

# CALIFORNIA SPRING CHAMPIONSHIPS 2024

**Saturday, May 4, 2024**

Ages 5 and over must have a current AAU Card to participate

Weightlifting  
Powerlifting  
Feats of Strength

Thompson Jr. High  
4200 Planz Rd,  
Bakersfield, CA 93309

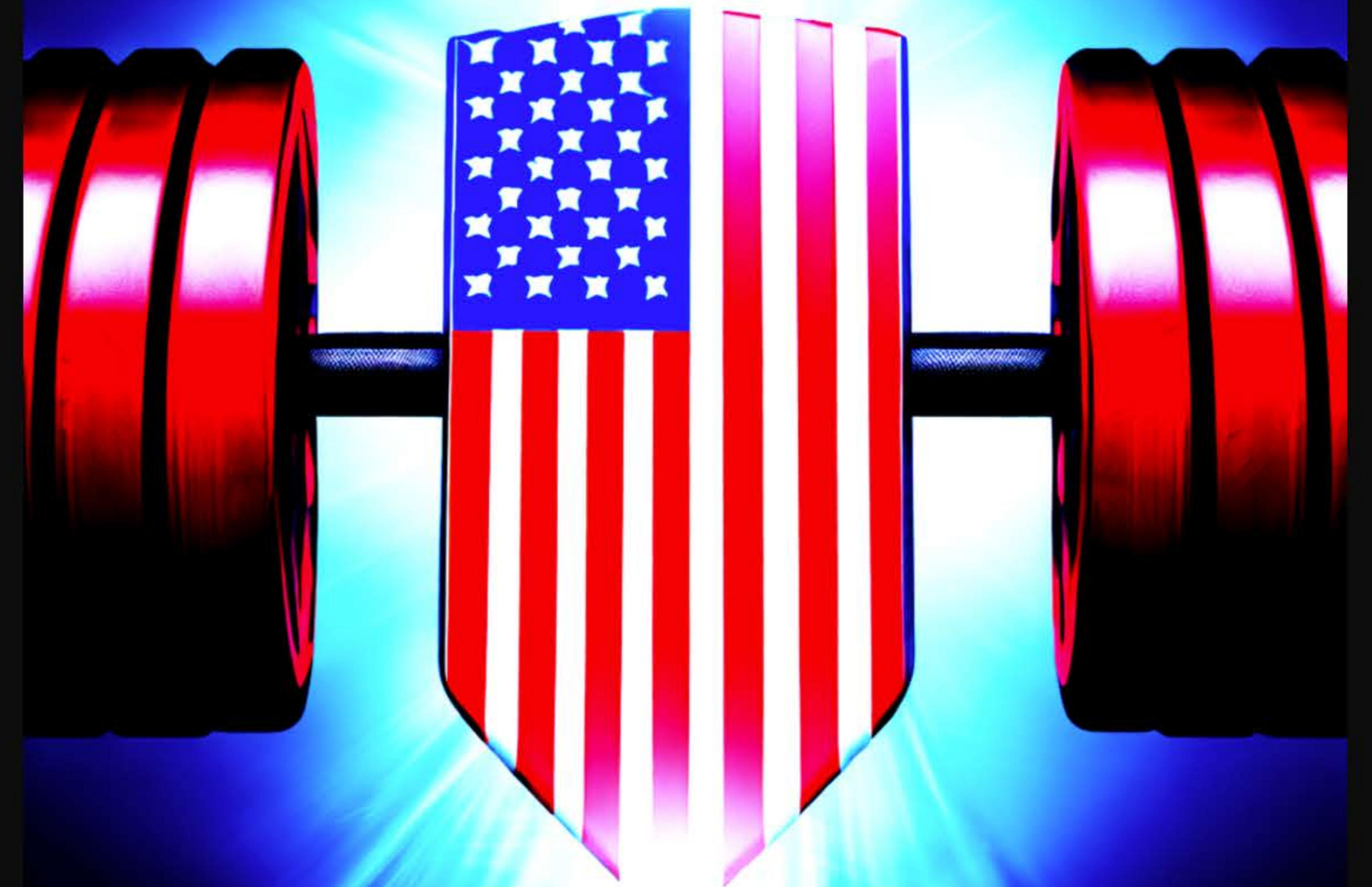
Coach Bryan Bowens  
(661) 770 - 7280

[information@juanatas-bowens.com](mailto:information@juanatas-bowens.com)



THOMPSON JR HIGH TIMBERWOLVES  
STRENGTH SPORTS

**Team Juanatas-Bowens**  
Established 2023



**Strong Youth, Strong Future: Raising Bars, Shattering Limits!**

# CALIFORNIA SPRING CHAMPIONSHIPS 2024

Powerlifting | Feats of Strength | Weightlifting



**Saturday, May 4, 2024 Thompson Jr. High School, 4200 Planz Road, Bakersfield, CA 93309**

**Testing:** Any athlete entered may be subjected to drug testing per the AAU Policies and procedures.  
**Eligibility:** Must be a current member of the AAU.  
**Divisions:** **Youth** (5,6-7,8-9,10-11,12-13) **Teen** (14-15,16-17,18-19), **Junior**(20-23), **Open, Sub-Masters**(35-39), **Masters** 40-44,45-49 etc. in 5 year increments, **Lifetime Masters**

**Powerlifting Weight Classes (lbs) Women:** 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+  
**Men:** 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+

**Weightlifting Weight Classes (kg) Women:** 30, 35, 40, 44, 47.5, 52.5, 60, 67.5, 75, 82.5, 90, 100, 100+  
**Men:** 30, 35, 40, 44, 47.5, 52.5, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 140, 140+

**SUPER TOTALS: Must enter & compete in both Powerlifting & Weightlifting. Weightlifting 2 lifts & Powerlifting 3 lifts. Totals for ALL 5 lifts place!**

**Weigh-ins:** Early weigh-ins: 6:00-8:00 p.m. Friday evening. Regular weigh-ins: 7:00- 8:15 a.m. the morning of the event

**Lifting Schedule:** 8:30 a.m. Mandatory Weightlifting Rules Meeting  
9:00 a.m. Weightlifting begins  
11:30 a.m. Mandatory Powerlifting Rules Meeting  
12:00 p.m. Powerlifting begins

**Awards:** Medals First through Third Place

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

## Fees:

- ◇ Youth/Teen lifters (5-19yo): \$20 for first division entered, \$10 crossover for each additional class
- ◇ Junior/Adult lifters: \$40 for first division entered, \$20 crossover for each additional class
- ◇ Feats of Strength fees are \$5 per event.

**Entry Deadline is April 21, 2024**

**Please make check/cashier's check/money orders payable to:**

Team Juanatas-Bowens  
P.O. Box 21552  
Bakersfield, CA 93390

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
  - All participants must have a current AAU membership.
  - AAU membership is not included as part of the entry fee to the event.
- Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership at least 14 days prior to event.

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Thompson Jr. High School  
May 4, 2024

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 Push-pull in appropriate block

## Raw

Raw Youth: \_\_\_\_\_ Raw Teen: \_\_\_\_\_ Raw Junior: \_\_\_\_\_

Raw Open: \_\_\_\_\_ Raw Sub Master: \_\_\_\_\_ Raw Master: \_\_\_\_\_

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

## Equipped

Youth: \_\_\_\_\_ Teen: \_\_\_\_\_ Junior: \_\_\_\_\_

Open: \_\_\_\_\_ Sub Master: \_\_\_\_\_ Master: \_\_\_\_\_

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

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

***YOU MAY EITHER Weightlift, Snatch only, Clean and Jerk Only, Power Clean or all combinations.***

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

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

**Military:** \_\_\_\_\_ Lifetime Masters: \_\_\_\_\_

Feat of Strength Events (Please put an x next to the events you wish to participate in).

Bench for Reps \_\_\_\_\_ Deadlift for Reps \_\_\_\_\_ Overhead Presses for Reps \_\_\_\_\_ Power Clean for Reps \_\_\_\_\_

# CALIFORNIA SPRING CHAMPIONSHIPS 2024

Thompson Jr. High School

May 4, 2024

## AAU Strength Sports Waiver and Consent

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 AAUSS. I understand that both the collection process and testing procedures will be performed by a third party (not AAUSS or AAU)

I hereby release, discharge and covenant not to sue the AAUSS 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(so, 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)