

2024 Oklahoma AAU State, Youth, Middle School, High School, Juniors, Open, Masters Powerlifting Push/Pull, Bench Press, Deadlift Championships

Power Lifting/ Push Pull/Bench Press/ Dead Lift

Saturday April 27th 2024

Sponsored by Kid Strength, Inc.



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FLYER

* Location: Whiteside Park Community Center, 4009 S Pittsburg Ave, Tulsa Okla. 74135. (On 41st between Yale and Harvard.)

* Weigh in and equipment check: (Fri April 26th 6:00 pm to 7:30 pm) & (Sat. April 27th 8:00am to 9:00am)

* Meet Director: Dennis Brooks (dennisbrooks63@protonmail.com)

* Lifting begins at 10:15 am Saturday April 27th 2024. Rules briefing 9:30am)

* Men's weight classes: 66 77 88 97 105 114 123 132 148 165 181 198 220 242 275 308 308+

* Women's weight classes: 66 77 88 97 105 114 123 132 148 165 181 198 220 220+

* Age Divisions: (Youth 8/9 10/11) (Teen 12/13 14/15 16/17 18/19) (Juniors 20-23) (Open) (Sub Masters/Masters)

* **Raw Division:** Leather Belt (buckle or lever only, no padding, Velcro ok), wrist wraps; single ply neoprene knee sleeves with no method of tightening and may not exceed 30cm. in length or ¼ inch thick. **No knee wraps.** Raw adult lifters must use a singlet. Raw youth and teenage lifters can wear a T-shirt and non-baggy shorts above the knee. Must wear shoes or slippers (no socks or bare feet). Socks cannot touch the singlet or knee sleeves.

* **Equipped Division:** Single ply squat suit, dead lift suits and bench press shirt. Knee wraps: 181 lbs. & down, 2 meter length, 198lbs and above can use 2.5 meter wraps. Wrist wraps: cannot exceed 1 meter in length and 8 cm. in width. Must wear shoes or slippers. Knee wraps cannot touch socks or suit. More information, go to www.austrengthsports.org and click on rules.

* **TUBE SOCKS REQUIRED FOR DEAD LIFT. SHIN GUARDS ARE ACCEPTABLE**

* **Weights used will be in kilograms**

* **Entry Fee:** \$65.00 (Powerlifting: squat, bench press, and dead lift). (Push/pull: bench press/deadlift). (Bench press only).

(Deadlift only) \$35.00 each for second and third events entered. NO REFUNDS!!! Pay-Pal payments accepted.

dennisbrooks63@att.net

* **Deadline:** Entries postmarked after April 25th 2024 must pay a \$20.00 late fee. **Payments after April 26th 2024 cash only.**

* **Spectator Admission:** \$8.00 for adults---\$3.00 for students.

* **Send Entries and payment (check or money order) and drug waiver to:** Dennis Brooks, 11526 S. Nandina Ave., Jenks Okla. 74037. **Drug test waivers only required for lifters Juniors. (20-23) and over.** Drug test waiver forms can be obtained by contacting dennisbrooks63@protonmail.com.

* **Awards:** 1st-3rd place in each division and each weight class.

* **Outstanding Lifter/Bench/Squat/Dead Lift:** Youth, Teens, Open/ Masters, Men's and Women's Divisions.

* **Must have at least 5 lifters each division for outstanding lifter awards, otherwise combined**

* **Questions:** Contact Dennis Brooks at (918) 695-6439 or dennisbrooks63@protonmail.com

* **State records:** Facebook/Oklahoma AAU Power lifting * **National records:** www.austrengthsports.org click on records

* This event is licensed 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 memberships must be obtained before the meet begins*

* **Be Prepared:** Adult and Non Athlete memberships are no longer instant and cannot be applied for at the event.

* Please allow 10 days for membership to be processed.

* Participants are encouraged to visit the AAU website www.austrengthsports.org to obtain their membership

2024 Oklahoma AAU State, Youth, Middle School, High School, Teens, Juniors, Open, Masters, Power Lifting, Championships



Entry Form

Sponsored by KID STRENGTH, INC.

Please Print:

Name: _____ Date of Birth: _____ Age day of Meet: _____

Body Wt.: _____ Wt. Class _____ Division(s) (ex: Jrs/open) _____

AAU Card #: _____ Sex: **M** **F** (circle one)

Best Sq.: _____ Best BP: _____ Best DL: _____ Best Total: _____

Address: _____ City: _____ Zip Code: _____

E-Mail: _____ Phone: _____

Entry Fee: \$65.00 NO REFUNDS!!!!

**Circle Event(s) Entered: (Power Lifting: Squat, Bench Press, and Dead Lift))
(Push/Pull: Bench Press/Dead Lift) (Bench Press only) (Dead Lift only)**

Circle Lift Type: (Equipped) (Raw)

Entries postmarked after Thursday April 25th 2024, must pay a \$20.00 late fee. Payments made after April 26th 2024, cash only

Make Checks or Money Order payable to: Dennis Brooks. Pay-Pal payments accepted (dennisbrooks63@att.net)

Mail Entries to: Dennis Brooks, 11526 S. Nandina Ave, Jenks Okla. 74037

with the meet from any legal action that may be taken as a result of participation in the event. I realize Power Lifting competitions are potentially dangerous and physically demanding and I do so at my own risk.

SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18 YRS OLD:

* All participants must have a current AAU membership.

* AAU memberships may not be included as part of the entry fee to the event.

* BE PREPARED: Adult and Non Athlete memberships are no longer instant and cannot be applied for at the event.

*Please allow up to 10 days for memberships to be processed.

* Participants are encouraged to visit AAU web site www.aaustrengthsports.org to obtain their membership.

***TIRES SOCKS ARE MANDATORY FOR DEAD LIFT. SHIN GUARDS ARE ACCEPTABLE**