



2023

AAU West Coast Regional

Powerlifting, Bench Press

Deadlift and Push-Pull

CHAMPIONSHIPS

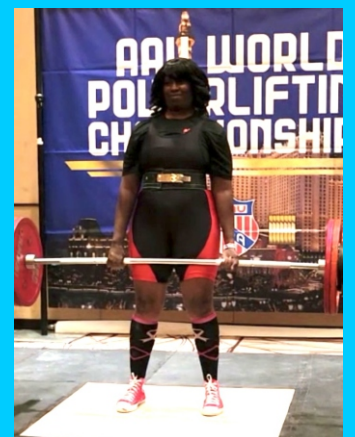
EMBASSY SUITES HOTEL

Lynnwood, WA

JUNE 10, 2023

Lifting starts at 9:00 am

Spectator Fee - \$10.00



**Application - BullStewart@hotmail.com
206-854-2678**



June 10, 2023, AAU West Coast Regional Powerlifting, Bench Press, Deadlift & Push/Pull Championship!

Name: _____ Phone: _____ AAU# _____
Address _____ City _____ State _____ Zip _____
Weight Class _____ Age: _____ D.O.B. _____ Sex _____
E-Mail address _____
Team Name _____

Circle Appropriate Ones- "P" Powerlifting - "B" Bench - "D" Deadlift - "C" For Push-Pull.

Circle One: Raw or Equipped

Open: _____ Teen _____ Youth _____ High school _____
Junior _____ Sub-Master _____ Master _____ Military/Law/Fire _____
Lifetime _____ Lifetime Masters _____ Disabled: _____ (Specify, Dwarf, Blind, Wheelchair)

ENTRY FEES: \$100 for Adult PL, Bench Press & DL \$85, Teen PL \$75, Bench Press & DL \$70, Push/Pull \$70, Crossover for each additional Class \$30

Team entry fee is \$70

Event T-Shirts

If you wish to order a T-Shirts, they will be \$20 pre-ordered S-M, L, XL, 2X, 3X, 4X. \$25 dollars the day of the Meet. Please indicate the size of your shirt, and any additional shirts you want to order.

T-Shirt Size: S _____ M _____ L _____ XL _____ XXL _____ XXXL _____

TOTAL FEES SENT-----

ENTRY DEADLINE IS May 20, 2023-LATE ENTRIES \$25 AFTER THAT DATE! NO ENTRY AFTER May 27, 2023

NO REFUNDS!!!!

Make Checks Payable BullR.

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

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.

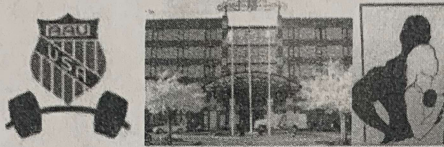
The parties agree that if any portion of the consent/release shall be deemed invalid and/or unenforceable, the rest of such consent/release shall remain in full effect.

Signature: _____ **Date:** _____

Signature of parent or Guardian (if under age 21): _____

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Hotel Info & Location Embassy Suite Hotel 20610 44th Ave. W, Lynnwood, WA, 98036
Spectator Fee: \$10. Call for discounted room rates. #425-775-2500 LIMITED# of Rooms AAU Powerlifting



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 adult \$14 youth
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. PROCESS CAN ADD A WEEK TO CARD APPROVAL.

Divisions: All weight classes listed below are provided in all divisions of both men and women. *Both Raw & Equipped*

Youth (6-7,8-9,10-11,12-13) 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, Youth, Teen, Junior, Open, Lifetime, Sub masters, Masters(40-44,45-49 etc. in 5 year increments) Lifetime Masters (5 Yrs.) Military/Law/Fire/Military (active, retired, reserves), Disabled by weight and age Blind/Dwarf/Wheel Chair. High School

Powerlifting 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: Weigh-in & Equipment check June 9, the night before the meet 6:00pm-7:30pm at hotel.
Rules Briefing 7:30 to 8:00am June 10 morning before the meet.

Lifting Sched: Lifting Start a 9:00AM

Awards: Medals/Plaques/Trophies 1st-3rd. Best lifter awards in many divisions.
Team Trophies 1st-3rd.

ENTRY FEES: \$100 for Adults PL, Bench Press \$85, Deadlift \$85, Push/Pull \$85, \$75 for teen PL, Bench Press \$70, Deadlift \$70 & Puns/Pull, \$30 Crossover for each additional Class. Team entry fee is \$70

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Make Checks Payable BullR.

Cash App, Venmo & Credit Card Payment Available via phone
Mail or email application to Bull Stewart, 3913 South Orcas St. Seattle, WA, 98118

Contact: Bull Stewart cell-206-854-2678 or w206-725-7894 or 206-322-1008

E-Mail Bullstewart@hotmail.com

AMERICAN RECORDS CAN BE SET !!!

QUALIFIER FOR AAU WORLDS 2023

MEET WILL BE CAPPED AT 100 LIFTERS

- 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

