



Amateur Athletic Union & Mohave Muscle *Presents* 2023 Monsters of Mohave



Meet Director: Mikel Meadows, 1811 Tejon Dr, BHC, AZ 86442 (928) 234-5774 Mohavemuscle@gmail.com

Location: Gary Keith Civic Park: 2345-2361 Mohave Valley Hwy, Bullhead City, AZ 86442

Dates: Saturday, October 21st, 2021 at 10am!

STRONGMAN: Early weigh-ins is 6:00-7:30 PM the night prior!

Regular weigh-ins: 8-9:30am, October 21st!

Technical Meeting: STRONGMAN at 9:30am with event starting @10am!

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.

AAU membership is not included as part of the entry fee to the event.

PLEASE NOTE that ALL LIFTERS must have a current AAU membership card. Adults must apply online at AAUSports.org. All competitors age 20 and over must have a background check performed. Add a week for the background check prior to card approval. Youth (ages 6 to 19) may obtain their cards online up until the competition. If you are at the meet and don't have a card yet, use a smart phone and credit card to obtain your card prior to the official weigh-in. Note: The cost of an AAU card is \$24 for Adults and \$16 for youth.

Please visit <https://play.aausports.org/joinaaumembershipapplication> to obtain membership cards! Your one-year membership will be valid through August 31, 2024 and will entitle you to participate in the all AAU Strength Sports—Powerlifting, Weightlifting, and Feats of Strength, Combines, Bodybuilding, and MAS Wrestling. Records: U.S. Citizens are eligible for AAU American and World Records. Non-U.S. citizens are eligible for AAU National and World Records.

Caps: There will be a cap of 40 athletes!

Video Tapes: VIDEO TAPING IS ALLOWED

ENTRY DEADLINE: Day of prior too WEIGH INS

Entry Fee: STRONGMAN IS \$60! Up to October 8th and \$90 after October 8th!

Iron Podium collects event fees and AAU collects membership fees! AAU membership must be verified prior to competition. No refunds!

Awards: Special overall male and female plaques and plaques For each division First Place!

Medals: Second thru Third (MINIMUM)

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

https://aaustrengthsports.org/page.php?page_id=101064 Rules Book

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



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AMATEUR ATHLETIC UNION STRENGTH SPORTS DRUG-TESTING CONSENT FORM

Name: _____ **Phone:** _____ **A.A.U. #** _____

Address _____ **City** _____ **State** _____ **Zip** _____

Age: _____ **D.O.B.** _____ **Sex** _____ **Email address** _____

Categories are: **FEMALE** ___ **MALE** ___ **TEEN** ___ **MASTERS** ___ **OPEN** ___

LWF (-148) ___ **MWF (148-198)** ___ **HWF (198+)** ___

LWM (-165) ___ **MWM (165-220)** ___ **HWM (220+)** ___

We reserve the right to adjust any and all divisions, age or weight categories as needed!

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.

Dated this _____ day of _____, 20_____

SIGNATURE _____

WITNESS (PRINT NAME): _____

SIGNATURE OF WITNESS: _____ If under the age of 18.

ALL WEIGHTS IN POUNDS

Female	EVENT 1 TRUCK PULL	EVENT 2 LOG PRESS	EVENT 3 SANDBAG TO SHOULDER	EVENT 4 FRAME CARRY	EVENT 5 16" D/L
LWM_2	9000	70	50	200	MAX
LWM_1 LWT MWM_2	9000	80	70	220	MAX
LWO MWM_1 MWT HWM_2	9000	90	100	240	MAX
MWO HWM_1 HWT	9000	110	130	260	MAX
HWO	9000	130	150	280	MAX

<u>MALE</u>					
LWM_2	22000	110	130	340	MAX
LWM_1 LWT MWM_2	22000	130	130	340	MAX
LWO MWM_1 MWT HWM_2	22000	150	150	380	MAX
MWO HWM_1 HWT	22000	190	200	420	MAX
HWO	22000	230	250	460	MAX

Event descriptions

EVENT 1: TRUCK PULL!

Athlete will pull (truck or dump truck) arm over arm 12.5m! 60 sec time limit!

EVENT 2: LOG PRESS!

Athletes will clean their LOG and press away for max reps! Log may be set down then clean again! Must receive down command after each press! 10" log for women and 12" for men! 60 sec time limit!

EVENT 3: SANDBAG TO SHOULDER!

**Athlete will clean sandbag to shoulder and balance with 1 hand for max reps! Must receive down command!
60 sec time limit!**

EVENT 4: FRAME CARRY!

Athlete will Carry frame 12.5m and return for max distance! 60 sec time limit!

EVENT 5: 16" D/L!

Athlete will have 3 attempts to achieve their max! Straps allowed!

Equipment

All athletes must have shoes and knee high socks for d/l.

Belt, Knee & Elbow sleeves and chalk! Tape allowed!

Prohibited equipment!

Lifting suits of any kind, Grip shirts or tacky!