



A.A.U. & Mohave Muscle 2020 Monsters of Mohave Strongman Competition



Meet Director: Mikel Meadows, 1811 Tejon Dr, BHC, AZ 86442 (928) 234-5774
Email: Mohavemuscle@gmail.com
Location: Gary Keith Civic Park 2345-2361 Mohave Valley Hwy, Bullhead City, AZ 86442
Dates: Saturday, October 24th at 10am!

STRONGMAN: Early weigh-ins are Friday, October 23rd, 6:00-7:30 PM!
Regular weigh-ins: 8am to 9am Saturday, October 24th!

Technical Meeting: 9am Saturday, October 24th, with the event starting at 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 or be a member of MAS Wrestling USA. 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> or <https://maswrestlingusa.com/membership-form> to obtain membership cards! Your one-year membership will be valid through August 31, 2021 and will entitle you to participate in the all AAU Strength Sports—Powerlifting, Weightlifting, and Feats of Strength, Combines, Bodybuilding, and MAS Wrestling. Records: US 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 no cap to the number of athletes!

Video Tapes: VIDEO TAPING IS ALLOWED

ENTRY DEADLINE: Day of prior too WEIGH INS

Entry Fee: Adults \$60! Teens \$40

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

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!

Awards: Plaques for 1st place in Division!
Medals: First 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

Athletes and spectators are encouraged to bring seating and shade!



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AMATEUR ATHLETIC UNION STRENGTH SPORTS DRUG-TESTING CONSENT FORM

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____ DATE OF BIRTH _____

ADDRESS _____ City _____ State _____ Zip Code _____

Country _____

TELEPHONE NUMBER _____

E-MAIL ADDRESS _____

MEMBERSHIP NUMBER _____ RENEWAL _____ NEW MEMBER _____

SIGNATURE _____

WITNESS (PRINT NAME): _____

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



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

Address _____ City _____ State _____ Zip _____

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

AAU Waiver and Consent In order to be able to participate in this or any other AAU 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, 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 18

- 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership

	Tire Flip	Keg Press	Keg/Frame/Keg	Truck Pull	Car Deadlift
LWTF LWMF	240	MAX	80/200/100	9000	Heavy
MWTF MWMF LWOF	240	MAX	80/220/100	9000	Heavy
HWTF HWMF MWOFF	350	MAX	100/240/125	9000	Heavy
HWOFF	350	MAX	100/260/125	9000	Heavy
LWTFM LWMM	400	MAX	125/300/150	20000	Heavier
MWTFM MWMM LWOM	400	MAX	150/350/160	20000	Heavier
HWTFM HWMM MWOM	500	MAX	160/400/180	20000	Heavier
HWOM	500	MAX	180/450/210	20000	Heavier

DESCRIPTIONS OF EVENTS

Event 1: TIRE FLIP

Athlete has 60 secs to flip tire as many times as possible!

Event 2: MAX KEG PRESS!

Athlete will have 3 attempts to press keg for max weight!

Event 3: KEG/FRAME/KEG MEDLEY!

Athlete will have 90 sec to carry keg 15m, then carry frame back 15m, then heavier keg back 15m.

Event 4: TRUCK PULL!

Athlete has 60 sec to pull truck 15m. Athlete will sit in a tire and pull arm over arm! ***Gloves are allowed!***

Event 5: CAR DEADLIFT!

Athlete has 60 seconds to DL car for max reps! Full lock out and down command are mandatory for lift to count!
SHOES OR DL SLIPPERS & KNEE HIGH SOCKS ARE MANDATORY! WRIST STRAPS ARE ALLOWED!

Equipment

Allowed: Belt, Knee Sleeves, Knee Wraps, Elbow Sleeves, Talc powder!

Not Allowed: (unless specified per event) Wrist Straps, Grip Shirts, Gloves, Tacky, Lifting Suits of any kind!

MONSTERS OF MOHAVE STRONGMAN

Schedule of Events

Early weigh-ins are Friday, October 23rd, 6:00-7:30 PM!

Regular weigh-ins: 8am to 9am Saturday, October 24th!

2020 BHC CORNFEST MONSTERS OF MOHAVE SCHEDULE OF EVENTS!

Technical Meeting: 9am Saturday, October 24th, with the event starting at 10am!

Tire flip:	10-10:45
Keg Press:	11:15-12
Carry Medley:	12:30-1:15
Truck Pull:	1:45-2:30
Car DeadLift:	3-3:45