

# 2010 AAU OKLAHOMA STATE POWERLIFTING / BENCH PRESS / DEADLIFT CHAMPIONSHIPS

DATE: MAY 8<sup>TH</sup> 2010

MEET DIRECTOR: DANNY BERRY (918)-695-3823

MEET SITE: SAPULPA HIGH SCHOOL GYM (3 SOUTH MISSION SAPULPA OKLA. 74066)

WEIGH-INS: FRIDAY, MAY 7<sup>TH</sup> 6:00 TO 7:30 PM

SATURDAY, MAY 8<sup>TH</sup> - 8:00 TO 9:30 AM

LIFTING BEGINS: SATURDAY MAY 8<sup>TH</sup> 10:00 AM All lifters

AAU Membership Cards Must Be Presented At Weigh-In. AAU Membership Cards Will be Available online at [www.aausports.org](http://www.aausports.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: MAY 1<sup>ST</sup> (postmarked) LATE ENTRY FEE \$55.00 AFTER MAY 1<sup>ST</sup>  
\$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 ADDRESS 1301 WEST INGLEWOOD ST. BROKEN ARROW OKLA, 74011

**Make checks Payable to Robert Berry**

**ADULTS FILL OUT DRUG WAIVER SEND WITH ENTRY**

**AWARDS:** 1<sup>ST</sup> 2<sup>ND</sup> 3<sup>RD</sup> PLACE IN EACH WEIGHT CLASS

**TEAMS:** 1<sup>ST</sup> 2<sup>ND</sup> 3<sup>RD</sup>

OUTSTANDING SQUAT / BENCH / DEADLIFT/ Awards

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.

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**POWERLIFTING / BENCH PRESS / DEADLIFT  
CHAMPIONSHIPS**

**May 8, 2010**

**ENTRY DEADLINE –MAY 1, 2010** (Postmarked)

ENTRY FEE \$40.00 each Division

LATE FEE ADD \$15.00 (AFTER MAY 1, 2010)

**WEIGHT CLASS** \_\_\_\_\_

**DIVISIONS: MEN** \_\_\_\_\_ **WOMEN** \_\_\_\_\_

**POWERLIFTING** \_\_\_\_\_ **BENCH PRESS** \_\_\_\_\_ **DEADLIFT** \_\_\_\_\_

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

**NAME** \_\_\_\_\_ **PHONE** ( ) \_\_\_\_\_

**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 IN POUNDS:**      **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 2008 AAU OKLAHOMA STATE OPEN / BENCH PRESS / DEADLIFT POWERLIFTING CHAMPIONSHIPS.

**LIFTER'S SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**PARENT'S SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_  
(If lifter is under 18 years of age)

**SEND ENTRIES**      Danny Berry  
**And**                    1301 W. INGLEWOOD ST.  
**DRUG TESTING**      BROKEN ARROW OK. 74011  
**WAIVER**              (918)-695-3823  
**TO:**                  **MAKE CHECKS OUT TO ROBERT BERRY**

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