

# 2013 AAU So. Calif Bench, Deadlift and Push/Pull Championships & AAU So. Calif Feats of Strength

## QUALIFIER FOR AAU Nationals April 6-7 in Laughlin, NV

Rhino Fitness 1195 Pomona Road, Corona, CA 92882 (951) 283-9473

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

**Date: Feb 2-2012**

**– Location:** Rhino Fitness 1195 Pomona Road, Corona, CA 92882 (951) 283-9473



## **LESS THAN 30 MINUTES FROM ONTARIO AIRPORT AND 1 HR FROM LAX**

**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:** 02/02/2103 9:00 A.M **ALL LIFTERS**

**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 HS Division \$30 FOS \$25/class Adults with a max of \$60 Youth \$15/class with a max of \$50

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

**AAU CARDS 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/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:** [Motel 6 - Corona #691](#) SR 91/Riverside Freeway at Lincoln Avenue

200 North Lincoln Avenue Corona, CA 92882 (951) 735-6408 within ½ mile of the meet. AAU Members can use the following promotion discount code. **Motel 6 CP540332** Show your AAU card upon check-in

**Video Tapes:** VIDEO TAPING WILL BE ALLOWED

**ENTRY DEADLINE IS Jan 20 2013 - LATE ENTRIES WILL NOT BE ACCEPTED!**

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

Martin Drake

P.O. Box 108

Nuevo, Ca. 92567

310-953-5030

E-MAIL [NATURALPOWER@EARTHLINK.NET](mailto:NATURALPOWER@EARTHLINK.NET)

**MEET WILL BE CAPPED AT 60 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

## 2013 AAU So. Calif Bench, Deadlift and Push/Pull Championships & AAU So. Calif Feats of Strength

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 HS \_\_\_\_\_

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

## 2013 AAU So Calif Feats of Strength (FOS)

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

**For those ALSO ENTERED in the 2013 AAU So, Calif , Deadlift, Pushpull and International Powerlifting Championships, Fill out the following:**

Event	Adult Event Cost	Youth & Teen Event Cost	Check here to sign up for indicated event
1. Strict Pushups	\$25	\$15	
2. Strict Curls	\$25	\$15	
3. Raw Bench Press for Reps	\$25	\$15	
4. Raw Deadlift for Reps	\$25	\$15	
5. Tire Toss	\$25	\$15	
6. Tire Flip	\$25	\$15	
TOTAL for 1st event	\$0	\$0	
TOTAL for each event after the 1st event			
TOTAL for all events	\$60 MAXIMUM	\$50 MAXIMUM	---
<b>ACTUAL AMOUNT PAID</b>	\$ _____	\$ _____	---
			---
			---

## 2013 AAU So Calif Feats of Strength (FOS)

For those **NOT ENTERED** in the 2013 AAU So, Calif , Deadlift, Pushpull and International Powerlifting Championships, Fill out the following:

Event	Adult Event Cost	Youth & Teen Event Cost	Check here to sign up for indicated event
Strict Pushups	\$25	\$15	
Strict Curls	\$25	\$15	
Raw Bench Press for Reps	\$25	\$15	
Raw Deadlift for Reps	\$25	\$15	
Tire Toss	\$25	\$15	
Tire Flip	\$25	\$15	
TOTAL FOR ALL EVENTS	\$60 MAXIMUM	\$40 MAXIMUM	---
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.



