2021 AAU World Powerlifting, Bench, Deadlift, Push/Pull and Strict Curl Championships

WORLD RECORDS CAN BE SET

Concorde Ballroom, Paris Hotel Casino, Las Vegas, nv

YOU MAY EITHER POWERLIFT, BENCH, DEADLIFT OR PUSHPULL, STRICT CURL OR ALL COMBINATIONS!









DATE: August 20-22

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

Eligibility: Must be a current member of the AAU.

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-ins is 6:00-7:30 PM the night before group lifters. Regular weigh-ins is 7:00 am to 8:30 am the

morning of the applicable lifting session. See lifting schedule

Lifting Sched: 9 A.M: 08/20/21 all Women plus Men148 and under ALSO ALL DISABLED LIFTERS

9 A.M 08/21/21 for Men 165-181 A.M 08/22/21 for Men 198-308+

Awards: Plaques/Trophies First thru Fifth (MINIMUM) Best lifter awards in many divisions.

Team Trophies first thru fifth

Fees: \$100 for first division entered \$50 crossover, for each additional class.

All lifters must have a current AAU membership card \$24 adult \$14 youth

AAU CARDS <u>AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG`ALL CARD MUST BE BOUGHT ONLINE PRIOR TO</u>
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

<u>HOTEL</u>: Bally's Hotel Casino Room rates \$69/night weekdays, \$79/night weekends HOTEL HOTLINK https://book.passkey.com/go/SBNPL1

HOTEL ROOMS ARE AR BALLY'S WHICH IS CONNECTED TO PARIS

ENTRY DEADLINE IS July 20 2021 - LATE ENTRIES WILL PAY THE LATE PEBNALTY FEE (SEE ABOVE)

Make checks or money orders payable to:
 Martin Drake
 1993 Thunder Ridge Circle
 Henderson, NV 89012
 310-953-5030

E-MAIL NATURALPOWER@EARTHLINK.NET

- This event is sanctioned 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.aausports.org to obtain their membership

2021 AAU World Powerlifting, Bench, Deadlift, Push/Pull and Strict Curl Championships WORLD RECORDS CAN BE SET

| Name: | | Pnone: | | | A.A.U | . # |
|---|--|---|--|--|---|---|
| Address | | City | | State | <u> </u> | Zip |
| Weight Class | Age:_ | | D.O.B. | | Sex | · |
| E-Mail address _ | | | | _ | | |
| PLACE "P" for Po | owerlifting"B" for Ben | ich. "D" for Dea | adlift. "C" Fo | r Pushpull | "CURL" FOR | STRICT CURL |
| in appropriate bl | | , | , | <u> </u> | | <u> </u> |
| Equipped | | | | | | |
| | Teen | | _Youth | | · · · · · · · · · · · · · · · · · · · | |
| Junior | _Sub Master: | Master:_ | | Militar | y/ Law/Fire/Mili | tary: |
| | Lifetime M | asters | · · · · · · · · · · · · · · · · · · · | | | |
| Raw | | | | | | |
| Raw Open: | :Raw IOOL | Teen: | Raw | /Youth: | · · · · · · · · · · · · · · · · · · · | |
| RAW HIGH SCH | 100L | _ | | | | |
| Raw Junior | Raw Sub Maste | r: | _Raw Maste | er: | | |
| Raw Lifetime | Raw Lifetim | e Masters | | | | |
| Raw _ Military/ La | Raw Lifetim | Disable | d: | | (specify, Dwa | arf, Blind, Wheel |
| Chair) High S | School | _ | | | | |
| In order to be able to or whatever other m from the event(s) and results and/or my fail understand that bo I hereby release, disagents, officers, mellessors of the premisdemands, losses, or otherwise, relative to release and waiver of undersigned will indiliability, damage, or The parties agree the | Vaiver and Consent of participate in this or any ethod is chosen by the And may be subject to furth illure/refusal to test in sole of the collection process scharge and covenant no embers, volunteers, employees on which any AAU and the drug testing, the purion of liability, assumption of emnify, save and hold had cost which may occur as that if any portion of the could remain in full effect. | AUPC. I agree if I er penalties under discretion of the and testing procest to sue the AAUP eyees, other particularity takes place and caused or allegularity to an anisk and indemnity armless each of the a result of such control of such control of such control of the aresult of such control of the area of the | fail or refuse refuse refuse refuse AAUPC. AAUPC. dures will be possible for and/or the Action and specific and considered to be caused year enter related agreement, see releases from the considered to be caused year enter related to a greement, see releases from the considered to be caused year enter related year enter the considered to be caused year enter the considered to be caused year enter the considered the considered to be caused year enter the considered th | to be tested the de. I further concerned by a AAU, their responsors, adverted one of the ded in whole or ed to this even such a claim is many litigation | nat I will automa insent to the public a third party (not bective administ tisers, and if apple releases), fror in part by any a t, and further ag is made against an expenses, atto | tically be disqualified olication of my test and trators, directors, plicable, owners and m all liability, claims, and all of the releases gree that if, despite this any of the releases, thorneys fees, loss, |
| Signature: | | Date:_ | | | | |
| Signature of parent | or Guardian: | | ifıı | nder age 21 | | |

2021 AAU World Bodybuilding, and Fitness Concorde Ballroom, Plaza Hotel Casino, Las Vegas, NV

Date: August 20-22







Plaza Hotel Casino, Las Vegas, NV 89103 Location:

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

Eligibility: Must be a current member of the AAU.

Bodybuilding: Novice, Teen (14-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, Divisions:

MEN AND WOMEN 75-79 and up +

Novice, Teen (14-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, Physique:

75-79 and up + MEN AND WOMEN

> Figure Novice, Teen (14-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, 75-

79 and up WOMEN

Novice, Teen (18-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, 75-Bikini

79 and up WOMEN

Angels Novice, Teen (18-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74,

75-79 and up WOMEN

SPORTS MODEL Teen (14-19) Jr 20-23, Submasters 35-39, Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, 75-

79 and up + MEN AND WOMEN

Mixed Pairs Open, Masters, Theatrical

Classic Swim Wear Teen (14-19) Jr 20-23, Submasters 35-39, Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, 75-

79 and up + MEN AND WOMEN

Fitness Novice, Teen (14-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, 75-79

and up + MEN AND WOMEN

Athletes in the masters division may compete in a lower age masters class IF THEY ARE ALREADY ENTERED IN THEIR

RESPECTIVE AGE GROUP. All athletes are encouraged to compete in the open division

Height Classes: In each class/division, 5 athletes and under will be a single class. 6-8 will be two classes 9+ 3 classes

We will not combine age group classes if even one athlete is pre-entered.

Schedule: Early Check-in Friday Regular Check-In begins at 8:00 A.M.

Competition Schedule: Single format show beginning at 5:00 pm

Medals or Plaques/Trophies First thru Third (MINIMUM) Overal awards in many divisions. Awards:

Team Trophies first thru third

Fees: \$100 for first division entered, first division entered \$50 crossover, for each additional class.

Entries taken at the show for athletes not pre-entered are \$150 first class, \$75/class for crossovers. (unless previously arranged

in writing (letter, fax, email, messenger)

\$60 team registration, all athletes on the team must be entered separately

All athletes must have a current AAU membership card \$24 adult \$14 youth \$45 FOR International athletes

AAU CARDS AVAILABLE ONLINE AT 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. CURRENTLY YOUR CARD CHOICES ARE LISTED AS POWERLIFTING OR WEIGHTLIFTING, EITHER ORKS FINE FOR ALL AAU STRENGTH SPORTS INCLUDING BODYBUILDING . CARD YEAR IS SEPT 1-AUG 31

IN ORDER TO BE BACK STAGE YOU MUST HAVE A CURRENT AAU CARD.

HOTEL: Bally's Hotel Casino Room rates \$69/night weekdays, \$79/night weekends HOTEL HOTLINK

HOTEL ROOMS ARE AR BALLY'S WHICH IS CONNECTED TO PARIS https://book.passkey.com/go/SBNPL1

ENTRY DEADLINE July 20 2021- LATE ENTRIES WILL PAY THE LATE PEBNALTY FEE (SEE ABOVE)

Make checks or money orders payable to:

Martin Drake 1993 Thunder Ridge Circle Henderson, NV 89012 310-953-5030

E-MAIL NATURALPOWER@EARTHLINK.NET

- This event is sanctioned 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.aausports.org to obtain their membership

2021 AAU World Bodybuilding, Physique, Figure and Bikini PLAZA Hotel Casino , Las Vegas, NV

| Name: | | Phone: | | | A.A.U. # | | |
|--|--|--|---|--|---|---|--|
| Address | CityD.O.B | | State Zip | | _ | | |
| Weight Class | Age: | , | D.O.B. | | Sex | - | |
| E-Mail address | | | | _ | | _ | |
| Bodybuilding TEEN | | | | | | | |
| Classic Bodybuilding TEEN | NOVICE | 20-23 | 35 | -39 | Open MASTERS 40-49 | | 50- |
| 70-79 | 65-69 _ 75-79 | MASTERS | 80+ | _ | | | |
| PHYSIQUE TEEN N 65-69 70-79 | | | | | MASTERS 40-49 | 50-54 | 55- |
| FIGURE TEEN 65-69 70-79 | | | | | MASTERS 40-49 | 50-54 | 55 |
| BIKINI TEEN | NOVICE | — 20-23 | 35-39 | — Onen | MASTERS 40-49 | 50- | |
| 5455-5960-64_ 70-79 | _ 75-79 NOVICE 65-69 _ 75-79 | MASTERS 20-23 _ MASTERS | 5 80+ 35-39 _ S 80+ | Open | MASTERS 40-49 | 50- | |
| SPORTS MODEL TEEN 54 55-59 60-64 70-79 | NOVICE 65-69 | 20-23 | 35-39 | Оре | en MASTERS 40-49 | 50- | |
| <u>CLASSIC BODYBUILDING</u> T 50-54 55-59 60-6 | TEEN 164 65-69 | NOVICE | _20-23 | 35-39 _ | | | |
| CLASSIC SWIMWEAR TEEN 54 55-59 60-64 70-79 NO 59 60-64 65-69 70-79 65-69 65-69 | NOVIC 65-69 _ 75-79 | E20-23 MASTERS | 33 | 35-39 | Open MASTERS 40-49 | 9 | _ 50- |
| FITNESS TEEN NOV 59 60-64 65-69 70-79 | VICE20-23 75-79 | 35 MASTERS | 5-39 S 80+ | Open | MASTERS 40-49 | 50-54 | 55- |
| AAU Bodybuilding Waiver and In order to be able to participate other method is chosen by AAU and may be subject to further petest in sole discretion of the by AI understand that both the collect hereby release, discharge and cagents, officers, members, volun premises on which any AAU action any account caused or allege publication(s0, or any matter relaindemnity agreement, such a cla releases from any litigation experiments agree that if any port remain in full effect. I also agree to hold harmless Raharmless. | in this or any othe Strength Sports. I nalties under the AU Strength Sportion process and to evenant not to sucteers, employees, vity takes place (ed to be caused in ted to this event, im is made againsnses, attorneys feion of the consent | r AAU Powerlit agree if I fail of AAU Code. I fults esting procedule the by AAU Souther participal ach considere whole or in pal and further agret any of the reless, loss, liability release shall | fting event, I had refuse to be arther consent ures will be pestrength Sportants, any sport one of the rort by any and ree that if, desileases, the ure ty, damage, of the deemed in the second of the deemed in the second of the the transfer of the transfer of the second of the transfer | tested that I to the publication to the publication of the A sand/or the A sors, advertible leases), from all of the release the pite this release dersigned with cost which revalid and/or undersigned to the public this release the pite this r | will automatically be disqualified ation of my test results and/or methird party (not by AAU Strength AAU, their respective administrasers, and if applicable, owners at all liability, claims, demands, lases or otherwise, relative to the ase and waiver of liability, assund indemnify, save and hold harmay occur as a result of such claim indemonation of such claims. | I from the every failure/refus Sport or AAL tors, directors and lessors of losses, or dame drug testing, aption of risk anless each of taim. | nt(s) al to J)I , the nages the and the |

Signature: ______Date: _____

| Signature of parent or Guardian: | if under age 2 |
|----------------------------------|----------------|
| | |

AMATEUR ATHLETIC UNION STRENGTH SPORTS DRUG-TESTING CONSENT FROM

| By signing this form, I(Please Pr | | affirm that I am aware of the |
|--|--|---|
| (Please Pr Amateur Athletic Union Strength Spo | int Name) orts drug-testing program and have r | ead the Adult Substance Abuse Program Summary. |
| I acknowledge that doping or the use of | of drugs before or during competition | n is prohibited and a violation of the AAU Code. |
| I consent and agree to urine drug testin I understand and agree that the collect: Strength Sports TestingPolicy. | | Strength Sports events. Fill be performed by a third party and in accordance with the AAU |
| | orts shall notify me of the results of | the test by certified mail, return receipt requested, to the address I |
| | ngth Sports SHALL HAVE THE RI | E OF A POSITIVE TEST BE RETURNED FOR ANY REASON IGHT TO POST MY NAME ON THE SUSPENSION LIST |
| | | ar for testing, I will automatically be disqualified from any and all r sanctions under the policies and procedures set forth in the AAU |
| I acknowledge that I may request a hea | aring before the AAU Review Board | to challenge my disqualification from any and all AAU Strength |
| | | ar from the date of signing. The parties herein agree that if any part of terms and provisions of said Consent shall remain in full force and |
| | | e with its contents. I further acknowledge that if I am selected to be |
| Dated thisday of | ,. | 20 |
| SIGNATURE | | |
| ADDRESS | | |
| City | State | Zip Code |
| Country | | |
| TELEPHONE NUMBER | E-MAIL ADDR | ESS |
| MEMBERSHIP NUMBER | RENEWAL | NEW MEMBER |
| WITNESS (PRINT NAME) | | |

SIGNATURE OF WITNESS____

2021 AAU World Weightlifting and Single Lift Weightlifting and Power Clean August 20-22 WORLD RECORDS CAN BE SET

Concorde Ballroom, Paris Hotel Casino, Las Vegas, NV

YOU MAY EITHER DO THE FULLWEIGHTLIFTING, OR THE SINGLE LIFT'S FOR THE SNATCH OR C&J OR ALL

HOTEL ROOM BLOCK INFO TO BE PROVIDED (note: SLEEPING ROOMS AT BALLY'S)







August 20-22 Rio Hotel Casino, Las Vegas, NV

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

Eligibility: Must be a current member of the AAU.

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)

Weight Classes: 30KG, 35KG, 40KG, 44KG, 47.5KG, 52.5KG, 56kg, 60KG, 67.5KG, 75KG, 82.5KG, 90KG, 100KG, 100+KG MEN: 30KG, 35KG, 40KG, 44KG, 47.5KG, 52.5KG, 56kg 60KG, 67.5KG, 75KG, 82.5KG, 90KG, 100KG, 110KG,

125KG,140KG, 140+KG

Weigh-ins: Early weigh-ins is 6:00-7:30 PM the night before group lifters. Regular weigh-ins is 7:00 am to 8:30 am the

morning of the applicable lifting session. See lifting schedule

Lifting Sched: 9 A.M: 08/20/21 all Women plus Men67.5KG and under

9 A.M 08/21/21 for Men 75-82.5KG A.M 08/22/21 for Men 90KG-140KG+

Awards: Plaques/Trophies First thru Fifth (MINIMUM) Best lifter awards in many divisions.

Team Trophies first thru fifth

Fees: \$100 for first division entered \$50 crossover, for each additional class.

All lifters must have a current AAU membership card \$24 adult \$14 youth

AAU CARDS <u>AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG `ALL CARD MUST BE BOUGHT ONLINE PRIOR TO</u>
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

<u>HOTEL:</u> Bally's Hotel Casino Room rates \$69/night weekdays, \$79/night weekends HOTEL HOTLINK https://book.passkey.com/go/SBNPL1 HOTEL ROOMS ARE AR BALLY'S WHICH IS CONNECTED TO PARIS

Spectator Fee: \$10

L

ENTRY DEADLINE IS July 20 2021 - LATE ENTRIES WILL PAY THE LATE PEBNALTY FEE (SEE ABOVE)

E-MAIL NATURALPOWER@EARTHLINK.NET

- This event is sanctioned 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.aausports.org to obtain their membership

2021 AAU World Weightlifting and Single Lift Weightlifting and Power Clean WORLD RECORDS CAN BE SET

| Name: | | Phone: | | A.A.U. | # |
|---|---|---|---|--|--|
| Address | | City | State | | Zip |
| Weight Class | Age: | D.O.B | · | _Sex | |
| E-Mail address | | | | | |
| | r waisabtlifting CN for (| Chatabank, ar Clfar | Class and last and | v DC for D | Jawar Claan |
| in appropriate | <u>r weightlifting, SN for S</u> block! | Snatch only of CJ for | Clean and Jerk onl | y PC for P | ower Clean |
| парргорпас | DIOCK: | | | | |
| Open: | Teen | Youth | | | |
| | | | | | |
| Junior | Sub Master: | Master: | Law/Fire: | | |
| | | | | | |
| Military | Lifetime Ma | sters | · | | |
| or whatever other from the event(s) a results and/or my follower and that but hereby release, or agents, officers, messors of the prendemands, losses, otherwise, relative release and waive undersigned will in iability, damage, of the parties agree | to participate in this or any method is chosen by the A and may be subject to furth failure/refusal to test in sole both the collection process discharge and covenant no nembers, volunteers, employing so on which any AAU action of damages on any account to the drug testing, the pure of liability, assumption of indemnify, save and hold have cost which may occur as that if any portion of the contall remain in full effect. | AUPC. I agree if I fail or rependities under the AAUPC. and testing procedures will to sue the AAUPC and/or oyees, other participants, activity takes place (each cont caused or alleged to be blication(s0, or any matter risk and indemnity agreem aresult of such claim. | fuse to be tested that I J Code. I further consel I be performed by a thir the AAU, their respecting sponsors, advertisernsidered one of the relevanced in whole or in perelated to this event, arent, such a claim is mas from any litigation ex | will automation to the public rd party (not A ive administrates, and if applicases), from art by any and further agrade against arpenses, attorion to the total results of the penses, attorion to the total results are penses. | cally be disqualified ication of my test AAUPC or AAU) ators, directors, licable, owners and all liability, claims, d all of the releases ee that if, despite thing of the releases, threys fees, loss, |
| | | | | | |
| Signature of paren | nt or Guardian: | | _ if under age 21 | | |

2021 AAU Feats of Strength Indoor World Championships

August 20-22, 2021 at Paris Hotel Casino Las Vegas, in the 40,000 sq ft Concorde Ballroom

American & World Records may be set in every event

Date: August 20-22, 2021 Location: Paris Hotel Casino Las Vegas

Our block is on a first come first serve basis. When the block fills, room rates WILL GO UP.







Testing: Any adult athlete (age 20+) entered may be subjected to drug testing per the AAU Policies and procedures.

Eligibility: Must be a current member of the AAU.

Divisions: Youth (6-7, 8-9, 10-11,12-13,14-15,16-17,18-19), **Junior** (20-23), **Open** (24-34), **Sub-Masters** (35-39), **Masters** (40-44, 45-49, etc. in 5 year increments), **American Heroes** (Military, Police, Fire, and First Responders)--Age 18+.

Weight Classes: All weight classes listed below are provided in all divisions for both men and women.

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: Regular weigh-ins are 7:00 to 7:45 am for each morning of competition. Early weigh-ins are 6:00 pm to 7:30 pm the night before each day of competition. You also may weigh in with a powerlifting or weightlifting official outside of these times in accordance with the respective powerlifting and weightlifting fliers/entry forms. You must weigh in for each day of competition within 24 hours of your competition.

Event Schedule: Friday August 20: 9:00 am to 6:00 pm

Saturday August 21: 9:00 am to 6:00 pm Saturday August 22: 9:00 am to 4:00 pm

- 1. All events will be held both Friday and Saturday.
- 2. Schedule will be coordinated with PL and WL events, and published about 3 weeks before the meet.

THERE ARE 6 NEW FOS EVENTS THIS YEAR!

World Championship medals will be awarded for 1st through 3rd places in your selected division (either Weight Class/Age Group, Weight Class Open, or Open Unlimited Weight-- for each entered event. See Entry Form on Page 3.

Rules Briefing & Warm-up: 15 min prior to the start of each event.

AAU CARDS: All lifters must have a current AAU membership card.

Adults: Adults must apply online at AAUSports.org. All competitors age 20+ will have a background check performed. Add a week for the background check prior to card approval.

Youth: Youth (ages 6 to 19) may obtain their cards online up until the competition. If you are at the meet and do not 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. Apply for an AAU Powerlifting or Weightlifting membership. Your one-year membership will be valid through August 31, 2021 and will entitle you to participate in all the AAU Strength Sports—Powerlifting, Weightlifting, Feats of Strength, Combines, MAS Wrestling, and Bodybuilding.

Records: U.S. Citizens are eligible for AAU American and World Records. Non-U.S. citizens are eligible for AAU National and World Records.

Spectator Fee: \$10 per day for indoor events, except officials and lifters entered.

Hotel: BALLY'S HOTEL CASINO ROOM RATES \$69/NIGHT WEEKDAYS...\$79/NIGHT WEEKENDS HOTEL LINK FOR AAU DISCOUNT RATE: http://book.passkey.com/go/SBNPL1

2021 AAU Feats of Strength Indoor World Championships

August 20-22, 2021 at Paris Hotel Casino Las Vegas, in the 40,000 sq ft Concorde Ballroom

| Name: | | Phone: | A.A.U. C | ard # | |
|---|--|--|--|---|---|
| Address | | City | State | Zip | |
| Weight Class | Age: | Height | D.O.B | Gender | |
| E-Mail address | | | | | |
| | AAU Feats of S | trength Waiver and | d Consent for Individ | ual Competitors | |
| analysis or whatever disqualified from the publication of my tes | other method is clevent(s) and may tresults and/or my | hosen by the AAUP be subject to furthe y failure/refusal to te | C. I agree if I fail or ref r penalties under the A st in sole discretion of | hereby consent to be drug tested buse to be tested that I will automatic AU Code. I further consent to the the AAUPC. Treed by a third party (not AAUPC of | cally be |
| agents, officers, men and lessors of the pro- claims, demands, los the releases or other agree that if, despite against any of the rel | nbers, volunteers, emises on which a sses, or damages o wise, relative to th this release and w eases, the unders | employees, other pany AAU activity take on any account cause of drug testing, the paraiver of liability, assigned will indemnify | articipants, any sponso es place (each conside sed or alleged to be ca publication(s), or any m sumption of risk and inc | their respective administrators, directors, advertisers, and if applicable, overed one of the releases), from all lisused in whole or in part by any and atter related to this event, and furth demnity agreement, such a claim is ease each of the releases from any lists and such claim. | wners ability, all of er made |

е

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 |

Make checks or money orders payable to:

Ray Anderson

39533 Highbury Dr Murrieta, CA. 92563

(951) 252-5627

Email: maxtsportsacademy@gmail.com

Caps: There will be a cap of 100 athletes. Individual event caps may be imposed.

Entry deadline: August 4, 2021. Entries received after August 4, 2021 and until 6:30 pm the night before your competition will be accepted if the event caps have not been reached.:

Video Tapes: VIDEOING ALLOWED

- This event is sanctioned 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.aausports.org to obtain their membership.

Entry Form--2021 AAU Indoor Feats of Strength North American Championships

| Event Description | Entry Fee |
|---|---|
| Bench Press for Reps (1 attempt, 60-sec limit) | \$45 first class/division 1 st class 2 nd class \$25/additional class/division |
| 2. *Combine Bench Press for Reps (1 attempt – Men 225/ Women 135. Touch & Go – Full Extension) | \$45 first class/division 1 st class 2 nd class \$25/additional class/division |
| 3. *2" Axle Bar Strict Curl (max weight, 3 attempts) | \$45 first class/division 1 st class 2 nd class \$25/additional class/division |
| 4. *2" Axle Bar Strict Curls for Reps (1 attempt, 60-sec limit) | \$45 first class/division 1 st class 2 nd class \$25/additional class/division |
| 5. *Trap Bar Deadlift (max weight, 3 attempts) | \$45 first class/division 1 st class 2 nd class \$25/additional class/division |
| 6. Overhead Press (max weight, 3 attempts) | \$45 first class/division 1st class 2nd class \$25/additional class/division |
| 7. Zercher Carry with Yoke (25 meters for time – 1 attempt) | \$45 first class/division 1st class 2nd class \$25/additional class/division |
| 8. 2" Axle Bar Clean & Press (max weight, 3 attempts – Continental allowed) | \$45 first class/division 1st class 2nd class \$25/additional class/division |
| 9. Power Clean (max weight, 3 attempts) | \$45 first class/division 1st class 2nd class \$25/additional class/division |
| 10. *Combine Medley BP for Reps / Power Cleans for Reps / Axle Bar DL for Reps. Total Reps at designated bar weight for your weight class, for all 3 Lifts. | \$45 first class/division 1 st class 2 nd class \$25/additional class/division |
| TOTAL FOR ALL CHOSEN EVENTS ABOVE | TOTAL \$ |

*DENOTES NEW FOS EVENT

10. COMBINE MEDLEY: The Combine Medley consists of performing the 3 lifts consecutively...Weight classes for men are: Flyweight 114#'s...Lightweight 123-165; Middleweight 181-220; Heavyweight 242-308+. Weight classes for women are Flyweight 97-114; Lightweight 123-148; Middleweight 165-198; Heavyweight 220 & Above.

BENCH FOR REPS MALE— Bar weights: Flyweight 85kg; Lightweight 95kg; Middleweight 115kg; Heavyweight 130kg FEMALE: Flyweight 50kg; Lightweight 55kg; Middleweight 55kg; Heavyweight 70kg

POWER CLEANS FOR REPS MALE- Bar weights: Flyweight 60kg; Lightweight 70kg; Middleweight 85kg; Heavyweight 95kg FEMALE: Flyweight 50kg; Lightweight 60kg; Middleweight 65kg; Heavyweight 70kg

AXLE BAR DEADLIFT FOR REPS MALE- Bar weights: Flyweight 70kg; Lightweight 95kg; Middleweight 110kg; Heavyweight 120kg FEMALE: Flyweight 50kg; Lightweight 60kg; Middleweight 70kg; Heavyweight 75kg