



Bull Stewart 24th Annual AAU 2020 Alki Beach Classic, Bench Press, Deadlift Championships & "Feats of Strength" Battle on the Beach!

Alki Beach, 2668 Harbor Ave. Sw, Seattle, WA. 98118

Date August 15, 2020

YOU MAY BENCHPRESS, DEADLIFT, PUSH-PULL, FEATS of STRENGTH OR COMBINATION

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 adults, \$14 youth.

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 5yrs increments) Raw Lifetime Masters (5 yrs) Military/Law/Fire/Military (active, retired, reserve), 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 in August 14th 6:00-7:30PM Friday Night AT CCFC 2, 2609 South Jackson St. 206-322-1008.
Regular weigh-in 7:00 AM to 8:30 AM day of the meet August 15th.

Rules Briefing 8:30AM

Lifting Sched: Lifting Start a 9:00 AM

Awards: Medals/Plaques/Trophies 1st- 5th. Best lifter awards in many divisions.
Team Trophies 1st-5th Team Entry Fee: \$65

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.

Hotel Info: Days Inn South Seattle, telephone number-206-241-2200 ext-300 ask for Shawn, address 13050 48th Ave. S. Tukwila, WA. 98168 I-5 exit 156 to Interurban Ave. **Our Rates is only \$60/night.**

ENTRY DEADLINE IS JULY 25, 2020 - LATE ENTRIES \$25! NO ENTRY AFTER August 1, 2020

NO REFUNDS!!!!

Make Checks Payable to Bull R.

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

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

E-Mail bullstewart@hotmail.com

You can call in and pay by CREDIT CARD or CASH APP & E-Mail me your Application!

AMERICAN RECORDS CAN BE SET !!!

ONLY TAKING THE FIRST 100 LIFTERS- MEET WILL BE CAPPED AT 100 LIFTERS-INCLUDING THE FEATS OF STRENGTH

2020 AAU 24th Annual Bull Stewart Alki Beach Classic



Bench and Deadlift Championships
“Feats of Strength” Battle on the Beach

AUGUST 15, 2020

100 MAX LIFTERS

NEW!!
Arm Wrestling
Exhibition



Alki Beach - 2668 Harbor Ave - West Seattle
Lifting starts at 9:00

Application
www.austrengthsports.org

Application Deadline July 25, 2020

bullstewart@hotmail.com

206-854-2678