

# 2021 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 May 1st 2021**

Sponsored by Kid Strength, Inc.

**FLYER**

- \* Location: 7709 E. 42nd Pl. Tulsa Okla., 74145 #137. 2 blocks west of 42nd and Memorial
- \* Weigh in and equipment check: (Fri. April 30th 6:00 pm to 7:30 pm) & (Sat. May 1st 8:00am to 9:00am)
- \* Meet Director: Dennis Brooks ([dennisbrooks63@msn.com](mailto:dennisbrooks63@msn.com))
- \*Lifting begins at 10:00am Saturday May 1st (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 1/4 inch thick. **No knee wraps.** Raw adult lifters must use a singlet. Raw youth and teenage lifters can use a T-shirt and non-baggy shorts above the knee. Must wear shoes or slippers. 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.aupowerlifting.org](http://www.aupowerlifting.org) and click on rules.
- \* Weights used will be in pounds.
- \* *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!!!*
  
- \* Deadline: Entries postmarked after April 29th 2020 must pay a \$20.00 late fee. **Payments after April 29th, cash only.**
- \* Spectator Admission: \$7.00 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 Over 19 yrs. of age.** Drug test waiver forms can be obtained by contacting [dennisbrooks63@msn.com](mailto:dennisbrooks63@msn.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@msn.com](mailto:dennisbrooks63@msn.com)
- \* State records: Facebook/Oklahoma AAU Power lifting \*National records: [www.aupowerlifting.org](http://www.aupowerlifting.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.ausports.org](http://www.ausports.org) to obtain their membership

# 2021 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 Wednesday April 29<sup>th</sup> 2020, must pay a \$20.00 late fee. Payments made after April 29<sup>th</sup> 2020, cash only  
Make Checks or Money Order payable to: Dennis Brooks

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

I understand and will abide by all AAU Power Lifting rules and regulations waive and release the AAU, the promoter and all parties involved 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 ATHLETE: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18 YRS OLD: \_\_\_\_\_

- \* This event is licensed by the Amateur Athletic Union of the U.S. Inc.
- \* All participants must have a current AAU membership.
- \* AAU memberships may not be included as part of the entry fee to the event.
- \* AAU memberships must be obtained before the competition begins.
- \* 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.aausports.org](http://www.aausports.org) to obtain their membership.

### POWER LIFTING DRUG CONSENT FORM

by signing this form, I affirm that I am aware of the Amateur Athletic Union Power Lifting (AAUPC) drug testing program and have read the Adult Substance Abuse Program Summary.

I acknowledge the 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 AAUPC 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 Power Lifting Policy.

I acknowledge that AAUPC 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 AAUPC, THE AAUPC SHALL HAVE THE RIGHT TO POST MY NAME ON THE SUSPENSION LIST LOCATED ON THE WEB PAGE OF AAU POWER LIFTING.

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 AAUPC events and ay 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 AAUPC events.

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 the 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\_\_\_\_\_

ATHLETE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

—

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

\_\_\_\_\_

COUNTRY \_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

WITNESS (PRINT NAME)

\_\_\_\_\_

SIGNATURE OF

ATHLETE \_\_\_\_\_