

CALIFORNIA WINTER CHAMPIONSHIPS 2023

Saturday, December 9, 2023

Ages 5 and over must have a current AAU Card to participate

**South High School
1101 Planz Rd,
Bakersfield, CA 93304**

**Coach Bryan Bowens
(661) 770 - 7280
information@juanatas-bowens.com**



Team Juanatas-Bowens

Established 2023



Strong Youth, Strong Future: Raising Bars, Shattering Limits!

Weightlifting | Powerlifting | Feats of Strength

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Powerlifting | Feats of Strength | Weightlifting



Spartans
Strength Sports

Saturday, December 9, 2023 South High School, 1101 Planz Road, Bakersfield, CA 93304

Testing: Any athlete entered may be subjected to drug testing per the AAU Policies and procedures.

Eligibility: Must be a current member of the AAU.

Divisions: **Youth** (5,6-7,8-9,10-11,12-13) **Teen** (14-15,16-17,18-19), **Junior**(20-23), **Open**, **Sub-Masters**(35-39), **Masters** 40-44,45-49 etc. in 5 year increments, **Lifetime Masters**

Powerlifting Weight Classes (lbs) Women: 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+
Men: 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+

Weightlifting Weight Classes (kg) Women: 30, 35, 40, 44, 47.5, 52.5, 60, 67.5, 75, 82.5, 90, 100, 100+
Men: 30, 35, 40, 44, 47.5, 52.5, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 140, 140+

SUPER TOTALS: Must enter & compete in both Powerlifting & Weightlifting. Weightlifting 2 lifts & Powerlifting 3 lifts. Totals for ALL 5 lifts place!

Weigh-ins: Early weigh-ins: 6:00-8:00 p.m. Friday evening. Regular weigh-ins: 7:00- 8:15 a.m. the morning of the event

Lifting Schedule: 8:30 a.m. Mandatory Weightlifting Rules Meeting
9:00 a.m. Weightlifting begins
11:30 a.m. Mandatory Powerlifting Rules Meeting
12:00 p.m. Powerlifting begins

Awards: Medals First through Third Place

AAU CARDS AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG. ALL CARDS MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECKI-IN! AS PART OF THE CARD PROCESS, ALL LIFTERS AGE 20+ WILL HAVE A BACKGROUND CHECK PERFORMED. PROCESS CAN ADD A WEEK TO CARD APPROVAL.

Fees:

- ◇ Youth/Teen lifters (5-19yo): \$20 for first division entered, \$10 crossover for each additional class
- ◇ Junior/Adult lifters: \$40 for first division entered, \$20 crossover for each additional class
- ◇ Feats of Strength fees are \$5 per event.

Entry Deadline is December 1, 2023

Please make check/cashier's check/money orders payable to:

Reach out to Coach Bryan Bowens at (661) 770 – 7280 or via email information@juanatas-bowens.com with any questions

Team Juanatas-Bowens
P.O. Box 21552
Bakersfield, CA 93390

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
 - All participants must have a current AAU membership.
 - AAU membership is not included as part of the entry fee to the event.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership at least 14 days prior to event.

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Name: _____ Phone: _____ A.A.U. #: _____
Address: _____ City: _____ State: _____ Zip: _____
Weight Class _____ Age: _____ D.O.B. _____ Sex: _____
E-Mail address _____

PLACE "P" for Powerlifting, "B" for Bench, "D" for Deadlift, "C" For Push-pull in appropriate block

Raw

Raw Youth: _____ Raw Teen: _____ Raw Junior: _____
Raw Open: _____ Raw Sub Master: _____ Raw Master: _____
Raw Lifetime: _____ Raw Lifetime Masters: _____

Equipped

Youth: _____ Teen: _____ Junior: _____
Open: _____ Sub Master: _____ Master: _____
Lifetime: _____ Lifetime Masters: _____

PLACE WL for weightlifting, SN for Snatch only or CJ for Clean and Jerk only. PC for Power Clean only
in appropriate block!

YOU MAY EITHER Weightlift, Snatch only, Clean and Jerk Only, Power Clean or all combinations.

Open: _____ Teen: _____ Youth: _____
Junior: _____ Sub Master: _____ Master: _____ **Law/Fire:** _____
Military: _____ Lifetime Masters: _____

Feat of Strength Events (Please put an x next to the events you wish to participate in).

Bench for Reps _____ Deadlift for Reps _____ Overhead Presses for Reps _____ Power Clean for Reps _____

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AAU Strength Sports Waiver and Consent

In order to be able to participate in this or any other AAU Strength Sports 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 AAUSS. I understand that both the collection process and testing procedures will be performed by a third party (not AAUSS or AAU)

I hereby release, discharge and covenant not to sue the AAUSS 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(so, 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)