



May 18, 2024, AAU West Coast Invitational Record Breaker, Powerlifting, Bench Press, Deadlift and Push/Pull Championship!

LOCATION: ROYAL ESQUIRE CLUB 5016 Rainier Ave S. Seattle. WA. 98118

DATE IS MAY 18, 2024

SPECTATOR \$10 in Advance, \$15 at the Door.

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 of \$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 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+

All Weigh-ins: Weigh-IN 6:00-7:30 PM Friday May17th at CCFC, 4525 Rainier Ave South. Seattle WA. 98118

Rules Briefing 8:30AM

Lifting Sched: Lifting Start a 9:00 AM, May 18, 2024

Awards: Medals/Plaques/Trophies 1st- 5th. Best lifter awards in many divisions.

Team Trophies 1st-5th Team Entry Fee: \$100

AAU CARDS AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECK-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.

ENTRY DEADLINE IS APRIL 27, 2024

NO REFUNDS!!!!

Make Checks Payable to Bull R.

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

Contact: Bull Stewart 206-854-2678 cell

E-Mail bullstewart@hotmail.com

YOU CAN CALL IN AND PAY BY CREDIT CARD, CASH APP, VENMO & E-MAIL THE APPLICATION!

STATE, AMERICAN & WORLD RECORDS CAN BE SET !!!

Lifters Qualify for the AAU World Powerlifting-lifting Championships 2024

ONLY TAKING THE FIRST 100 LIFTERS- MEET WILL BE CAPPED AT 100!

Bull Stewart-Director of Strength Sports, Mark Bryant-Powerlifting State Chair,



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Name: _____ Phone: _____ A.A.U.# _____
Address _____ City: _____ State: _____ Zip: _____
Weight Class _____ Age: _____ DOB: _____ Sex: _____
E-Mail address _____
Team Name _____ Team Fee-\$75

Circle Appropriate-"PL" for Powerlifting, "B" for Bench, "D" for Dead lift, "C" For Push-Pull

Check – Raw _____ Equipped _____ Weight Class _____
Open: _____ Teen _____ Youth _____ High School _____ Lifetime _____
Junior _____ Sub-Master _____ Master _____ Military/ Law/Fire/Military _____
Disable _____ (Specify, Dwarf, Blind, Wheelchair), Special Olympic _____

Entry Fees: Adults- Powerlifting \$100, Bench Press \$100, Deadlift \$100, Push/Pull \$100. Cross over \$30. High School & Youth \$75 for Powerlifting, for Bench Press or Deadlift, \$75, Push Pull \$75 & Cross over \$30.

TEAM ENTRY: \$75

**Pre-Order T-Shirt \$20 pre-order, \$25 day of meet- size: XS----S----M----L----XL---XXL-----XXXL---
Amount (Entry Fee + T-Shirt) \$ _____ Spectator Fee: \$10 advance \$15 day of meet**

Make Check Payable to Bull R. Send to: Care of Bull Stewart at 3913 South Orcas St. Seattle, WA. 98118. You also can pay by Credit Card, Venmo or Cash App thanks!

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 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 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