIGHT TO POST MY NAME ON THE SUSPENSION LIST LOCATED ON THE WEB PAGE OF AAU POWERLIFTING.**

I acknowledge that if I test positive, refuse to be tested, and/or fail to appear for testing, I will automatically be disqualified from any and all AAUPC events and may be subject to further penalties and/or sanctions under the policies and procedures set forth in the AAU Code.

I acknowledge that I may request a hearing before the AAU Review Board to challenge my disqualification from any and all AAUPC events.

I acknowledge and agree that this Consent shall be in effect for one (1) year from the date of signing. The parties herein agree that if any part of this Consent shall be deemed invalid and/or unenforceable, the remaining terms and provisions of said Consent shall remain in full force and effect.

I acknowledge that I have read this Consent and fully understand and agree with its contents. I further acknowledge that if I am selected to be tested, I may be required to sign another Consent Form.

Dated this day of , 20_

SIGNATURE DATE OF BIRTH

ADDRESS

City State Zip Code

Country

TELEPHONE NUMBER E-MAIL ADDRESS

MEMBERSHIP NUMBER_ RENEWAL NEW MEMBER

WITNESS (PRINT NAME)

SIGNATURE OF WITNESS

2013 AAU American Feats of Strength, June 8-9, 2013 in Vista CA

Rancho Buena Performing Arts Center, RBVHS 1601 Longhorn, Dr. , Vista, CA 92081

Location: Rancho Buena Vista Performing Arts Center, R.B.V.H.S., 1601 Longhorn Drive, Vista, CA 92081
760-726-2170

The Feats of Strength competition will be held in the fenced quad area outside the performing arts center.



LESS THAN 20 MINUTES FROM SAN DIEGO AIRPORT AND 1 HR FROM ORANGE COUNTY AIRPORT. CLOSE TO LEGOLAND, SAN DIEGO ZOO AND SEA WORLD

Testing: [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, Lifetime, Sub-Masters(35-39) Masters 40-44,45-49 etc. in 5 year, Lifetime Masters, Raw Youth, Raw Teen, Raw Junior, Raw Open, Raw Lifetime, Raw Sub masters, Raw Masters(40-44,45-49 etc. in 5 year increments) Raw Lifetime Masters (5 Yrs) Military/ Law/Fire/Military (active, retired, reserves), Disabled by weight and age Blind/Dwarf/Wheel Chair. High School**

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

Competition Schedule: 9:00 am to 6:30 pm Saturday and Sunday. Award ceremony at 6:45 pm each day.
A detailed event schedule will be issued a few weeks before the meet.

Awards: **Individual event medals** for 1st, 2nd, and 3rd for each age gender/age group/weight class in each event.

All-Around and Most Versatile Athlete Competitions: Plaque for 1st Place men, women, male youth, and female youth divisions; medals for 2nd and 3rd places. The All-Around Competition will be on the basis of total accumulated points in the individual's top 4 scoring events. The Most Versatile Athlete Competition will be judged on the basis of most accumulated total points in all FOS events. Note: To be eligible for the Most Versatile Athlete award, individuals must enter and compete in at least one powerlifting event and one weightlifting event.

Team awards: Plaque for first place men, women, male youth, and female youth divisions, medals for 2nd and 3rd places.

Entry Fees: See entry forms, below.

All lifters must have a current AAU membership card \$32 adult \$14 youth

AAU CARDS AAU CARDS AVAILABLE ONLINE AT 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

Hotel Info: Suggested hotel. La Quinta Inn San Diego Vista 630 Sycamore Ave., Vista, CA 92083 Phone: 1-760-727-8180



Video Taping is permitted. \$10 spectactor fee , \$5 12 and under , gets access to all events, powerlifting, weightlifting and FOS

ENTRY DEADLINE IS May 30, 2013 - LATE ENTRIES WILL BE ACCEPTED WITH A \$15 LATE FEE AFTER MAY 30, 2013 UNTIL JUNE 7, 7:30 PM AT THE MEET.
MEET WILL BE CAPPED AT 100 ENTRANTS

Make checks or money orders payable to:

Bill Weinstock, 268 W Laurel Ave, Sierra Madre CA 91024 E-MAIL billw3941@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 connection.
 - Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

For those **ALSO ENTERED in at least one event in the AAU American Powerlifting or Weightlifting Championships, fill out the following:**

Name: _____ Phone: _____ A.A.U. PL # _____

Address _____ City _____ State _____ Zip _____

Weight Class _____ Age: _____ Height _____ D.O.B. _____ Sex _____

E-Mail address _____

Event	Adult Event Cost	Youth Event Cost	Check here to sign up for indicated event
1. Bench Press for Reps	\$15	\$10	
2. Deadlift for Reps	\$15	\$10	
3. Strict Curl (3 attempts)	\$15	\$10	
4. Power Clean (3 attempts)	\$15	\$10	
5. Overhead Lift from Chest (3 attempts)	\$15	\$10	
6. Stone Throw (1 attempt from each of 3 positions)	\$15	\$10	
7. 25m Tire Flip	\$15	\$10	
8. Tire Throw (3 attempts)	\$15	\$10	
9. 50m Farmer's Walk	\$15	\$10	
10. Deadlift Lockout (3 attempts)	\$15	\$10	
TOTAL for 1st event	\$0	\$0	---
TOTAL for each event after the 1st event	\$15	\$10	---
TOTAL for all events	\$75 MAXIMUM	\$50 MAXIMUM	---
Late entry fee (entry postmarked after May 23, 2013)	\$15	\$15	---
ACTUAL AMOUNT PAID	\$ _____	\$ _____	---

AAU Powerlifting Waiver and Consent

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-sponsored Feats of Strength 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, attorney's 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.

Please attach your sports biographical information in very brief, bulleted format for the meet announcer—current sports in which you participate, notable accomplishments, AAU records, etc.

Please volunteer as a FOS official. We can't stage all of these events without your help. Please contact Bill Weinstock, 262-203-6189, email billw3941@gmail.com.

For those **NOT ENTERED in at least one event in the AAU American Powerlifting or Weightlifting Championships, fill out the following:**

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

Event	Adult Event Cost	Youth Event Cost	Check here to sign up for indicated event
1. Bench Press for Reps	\$15	\$10	
2. Deadlift for Reps	\$15	\$10	
3. Strict Curl (3 attempts)	\$15	\$10	
4. Power Clean (3 attempts)	\$15	\$10	
5. Overhead Lift from Chest (3 attempts)	\$15	\$10	
6. Stone Throw (1 attempt from each of 3 positions)	\$15	\$10	
7. 25m Tire Flip	\$15	\$10	
8. Tire Throw (3 attempts)	\$15	\$10	
9. 50m Farmer's Walk	\$15	\$10	
10. Deadlift Lockout (3 attempts)	\$15	\$10	
TOTAL for all events	\$75 MAXIMUM	\$50 MAXIMUM	---
Late entry fee (entry postmarked after May 23, 2013)	\$15	\$15	---
ACTUAL AMOUNT PAID	\$ _____	\$ _____	---

AAU Powerlifting Waiver and Consent

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Signature: _____ Date: _____

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Please attach your sports biographical information in very brief, bulleted format for the meet announcer—current sports in which you participate, notable accomplishments, AAU records, etc. Please volunteer as a FOS official. We can't stage all of these events without your help. Please contact Bill Weinstock, 262-203-6189, email billw3941@gmail.com.



2013 AAU National Weightlifting Championships

June 8th – 9th 2013

Rancho Buena Vista Performing Arts Center
1601 Longhorn Dr, Vista, CA 92081

CrossFit Sun is bringing you this sanctioned weightlifting competition in partnership with the Amateur Athletic Union (AAU). Come compete in the following: Total (Snatch + Clean & Jerk), Snatch only, or Clean & Jerk only. All new AAU weightlifting records will be established.

Female Age Divisions to Weight Classes

(Female Weight Classes kg: 31, 35, 39, 44, 48, 53, 58, 63, 69, 75, 82, 82+)

Youth Ages 6-7, 8-9, 10-11: 31 – 58+kg
Youth Ages 12-13: 35 – 63+kg
Teen Ages 14-15, 16-17: 44 – 69+kg
Teen Ages 18-19: 48 – 82+kg
Junior Ages 20-23: 48 – 82+kg
Senior/Open Ages 24-34: 48 – 82+kg
Masters Ages 35-39,40-44,45-49,...*: 48 – 82+kg

* (and so on in 5-yr increments)

Male Age Divisions to Weight Classes

(Male Weight Classes kg: 31, 35, 39, 44, 50, 56, 62, 69, 77, 85, 94, 105, 114, 114+)

Youth Ages 6-7, 8-9, 10-11: 31 – 62+kg
Youth Ages 12-13: 35 – 69+kg
Teen Ages 14-15, 16-17: 50 – 94+kg
Teen Ages 18-19: 56 – 114+kg
Junior Ages 20-23: 56 – 114+kg
Senior/Open Ages 24-34: 56 – 114+ kg
Masters Ages 35-39,40-44,45-49,...*: 56 – 114+ kg

Entry Fees: Adult Weightlifting Total (Snatch and Clean & Jerk) \$45, Snatch Only or Clean & Jerk Only \$25
Youth Weightlifting Total (Snatch and Clean & Jerk) \$25, Snatch Only or Clean & Jerk Only \$15

Weigh-ins: Early weigh-ins up to 24 hours before and no later than 2 hours before event day.

Lifting Schedule: Still TBD, but in general the lighter weight class will lift on Saturday and heavier classes lift on Sunday.

Awards: Medals in each division in the Total, each division in individual Snatch and Clean & Jerk events, and best overall male and female lifters. Award ceremonies held at the end of each session.

Spectators: Videotaping is allowed. Spectator fee: Adults \$10, Kids 12 and under \$5. Gets you into all 3 events: Powerlifting, Weightlifting and Feats of Strength.

Please Register at <https://www.wepay.com/events/aau-weightlifting-vista-2013>

Register early, Deadline for weightlifting registration is May 23rd, 2013!

AAU Cards: All cards must be bought online prior to the meet and presented at weigh-ins/check-in. As part of the card process, all lifters age 20+ will have a background check performed. This process can take up to a week.

This Drug-free 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 please visit the AAU web site www.aausports.org to obtain membership

AAU Powerlifting/Weightlifting Waiver and Consent

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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, attorney's 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