



2021 AAU State Powerlifting, Bench Press,  
Deadlift and Push-Pull Championship  
February 20, 2021



**COVID-19 GUIDELINES WILL BE ENFORCED**

Columbia City Fitness Center  
2609 South Jackson - Seattle, WA 98144  
206-322-1008

*Spectators - \$5.00*

Application

[www.austrengthsports.org](http://www.austrengthsports.org)

***Meet will be capped at 50 Lifters***

[bullstewart@hotmail.com](mailto:bullstewart@hotmail.com)

206-854-2678



**Feb. 20, 2021 AAU State Powerlifting, Bench Press, Deadlift and Push/Pull  
Championship!**

**Columbia City Fitness Center 2609 South Jackson St. Seattle. WA. 98144**

**DATE IS FEBRUARY 20, 2021**

**SPECTATOR FEE: \$5**

**COVID-19 GUIDELINES WILL BE ENFORCED**

**Testing: Any AAU lifter may be subject to drug testing per the AAU Policy and Procedures.**

**Eligibility: All lifters must have a current AAU Membership card \$24 adults, \$14 youth.**

**Divisions: All weight classes listed below are provided in all divisions for both men and women. *Both Raw and equipped* Youth (6-7,8-9,10-11,12-13) Raw Teen (14-15,16-17,18-19), Teen (14-15,16-17,18-19) Junior (20-23) Open, Lifetime, Sub-Masters (35-39) Masters 40-44,45-49 etc. in 5 year, Lifetime Masters, Raw Youth, Raw Teen, Raw Junior, Raw Open, Raw Lifetime, Raw Sub masters, Raw Masters(40-44,45-49 etc. in 5 year increments) Raw Lifetime Masters (5 yrs) Military/ Law/Fire/Military (active, retired, reserves), Disabled by weight and age Blind/Dwarf/Wheel Chair. High School**

**Weight Classes: Men: + Youth 66, 77, 88, 97, 105 ALL 114,123,132,148,165,181,198, 220, 242, 275,308, 308+**

**Women: Youth 66, 77, 88, ALL 97,105 114,123,132,148,165,181,198,198 220, 220+**

**Weigh-ins: Early Weigh-IN 6:00-7:30 PM Friday February 19 at CCFC 2, 2609 South Jackson St. 206-322-1008.**

**Regular weigh-IN 7:00 AM to 8:15 AM day of the meet February 20, 2021**

**Rules Briefing 8:30AM**

**Lifting Sched: Lifting Start a 9:00 AM**

**Awards: Medals/Plaques/Trophies 1st- 5th. Best lifter awards in many divisions.**

**Team Trophies 1st-5th Team Entry Fee: \$50**

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

**ENTRY DEADLINE IS FEB. 6, 2021**

**NO REFUNDS!!!!**

**Make Checks Payable to Bull R.**

**Mail to Bull Stewart at 3913 South Orcas St. Seattle, WA. 98118**

**Contact: Bull Stewart 206-854-2678 cell**

**E-Mail [bullstewart@hotmail.com](mailto:bullstewart@hotmail.com)**

**YOU CAN CALL IN AND PAY BY CREDIT CARD, CASH APP, VENMO & E-MAIL THE APPLICATION!**

**STATE & AMERICAN RECORDS CAN BE SET !!!**

**Lifters Qualify for the AAU World Powerlifting-lifting Championships 2021**

**ONLY TAKING THE FIRST 50 LIFTERS- MEET WILL BE CAPPED AT 50!**

**Bull Stewart-Director of Strength Sports, Mark Bryant-Powerlifting State Chair,  
Rose Pristell-Bodybuilding State Chair**