



Amateur Athletic Union & Mohave Muscle *Presents* 2022 Monsters of Mohave



Meet Director: Mikel Meadows, 1811 Tejon Dr, BHC, AZ 86442 (928) 234-5774 Mohavemuscle@gmail.com

Location: Gary Keith Civic Park: 2345-2361 Mohave Valley Hwy, Bullhead City, AZ 86442

Dates: Saturday, October 22nd, 2021 at 10am!

STRONGMAN: Early weigh-ins is 6:00-7:30 PM the night prior!

Regular weigh-ins: 8-9:30am, October 22nd!

Technical Meeting: STRONGMAN at 9:30am with event starting @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. 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> to obtain membership cards! Your one-year membership will be valid through August 31, 2023 and will entitle you to participate in the all AAU Strength Sports—Powerlifting, Weightlifting, and Feats of Strength, Combines, Bodybuilding, and MAS Wrestling. Records: U.S. 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 a cap of 40 athletes!

Video Tapes: VIDEO TAPING IS ALLOWED

ENTRY DEADLINE: Day of prior too WEIGH INS

Entry Fee: STRONGMAN IS \$60! Up to October 8th and \$90 after October 8th!

Iron Podium collects event fees and AAU collects membership fees! AAU membership must be verified prior to competition. No refunds!

Awards: Special overall male and female plaques and plaques For each division First Place!

Medals: Second 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



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AMATEUR ATHLETIC UNION STRENGTH SPORTS DRUG-TESTING CONSENT FORM

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!

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 _____

WITNESS (PRINT NAME): _____

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

ALL WEIGHTS IN POUNDS

Female	<u>LOG PRESS</u>	<u>FRAME & HUSAFELT</u>	<u>DEADLIFT</u>	<u>CONAN WHEEL</u>	<u>KEG OVER BAR</u>
LWTF LWMF	70	250/130	185	210	110
LWOF MWTf MWMF	80	280/150	215	240	125
MWOF HWTf HWMF	90	310/170	245	270	145
HWOF	100	340/190	275	300	165

Male					
LWTM LWMM	140	360/190	315	300	165
LWOM MWTM MWMM	160	400/220	365	350	200
MWOM HWTM HWMM	180	450/250	405	400	235
HWOM	200	500/280	455	450	270

Event descriptions

EVENT 1: LOG PRESS for MAX!

**Athlete will have 3 attempts to achieve there MAX! 10# increments for women and 20#s for men!
Athletes may jump in and out anytime! 10 inch log for women and 12 inch for men!**

EVENT 2: FRAME & HUSAFELL CARRY!

**Athletes will carry frame 12.5 meters then carry husafell for 12.5 meters!
60 sec time limit!**

EVENT 3: DEADLIFT for MAX!

**Athlete will have 3 attempts to achieve there MAX! 20# increments all athletes!
Athletes may jump in and out anytime!**

EVENT 4: CONAN WHEEL!

**Athlete will carry for max distancel
60 sec time limit!**

EVENT 5: KEG OVER BAR!

**Athlete will have 60secs to lift keg over bar for max reps!
48" for all athletes!**

Equipment

**All athletes must have shoes and knee high socks for d/l.
Belt, Knee & Elbow sleeves and chalk! Tape allowed!**

Prohibited equipment!

Lifting suits of any kind, Grip shirts or tacky!