

2009 AAU TULSA CHRISTMAS CLASSIC POWERLIFTING / BENCH PRESS / DEADLIFT CHAMPIONSHIPS

DATE: DECEMBER, 19, 2009
MEET DIRECTOR: DANNY BERRY (918)-695-3823
MEET SITE: 4960 S. 83RD EAST AVE. SUITE C TULSA OK 74145
WEIGH-INS: FRIDAY, DEC 18 6:00 TO 7:30 PM
SATURDAY, DEC 19 - 8:00 TO 9:30 AM
LIFTING BEGINS: SATURDAY DECEMBER 19 10:00 AM All lifters

AAU Membership Cards Must Be Presented At Weigh-In. AAU Membership Cards are Available online at www.ausports.org / Held Under
The Sanction Of The AAU

BRING COPY OF BIRTH CERTIFICATE TO THE WEIGH-IN IF YOU ARE ENTERED IN AN AGE GROUP DIVISION OR PLAN TO BREAK AGE RELATED RECORD

WEIGHT CLASSES:

MEN 114 123 132 148 165 181 198 220 242 275 308 308 +
WOMEN 97 105 114 123 132 148 165 181 198 198+
YOUTH MENS 66 77 88 97 105 114 123 132 148 165 181 198 220 242 275 308 308+
YOUTH WOMENS 66 77 88 97 105 114 123 132 148 165 181 198

DIVISIONS

MEN – OPEN, JUNIOR (20- 23) SUBMASTER (35-39) MASTERS (40-up)

WOMEN – OPEN, JUNIOR (20-23), SUBMASTER (35-39), MASTER (40-UP)

MENS YOUTH (12-13) (14-15) (16-17) (18-19)

WOMENS YOUTH (12-13) (14-15) (16-17) (18-19)

ENTRY FEE:\$40.00 EACH DIVISION ENTRY DEADLINE: DECEMBER, 14 (postmarked) LATE ENTRY FEE \$55.00 AFTER DECEMBER 14
\$40.00 TEAM ENTRY **TEAMS MUST BE AAU MEMBERS** (2 DOOR PASSES FOR COACHES WITH TEAM ENTRY)
ENTRY FEE MUST ACCOMPANY ENTRY BLANK. SPECTATOR ADMISSION: Adults \$4.00 Students \$2.00

SEND ENTRY TO DANNY BERRY 11526 S. Nandina Ave.. Jenks OK 74037

Make checks Payable to Robert Berry

ADULTS FILL OUT DRUG WAIVER SEND WITH ENTRY

AWARDS: 1ST 2ND 3RD PLACE MEDALS IN EACH WEIGHT CLASS

TEAMS: 1ST 2ND 3RD
OUTSTANDING SQUAT / BENCH / DEADLIFT/ EACH DIVISION.

- 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.ausports.org to obtain their membership

2009 AAU Tulsa Christmas Classic
POWERLIFTING / BENCH PRESS / DEADLIFT
CHAMPIONSHIPS
December, 19, 2009

ENTRY DEADLINE – (Postmarked) **December 14, 2009**

ENTRY FEE \$40.00 each Division

LATE FEE ADD \$15.00 (AFTER Dec, 14, 2009)

WEIGHT CLASS _____

DIVISIONS: MEN _____ **WOMEN** _____

DEADLIFT ___ **POWERLIFTING** ___ **BENCH PRESS** ___

OPEN ___ **YOUTH** (12-13) (14-15) (16-17) (18-19) ___ **JUNIOR (20-23)** ___ **SUBMASTERS (35-39)** ___
MASTERS (40-UP) _____

NAME _____ **PHONE** () _____

Email _____

ADDRESS _____ **CITY** _____

STATE _____ **ZIP** _____ **DATE OF BIRTH** _____

REGISTERED AAU CLUB / SCHOOL _____ **CLUB NUMBER** _____ **AAU CARD NUMBER** _____ **YEAR** _____

ITEMS OF INTEREST _____
POWERLIFTING ACHIEVEMENTS _____

PREVIOUS PERSONAL BEST SQUAT-----
BENCH _____ **DEADLIFT** _____ **TOTAL** _____

I, _____ DO HEREBY RELEASE Danny Berry Dennis Brooks and THE AAU FROM ANY RESPONSIBILITY FOR INJURIES SUFFERED BY ME PARTICIPATING IN OR TRAVELING TO OR FROM THE 2009 AAU Tulsa Christmas Classic/ BENCH PRESS / DEADLIFT POWERLIFTING CHAMPIONSHIPS.

LIFTER'S SIGNATURE _____ **DATE** _____
(If lifter is under 18 years of age)

PARENT'S SIGNATURE _____ **DATE** _____

SEND ENTRIES **Danny Berry**
And TO 11526 S Nandina .Ave. **CHECKS PAYABLE TO ROBERT BERRY**
DRUG TESTING Jenks Okla, 74037
WAIVER

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