

# 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 PUSH/PULL, 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** **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**

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

**HOTEL ROOMS ARE AT 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](mailto: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](http://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: \_\_\_\_\_ 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 Pushpull "CURL" FOR STRICT CURL  
in appropriate block!

**Equipped**

Open: \_\_\_\_\_ Teen \_\_\_\_\_ Youth \_\_\_\_\_

Junior \_\_\_\_\_ Sub Master: \_\_\_\_\_ Master: \_\_\_\_\_ Military/ Law/Fire/Military: \_\_\_\_\_

Lifetime \_\_\_\_\_ Lifetime Masters \_\_\_\_\_

**Raw**

Raw Open: \_\_\_\_\_ : \_\_\_\_\_ Raw Teen: \_\_\_\_\_ Raw Youth: \_\_\_\_\_

RAW HIGH SCHOOL \_\_\_\_\_

Raw Junior \_\_\_\_\_ Raw Sub Master: \_\_\_\_\_ Raw Master: \_\_\_\_\_

Raw Lifetime \_\_\_\_\_ Raw Lifetime Masters \_\_\_\_\_

Raw **Military/ Law/Fire/Military:** \_\_\_\_\_ **Disabled:** \_\_\_\_\_ (specify, Dwarf, Blind, Wheel  
Chair) High School \_\_\_\_\_

**AAU Powerlifting Waiver and Consent**

In order to be able to participate in this or any other AAU Powerlifting 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(s), 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.

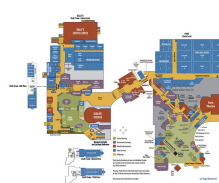
The parties agree that if any portion of the consent/release shall be deemed invalid and/or unenforceable, the rest of such consent/release shall remain in full effect.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent or Guardian: \_\_\_\_\_ if under age 21

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

Date: August 20-22



Location: Plaza Hotel Casino, Las Vegas, NV 89103

**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.

**Divisions:** 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, 75-79 and up + MEN AND WOMEN

Physique: 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

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

Bikini 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

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

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

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](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. 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

<https://book.passkey.com/go/SBNPL1>

**HOTEL ROOMS ARE AT BALLY'S WHICH IS CONNECTED TO PARIS**

**ENTRY DEADLINE July 20 2021- LATE ENTRIES WILL PAY THE LATE PENALTY 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](mailto: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](http://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 \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Weight Class \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Sex \_\_\_\_\_  
 E-Mail address \_\_\_\_\_

Bodybuilding TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

Classic Bodybuilding TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_  
 54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

PHYSIQUE TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

FIGURE TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

BIKINI TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_  
 54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

ANGELS TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_  
 54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

SPORTS MODEL TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_  
 54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

PAIRS OPEN \_\_\_\_\_ (PARTNER NAME \_\_\_\_\_) PAIRS MASTERS \_\_\_\_\_ (PARTNER NAME \_\_\_\_\_) PAIRS THEATER \_\_\_\_\_ (PARTNER NAME \_\_\_\_\_)

CLASSIC BODYBUILDING TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_  
 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

CLASSIC SWIMWEAR TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_  
 54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

FITNESS TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_  
 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

**AAU Bodybuilding Waiver and Consent and hold harmless agreement**

In order to be able to participate in this or any other AAU Powerlifting event, I hereby consent to be drug tested by urine analysis or whatever other method is chosen by AAU Strength Sports. 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 by AAU Strength Sports

I understand that both the collection process and testing procedures will be performed by a third party (not by AAU Strength Sport or AAU) hereby release, discharge and covenant not to sue the by AAU Strength Sports 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(s), 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.

I also agree to hold harmless Rancho Buena Vista High School, Vista Unified School District and the respective Employees and Administrators harmless.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent or Guardian: \_\_\_\_\_ if under age 21

**AMATEUR ATHLETIC UNION STRENGTH SPORTS  
DRUG-TESTING CONSENT FROM**

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\_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Country \_\_\_\_\_

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

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 LIFTS 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 Men 67.5KG 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** 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

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

**Spectator Fee:** \$10

↓

**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](mailto: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](http://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 \_\_\_\_\_

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

Open: \_\_\_\_\_ Teen \_\_\_\_\_ Youth \_\_\_\_\_

Junior \_\_\_\_\_ Sub Master: \_\_\_\_\_ Master: \_\_\_\_\_ Law/Fire: \_\_\_\_\_

Military \_\_\_\_\_ Lifetime Masters \_\_\_\_\_

### **AAU Powerlifting Waiver and Consent**

In order to be able to participate in this or any other AAU Powerlifting 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(s), 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: \_\_\_\_\_

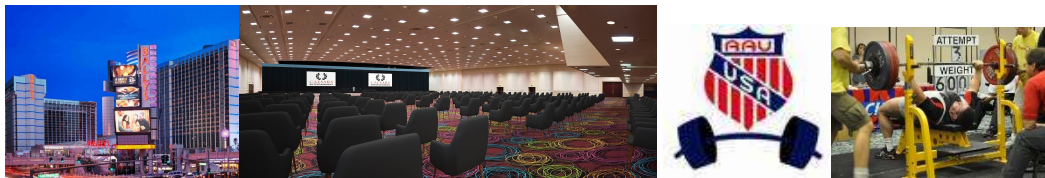
Signature of parent or Guardian: \_\_\_\_\_ if under age 21

**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 1<sup>st</sup> through 3<sup>rd</sup> 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. Card # \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Weight Class \_\_\_\_\_ Age: \_\_\_\_\_ Height \_\_\_\_\_ D.O.B. \_\_\_\_\_ Gender \_\_\_\_\_

E-Mail address \_\_\_\_\_

**AAU Feats of Strength Waiver and Consent for Individual Competitors**

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 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(s), 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, attorney's 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

**Make checks or money orders payable to:**

Ray Anderson

39533 Highbury Dr Murrieta, CA. 92563

(951) 252-5627

Email: [maxtsportsacademy@gmail.com](mailto: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](http://www.aausports.org) to obtain their membership.

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

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

### \*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