



**2010 A.A.U. Inland Empire Bench Press Championship**  
**DRUG TESTED EVENT**

- Date:** February 6, 2010
- Location:** BodyWorks Elite Fitness  
1300 W Florida Ave.  
Hemet, Ca 92543  
951.765.1484
- Testing:** Third party
- Eligibility:** Must be a current member of the A.A.U.
- Equipment:** A singlet is required in all divisions except High School (T-Shirt and Shorts—tight fitting). Wrist wraps allowed in the raw. Single ply bench shirts are allowed in the equipped division.
- Divisions:** All weight classes listed below are provided in all divisions for **both men/women and raw/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, Masters**(35-39)**Masters** 40-44,45-49 etc. in 5 year,**Lifetime Masters, Raw Youth, Raw Teen, Raw Junior, Raw Open, RawLifetime , Raw Submasters, Raw Masters**(40-44,45-49 etc. in 5 year increments) **Raw Lifetime Masters** (5 years)  
**Military/ Law enforcement**(active, retired, reserves) , **Disabled by weight and age Blind/Dwarf/Wheel Chair**
- 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,SHW
- Weigh-ins:** Early weigh-in 6:00-7:30 PM on 2/05/2010  
Regular Weigh-in 8:00-9:30 AM on 2/6/2010
- Schedule:** 10:00 A.M : 2/6/2010 all LIFTERS
- Awards:** Trophies First thru Third  
Best lifter awards  
Separate awards in the High School division
- Fees:** \$40 for first division entered  
\$20 crossover, for each additional class  
\$20 for High School Division

A.A.U. cards available at the meet or online at [WWW.AAUSPORTS.ORG](http://WWW.AAUSPORTS.ORG).  
All lifters must have a current A.A.U card (Sept 1-Aug 31) \$32 for adults, \$14 for youth.

**ENTRY DEADLINE 1/23/2010**  
**\$10 LATE ENTRIES FEE / NO REFUNDS**  
**Make checks or money orders payable to: BodyWorks**

**This event is a qualifier for the A.A.U. National Bench Press Championships held at the fabulous Casablanca Resort Hotel Casino in Mesquite Nevada July 9-11, 2010.**

- 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.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ A.A.U.# \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

WeightClass \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Sex \_\_\_\_\_

E-Mail address \_\_\_\_\_

PLACE an (X) in the appropriate location below

**Equipped**

Open: \_\_\_\_\_ Teen: \_\_\_\_\_ Youth: \_\_\_\_\_ Junior: \_\_\_\_\_ Sub Master: \_\_\_\_\_ Master: \_\_\_\_\_

Law Enforcement/Military: \_\_\_\_\_ Lifetime: \_\_\_\_\_ Lifetime Masters: \_\_\_\_\_ Novice: \_\_\_\_\_

**Raw**

Open: \_\_\_\_\_ Teen: \_\_\_\_\_ Youth: \_\_\_\_\_ Junior: \_\_\_\_\_ Sub Master: \_\_\_\_\_ Master: \_\_\_\_\_

Law Enforcement/Military: \_\_\_\_\_ Lifetime: \_\_\_\_\_ Lifetime Masters: \_\_\_\_\_ Novice: \_\_\_\_\_

**High School**

School Name & Grade: \_\_\_\_\_

**Disabled**

Specify: Dwarf, Blind, Wheel Chair, ect... \_\_\_\_\_

**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 urinalysis 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 releasees 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 releasees, the undersigned will indemnify, save and hold harmless each of the releasees 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: \_\_\_\_\_