



# *“STRONG ENOUGH TO CARE”*

*Charity Strongman Meet!*

*“DECEMBER, 2018”*

**Venue:** El Jefe CrossFit 8110 W Union Hills Dr #250 Glendale, AZ 85308

**Date:** Saturday, December 1st, 2018

**Time:** Saturday, doors will open at 8 am, Rules brief at 9 am, competition starts at 10am

**Weigh-in:** Friday Night, November 30<sup>th</sup> 7pm-8:00 pm & Saturday 8am – 9:00 am @ El Jefe Crossfit

**Technical Meeting:** 9:00 am Saturday; Competition Starts at 10:00am.

This event is licensed by the Amateur Athletic Union of the US, Inc.

**DRUG TESTING:** All athletes entered may be subject to drug testing per AAU policies and procedures.

This meet will be sanctioned for American records

**Membership:** AAU MEMBERSHIP IS REQUIRED. All cards must be purchased online prior to the event.

AAU membership is not included as part of the entry fee to the event. Participants are encouraged to visit “[www.aausports.org](http://www.aausports.org)” to obtain membership. Youth membership is \$16 and adult membership is \$24

For those who don't have a current AAU Card, get your card after August 15 each year to take advantage of the new card year.

Proceeds to benefit the Local Toys for Tots!

Please Make all checks Payable to: Mikel Meadows 1811 Tejon Dr Bullhead City, Arizona 86442



Meet Director: Mikel Meadows (928) 234-5774 seekprov31@gmail.com

This event is licensed by the Amateur Athletic Union of the US, Inc.

TESTING: All athletes entered may be subject to drug testing per AAU policies and procedures.

This meet will be sanctioned for American records

Membership: AAU MEMBERSHIP IS REQUIRED. All cards must be purchased online prior to the event. AAU membership is not included as part of the entry fee to the event. Participants are encouraged to visit [www.aausports.org](http://www.aausports.org) to obtain membership. Youth membership is \$14 and adult membership is \$24, to be sent directly to A.A.U.

Entry Fee: To guarantee meet T-shirts, fees need to be paid by Nov 16th, 2018!

Please indicate amount of check enclosed: Strongman\_\_\_ # of T-shirts\_\_\_ Sizes: S\_\_\_ M\_\_\_ L\_\_\_ XL\_\_\_ XXL\_\_\_  
\$45 for Event \$20 per t-shirt Total Amount enclosed\_\_\_\_\_

Please Make all checks Payable to: Mikel Meadows 1811 Tejon Dr Bullhead City, Arizona 86442

## MOHAVE MUSCLE



**POWERLIFTING & STRONGMAN**



# “STRONG ENOUGH TO CARE”

*Charity Strongman Meet!*

*“DECEMBER, 2018”*

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

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

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

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

Weight Class \_\_\_\_\_ Teen \_\_\_\_\_ Open \_\_\_\_\_ Masters \_\_\_\_\_

Strongman \$45 for Adults \$30 for Students (19&under)

AAU Weightlifting Waiver and Consent In order to be able to participate in this or any other AAU Weightlifting 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



# “STRONG ENOUGH TO CARE”

*Charity Strongman Meet!*

*“DECEMBER, 2018”*

## AMATEUR ATHLETIC UNION STRENGTH SPORTS DRUG-TESTING CONSENT FROM

By signing this form, I \_\_\_\_\_ affirm that I am aware of the (Please Print Name) Amateur Athletic Union Strength Sports drug-testing program and have read the Adult Substance Abuse Program Summary. I acknowledge that doping or the use of drugs before or during competition is prohibited and a violation of the AAU Code. I consent and agree to urine drug testing to participate in any and all AAU Strength Sports events. I understand and agree that the collection process and testing procedures will be performed by a third party and in accordance with the AAU Strength Sports Testing Policy. I acknowledge that AAU Strength Sports shall notify me of the results of the test by certified mail, return receipt requested, to the address I provide below.

I FURTHER ACKNOWLEDGE AND AGREE THAT SHOULD NOTICE OF A POSITIVE TEST BE RETURNED FOR ANY REASON TO AAU Strength Sports, AAU Strength Sports SHALL HAVE THE RIGHT TO POST MY NAME ON THE SUSPENSION LIST LOCATED ON THE WEB PAGE OF AAU Strength Sports. I acknowledge that if I test positive, refuse to be tested, and/or fail to appear for testing, I will automatically be disqualified from any and all AAU Strength Sports events and may be subject to further penalties and/or sanctions under the policies and procedures set forth in the AAU Code. I acknowledge that I may request a hearing before the AAU Review Board to challenge my disqualification from any and all AAU Strength Sports. I acknowledge and agree that this Consent shall be in effect for one (1) year from the date of signing. The parties herein agree that if any part of this Consent shall be deemed invalid and/or unenforceable, the remaining terms and provisions of said Consent shall remain in full force and effect. I acknowledge that I have read this Consent and fully understand and agree with its contents. I further acknowledge that if I am selected to be tested, I may be required to sign another Consent Form.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Country \_\_\_\_\_

TELEPHONE NUMBER \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

MEMBERSHIP NUMBER \_\_\_\_\_ RENEWAL \_\_\_\_\_ NEW MEMBER \_\_\_\_\_

WITNESS (PRINT NAME): \_\_\_\_\_

SIGNATURE OF WITNESS: \_\_\_\_\_

### AAU:

<https://find.aausports.org/>

<https://www.facebook.com/groups/2084937838443469/>

### Mohave Muscle:

<https://www.facebook.com/groups/241035416542894/>

<https://www.facebook.com/mohavemuscle>

Email: [Mohavemuscle@gmail.com](mailto:Mohavemuscle@gmail.com)

<b>FEMALE</b>	<b>AMBULANCE 15M/60SEC</b>	<b>DEADLIFT For REPS/60SEC</b>	<b>MYSTERY EVENT</b>	<b>KEG CARRY 50M/60SEC</b>	<b>MAS WRESTLING</b>
<b>LWTW LWMW</b>		<b>225#</b>		<b>100#</b>	
<b>MWTW MWMW</b>		<b>245#</b>		<b>120#</b>	
<b>HWTW HWMW LWOW</b>		<b>265#</b>		<b>120#</b>	
<b>MWOW</b>		<b>285#</b>		<b>140#</b>	
<b>HWOW</b>		<b>305#</b>		<b>140#</b>	

<b>MALE</b>	<b>FIRE TRUCK PULL 15M/60SEC</b>	<b>DEADLIFT For REPS/60SEC</b>	<b>MYSTERY EVENT</b>	<b>KEG CARRY 50M/60SEC</b>	<b>MAS WRESTLING</b>
<b>LWTM LWMM</b>		<b>305#</b>		<b>160#</b>	
<b>MWTM MWMM</b>		<b>345#</b>		<b>160#</b>	
<b>HWTM HWMM LWOM</b>		<b>385#</b>		<b>180#</b>	
<b>MWOM</b>		<b>425#</b>		<b>180#</b>	
<b>HWOM</b>		<b>465#</b>		<b>210#</b>	

## **EVENT DESCRIPTIONS:**

### **Event 1: Vehicle Pull:**

**Athletes will have 60 sec to attempt to pull vehicle 15m with rope and harness!**

**(If we cannot arrange an ambulance or small firetruck, a 2010 GMC 2500 will be used!)**

### **Event 2: Deadlift for Reps:**

**Athletes will have 60 sec to complete as many reps as possible. Up & Down commands will be used!**

**(Bouncing will not be allowed!)**

### **Event 3: Mystery Event:**

**(Event will concentrate on over/head and shoulders!)**

### **Event 4: Keg Carry:**

**Athletes will have 60 sec to carry Keg 50m with a turn at 25 meters.**

### **Event 5: MAS Wrestling:**

**Event will be run in Single, Double or Round Robin Tournaments.**

**(We reserve the right to adjust based on the number of athletes in each weight class!)**

## **EQUIPMENT RULES!**

### **Required:**

**Shoes or DL Slippers MUST be worn in Deadlift!**

**Knee High Socks MUST be worn for Deadlift!**

### **Allowed:**

**Belt, Knee Sleeves, Knee Wraps, Elbow Sleeves, Wrist Wraps, Chalk, Talc Powder!**

**Gloves for TRUCK PULL & KEG CARRY only!**

### **Not Allowed:**

**Straps, Tacky and or Lifting Suits of any kind!**

**Please check out the following links for rules!**

**[http://image.aausports.org/handbooks/wrestling/Wrestling\\_Handbook.pdf](http://image.aausports.org/handbooks/wrestling/Wrestling_Handbook.pdf)**

**<http://maswrestlingusa.com/wp/wp-content/uploads/2013/09/International-Rules-MAS-Wrestling-USA-modifiedv0901213.pdf>**



