



2009 AAU World Powerlifting(3lift), International Push-Pull & Single Lift Championship November 28th & 29th 2009

Location: Crown Reef Conference Center at South Beach Resort
Myrtle Beach, South Carolina

Hosted by: Virginia Powerlifting Association

Meet Director:

Judy & Steve Wood (804-559-4624)

Jill Meads (804-730-8810)

VAPowerlifting@aol.com

Schedule:

All Women, Special Athletes, Teens up to 19 years & Men up to and including 198 weight class will lift on Saturday, November 28th.

All Men 220 weight class and up will lift on Sunday, November 29th.

Divisions: All male and female weight and age classes.

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+

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

Membership:

All participants must be members of the AAU. AAU athlete membership is \$32.

Entry Fee: \$65 per athlete & \$35.00 for cross-overs.

Deadline: November 15, 2009

More Info: Email **Judy** at vapowerlifting@aol.com or AAUsports.org website under **powerlifting**

Come celebrate Thanksgiving at the Beach! The Crown Reef Resort will be hosting one of the largest Thanksgiving Celebration's in Myrtle Beach. Bring your family and friends to the beach for a great time and watch some outstanding lifting!

- 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 connect.
- Participants are encouraged to visit the AAU web site www.aasports.org to obtain their membership.

DATE RECEIVED: _____ PAID: Check Cash Money Order

COMPLETE, SIGN AND MAIL THIS SHEET WITH YOUR PAYMENT. THANK YOU!

**2009 A.A.U. WORLD POWERLIFTING CHAMPIONSHIPS
INTERNATIONAL PUSH/PULL & SINGLE LIFT CHAMPIONSHIPS**

November 28th & 29th 2009

Crown Reef Resort

Myrtle Beach, SC

ENTRY FORM



LIMITED TO 120 LIFTERS EACH DAY

ENTRY FORMS WILL NOT BE ACCEPTED AFTER November 15, 2009

QUESTIONS, CONTACT:

VIRGINIA POWERLIFTING ASSOCIATION

Judy Wood after 7:00 p.m. 804-559-4624

Jill Meads after 7:00 p.m. 804-730-8810

E-MAIL: vapowerlifting@aol.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 2009 card with this application.

HAVE YOU COMPETED IN A MEET HOSTED BY THE VIRGINIA POWERLIFTING ASSOCIATION?

YES NO NOT SURE

MEMBER OF WHAT GYM / FITNESS CENTER / YMCA OR OTHER:

NAME: _____ PHONE: _____ EMAIL: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

REGISTRATION CATEGORIES:

Please Print:

NAME: _____
FIRST LAST

CIRCLE WEIGHT CLASS: (all lifters must circle one) <i>Kilograms/Pounds</i>
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” or “Assisted” in one of the three Meets 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 \$65.00. All “Crossovers” will cost \$35.00 each.

Check the box to the left of each appropriate Division listed below.

WORLD POWERLIFTING CHAMPIONSHIPS: Age _____
CHECK ONE: <input type="checkbox"/> RAW <input type="checkbox"/> ASSISTED
<u>Check the box to the left of each Division you wish to compete in:</u>
<input type="checkbox"/> SPECIAL ATHLETE <input type="checkbox"/> YOUTH (UP TO 11 YEARS OLD)
<input type="checkbox"/> TEEN (12 – 19)
<input type="checkbox"/> JUNIOR (20-23) <input type="checkbox"/> JUNIOR LAW / FIRE/ MILITARY
<input type="checkbox"/> OPEN (ANY AGE) <input type="checkbox"/> OPEN LAW/ FIRE/ MILITARY
<input type="checkbox"/> SUB-MASTER (35-39) <input type="checkbox"/> SUB-MASTER LAW /FIRE/ MILITARY
<input type="checkbox"/> MASTER (40 AND OVER) <input type="checkbox"/> MASTER LIFETIME <input type="checkbox"/> MASTER LAW / FIRE /MILITARY

Check the box to the left of each appropriate Division listed below.

INTERNATIONAL PUSH/PULL CHAMPIONSHIPS: Age _____
CHECK ONE: <input type="checkbox"/> RAW <input type="checkbox"/> ASSISTED
<u>Check the box to the left of each Division you wish to compete in:</u>
<input type="checkbox"/> SPECIAL ATHLETE <input type="checkbox"/> YOUTH (UP TO 11 YEARS OLD)
<input type="checkbox"/> TEEN (12 – 19)
<input type="checkbox"/> JUNIOR (20-23) <input type="checkbox"/> JUNIOR LAW / FIRE/ MILITARY
<input type="checkbox"/> OPEN (ANY AGE) <input type="checkbox"/> OPEN LAW/ FIRE/ MILITARY
<input type="checkbox"/> SUB-MASTER (35-39) <input type="checkbox"/> SUB-MASTER LAW /FIRE/ MILITARY
<input type="checkbox"/> MASTER (40 AND OVER) <input type="checkbox"/> MASTER LIFETIME <input type="checkbox"/> MASTER LAW / FIRE /MILITARY

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: _____

2009 A.A.U. WORLD POWERLIFTING CHAMPIONSHIPS

INTERNATIONAL PUSH/PULL & SINGLE LIFT CHAMPIONSHIPS

November 28-29, 2009

Crown Reef Resort
Myrtle Beach, SC



INFORMATION SHEET

LIMITED TO 120 LIFTERS EACH DAY

QUESTIONS, CONTACT:

VIRGINIA POWERLIFTING ASSOCIATION, INC.

Judy Wood after 7:00 p.m. 804-559-4624 – vapowerlifting@aol.com

Jill Meads after 7:00 p.m. 804-730-8810

ENTRY DEADLINE

November 15, 2009 – **LATE APPLICATIONS WILL NOT BE ACCEPTED!** Please do not send your application by certified mail.

WEIGHT CLASS:

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

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

LIFTING ATTIRE:

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

CONTEST:

Women, Special Athletes, Teens, All Men up to and including 198 will lift on Saturday, November 28th
All Men in weight classes 220 and up will lift on Sunday, November 29th.

This is a full power, push-pull, single lift bench & deadlift meet. Raw or Assisted – AAU rules apply
Meet may run in sessions or flights (to be determined week prior to meet)

MANDATORY EQUIPMENT CHECK AT WEIGH-IN'S

Kilogram plates will be used on the competition platform.

DO NOT CALL AND ASK WHO IS IN YOUR WEIGHT CLASS. There will be a lifter's program posted after weigh-in at the meet.

REGISTRATION/WEIGH-IN:

All Women, Special Athletes, Teens, Men up to and including weight class 198 lbs:

Friday, November 27th 5:30-7:00 p.m. or Saturday, November 28th 6:00-7:30 a.m.

All Men in weight classes 220 and up:

Saturday, November 28th 5:30-7:00 p.m. or Sunday, November 29th 6:00-7:30 a.m.

RULES BRIEFING:

8:00 a.m. each morning prior to start of competition. **ALL LIFTERS MUST ATTEND THE RULES BRIEFING**

LIFTING STARTS:

9:00 a.m. each day

SPECTATOR'S FEE:

\$5.00 per person, children 12 and under free

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 and World records may be broken at this meet.

ENTRY FEE:

\$65.00 for registration and \$35.00 for each additional crossover.

NO entries will be accepted at November 15th.

ELIGIBILITY:

All contestants must be current AAU members. Cards may be purchased online at www.aausports.org
Annual membership expires August 31st of each year. Purchase your membership card after September 1st. \$32.00 (adults), \$12.00 (ages 19 & under). Any coach that will be in the lifting area or on the platform with their athlete must have a coach's pass also (\$12.00)

RULES:

All AAU rules apply. See www.aausports.org –click on handbook for lifters

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:

Crown Reef at South Beach Resort

2913 S. Ocean Blvd.

Myrtle Beach, SC 29577

800-405-7333

www.crownreef.com

LODGING:

Crown Reef at South Beach Resort

Make sure you ask for the rooms that are blocked for the powerlifting meet. Arrive early and celebrate Thanksgiving at the beach.

AIRPORTS:

Myrtle Beach International Airport

Crown Reef has complimentary airport shuttle

HOTELS:

Same as venue

