# 2022 AAU North American Bodybuilding, Figure, Physique and Bikini Harrah's Hotel Casino Ballrooms and Rio Vista Amphitheater, Laughlin NV

**Date: April 10 2021 Location:** Harrah's Showroom. Please book your rooms early Our block is on a first come first serve basis. When the block fills, room rates

WILL GO UP. Average April temp on the river is 86 degrees

Our rate is only \$30/night. Sun-Thursday and \$75/Night Fri. and Sat.





Date: Saturday April 9 2022

**Testing:** Any AAU lifter may be subject to drug testing per the AAU Policy and Procedures.

**Eligibility:** Must be a current member of the AAU.

Divisions: Bodybuilding AND CLASSIC BODYBUILDING: Novice, Teen (14-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-

54, 55-59, 60-60-64 65-59, 70-74, 75-79 and up + MEN AND WOMEN

Physique: Novice, Teen (14-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74,

75-79 and up + MEN AND WOMEN

Figure Novice, Teen (14-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, 75-

79 and up WOMEN

Bikini Novice, Teen (18-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, 75-

79 and up WOMEN

SPORTS MODEL Teen (14-19) Jr 20-23, Submasters 35-39, Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, 75-

79 and up + MEN AND WOMEN

Mixed Pairs Open, Masters, Theatrical

Classic Swim Wear Teen (14-19) Jr 20-23, Submasters 35-39, Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, 75-

79 and up + MEN AND WOMEN

Fitness Novice, Teen (14-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, 75-79

and up + MEN AND WOMEN

Angel Novice, Teen (14-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, 75-79

and up + WOMEN

Beach Bikini Novice, Teen (18-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, 75-79 and up

WOMEN

FITNESS Novice, Teen (14-19) Jr 20-23, Submasters 35-39 Open, Masters 40-49, 50-54, 55-59, 60-60-64 65-59, 70-74, 75-79 and up WOMEN

& MEN Youth 13 and under

Athletes in the masters division may compete in a lower age masters class IF THEY ARE ALREADY ENTERED IN THEIR RESPECTIVE AGE GROUP. All athletes are encouraged to compete in the open division

encouraged to compete in the open division

We will not combine age group classes if even one athlete is pre-entered.

Schedule: Early Check-in Athletes entered may check-in between 5:00-6:00 PM April 8 or at the regular check- in.

Regular Check-In begins at 11:00 A.M. April 9

Awards: Medals First thru fifth (MINIMUM) Overall awards in many divisions.

Team Trophies first thru third

**Fees**: \$90 \$50 crossover, for each additional class. Teams \$50

All athletes must have a current AAU membership card \$24 adult \$14 youth

AAU CARDS <u>AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG `ALL CARD MUST BE BOUGHT ONLINE PRIOR TO</u>
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: Harrahs's Hotel Casino (702) 298-4600reference: Block # S04 AAU 1

Our rate is only \$30/night. Sun-Thursday and \$75/Night Fri. and Sat. LIMITED # OF ROOMS BOOK TODAY! BLOCK CLOSES April 8 OR WHEN SOLD OUT WHICH EVER COMES FIRST

**HOT LINK:** https://www.caesars.com/book/?propCode=LAU&action=FindRooms&groupcode=S04AAU2

Spectator Fee: \$10 per day, except officials and lifters entered.

Video and Photos: CELL DEVICES ONLY

ENTRY DEADLINE IS March 8 - <u>LATE ENTRIES WILL NOT BE ACCEPTED!</u>
NO REFUNDS !!!! Make checks or money orders payable to:

Martin Drake 1987 thunder ridge circle Henderson, NV 89012 310-953-5030

## E-MAIL <u>NATURALPOWER@EARTHLINK.NET</u> QUALIFIER FOR AAU WORLDS OCT 2022 AT THE RIO IN LAS VEGAS and AAU UNIVERSE

• 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

## 2022 AAU North American Bodybuilding, Figure, Physique and Bikini

Name:		Phone	e:		A.A	۹.U. #	
Address		City	′		State	Zip	_
Weight Class	Age:_		D.O.	B	Sex		_
E-Mail address							
Bodybuilding TEEN					MASTERS 40-49	50-54_	55
70-79	75-79	MASTER	RS 80+				
PHYSIQUE TEEN65-69					MASTERS 40-49	50-54	55-
70-79	_						
FIGURE TEEN 65-69	NOVICE20 75-79				MASTERS 40-49_	50-54	55-
BIKINI TEEN	NOVICE 2	20-23	35-39	Open	MASTERS 40-49	950-	
5455-5960-64_ 70-79	NOVICE	20-23	35-39	Ope	n MASTERS 40	)-4950-	
SPORTS MODEL TEEN_	NOVICE	20-23	35-3		enMASTERS 4	10-4950	)-
5455-5960-64_ 70-79 PAIRS OPEN(P	(PARTNER NAME	Ē) F	RS 80+ PAIRS MASTE	ERS	(PARTNER N	IAME) PAIRS	3
CLASSIC BODYBUILDING 50-5455-5960- 70-79	TEEN N 6465-69 75-79	NOVICE MASTER	20-23 RS 80+	35-39 <sub>_</sub>		//ASTERS 40-49	
<u>CLASSIC SWIMWEAR</u> TEEN 5455-59 60-64_	NOVIC 65-69	E20- _	-23	_35-39	_ Open MASTE	ERS 40-49	50-
5455-5960-64_ 70-79	75-79 )VICE20-23	MASTEF	RS 80+ 35-39	Open	MASTERS 40-49	50-54	_55-
70-79	75-79 NOVICE	MASTEF	RS 80+ 233	35-39	Open MASTER	RS 40-49	_ 50-
5960-6465-69_ 70-79	65-69 75-79	_ MASTER	RS 80+				
AAU Bodybuilding Waiver and In order to be able to participate other method is chosen by AAU and may be subject to further petest in sole discretion of the by AI understand that both the collect hereby release, discharge and cagents, officers, members, volumpremises on which any AAU act on any account caused or allege publication(s0, or any matter relindemnity agreement, such a clareleases from any litigation experiments agree that if any porremain in full effect.  I also agree to hold harmless Raharmless.	d Consent and hole in this or any other Strength Sports. I senalties under the AAU Strength Sport ction process and tecovenant not to sue inteers, employees, civity takes place (exist to be caused in valed to this event, as aim is made agains enses, attorney's fertion of the consent.	Id harmless AAU Powe agree if I fail AAU Code. I s esting proced the by AAU other partici ach consider whole or in p and further a t any of the es, loss, liab /release sha	agreement rlifting event, I or refuse to b further conserdures will be p Strength Spoipants, any spored one of the part by any and gree that if, dereleases, the ubility, damage, II be deemed i	hereby conse e tested that I at to the public erformed by a rts and/or the onsors, advert releases), fro d all of the rele espite this rele undersigned w or cost which nvalid and/or	ent to be drug tested by will automatically be disation of my test results third party (not by AAU AAU, their respective a isers, and if applicable, and all liability, claims, deases or otherwise, relaase and waiver of liabil ill indemnify, save and may occur as a result ounenforceable, the rest	r urine analysis or what isqualified from the event and/or my failure/refull of the strength Sport or Afadministrators, directors, owners and lessors of emands, losses, or dative to the drug testing lity, assumption of risk hold harmless each of such claim.	atever rent(s) usal to AU)I rs, of the amages g, the c and of the ase shall
Signature:		Date:_					

Signature of parent or Guardian: \_\_\_\_\_\_ if under age 21

## AMATEUR ATHLETIC UNION STRENGTH SPORTS DRUG-TESTING CONSENT FROM

By signing this form, I		affirm that I am aware of the
(Please Print N		
Amateur Athletic Union Strength Sports of	lrug-testing program and have	e read the Adult Substance Abuse Program Summary.
I acknowledge that doping or the use of dru	ags before or during competit	ion is prohibited and a violation of the AAU Code.
I consent and agree to urine drug testing to I understand and agree that the collection p Strength Sports TestingPolicy.		U Strength Sports events.  s will be performed by a third party and in accordance with the AAU
provide below.  I FURTHER ACKNOWLEDGE AND AC	GREE THAT SHOULD NOT Sports SHALL HAVE THE	of the test by certified mail, return receipt requested, to the address I TICE OF A POSITIVE TEST BE RETURNED FOR ANY REASON RIGHT TO POST MY NAME ON THE SUSPENSION LIST
AAU Strength Sports events and may be st Code.  I acknowledge that I may request a hearing Sports.  I acknowledge and agree that this Consent this Consent shall be deemed invalid and/or effect.	which to further penalties and before the AAU Review Boashall be in effect for one (1) yer unenforceable, the remaining and fully understand and ag	pear for testing, I will automatically be disqualified from any and all dor sanctions under the policies and procedures set forth in the AAU and to challenge my disqualification from any and all AAU Strength year from the date of signing. The parties herein agree that if any part of g terms and provisions of said Consent shall remain in full force and tree with its contents. I further acknowledge that if I am selected to be
Dated thisday of		, 20
SIGNATURE	DATE O	F BIRTH
ADDRESS		
City	State	Zip Code
Country		
TELEPHONE NUMBER	E-MAIL ADI	DRESS
MEMBERSHIP NUMBER	RENEWAL_	NEW MEMBER
WITNESS (PRINT NAME)		

SIGNATURE OF WITNESS\_\_\_\_\_

# 2022 AAU North American Weightlifting and Single Lift Weightlifting and Power Clean Harrah's Hotel Casino Ballrooms and Rio Vista Amphitheater, Laughlin NV

YOU MAY EITHER DO THE FULLWEIGHTLIFTING, OR THE SINGLE LIFTS FOR THE SNATCH OR C&J OR ALL
ALL WORLD & NEW AMERICAN RECORDS WILL BE SET !!!!!!

Date: April 8-10

**Location:** 10,000 sq ft ballroom and 4,000 Seat Rio Vista Amphitheater . Spring **Break on the River.** and Feats of Strength.Please book your rooms early Our block is on a first come first serve basis. When the block fills, room rates WILL GO UP. Average April temp on the river is 85 degrees.

Our rate is only \$30/night. Sun-Thursday and \$70/Night Fri. and Sat



**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 (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, **Lifetime Masters**), **Law/Fire** (active, retired), **Military**(active, retired, reserves),

WEIGHT CLASSES: AS OF JAN 1 WEIGHT CLASSES WILL BE THE SAME AS POWERLIFTING.

LADIES:

30KG, 35KG, 40KG, 44KG, 47.5KG, 52.5KG, 60KG, 67.5KG, 75KG, 82.5KG, 90KG, 100KG, 100+KG

MEN: 30KG, 35KG, 40KG, 44KG, 47.5KG, 52.5KG, 60KG, 67.5KG, 75KG, 82.5KG, 90KG, 100KG, 110KG, 125KG,140KG,

140+KG

Weigh-ins: Early weigh-ins is 6:00-7:30 PM the night before group lifters. Regular weigh-ins is 7:00 am to 8:30 am the

morning of the applicable lifting session. See lifting schedule

Lifting Sched:

8:30A.M 04/09/22 all Women and Men75KG and below

8:30 A.M 04/10/22 for **Men > 75KG** 

Awards: Medals First thru Fifth (MINIMUM) Best lifter awards in many divisions

Team Trophies first thru fifth

Fees: \$90 for first division entered \$50crossover, for each additional class

All lifters must have a current AAU membership card \$24 adult \$14 youth

AAU CARDS <u>AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG `ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECKI-IN!</u> 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: Harrahs's Hotel Casino (702) 298-4600 reference: Block # S04 AAU 2 HOTEL HOTLINK

https://www.caesars.com/book/?propCode=LAU&action=FindRooms&groupcode=S04AAU12

Our rate is only \$30/night. Sun-Thursday and \$75/Night Fri. and Sat. LIMITED # OF ROOMS BOOK TODAY!

BLOCK CLOSES March 8 2022 OR WHEN SOLD OUT WHICHEVER COMES FIRST

Spectator Fee: \$10 per day, except officials and lifters entered.

Video Tapes: VIDEOING ALLOWED

ENTRY DEADLINE IS March 9 - LATE ENTRIES WILL NOT BE ACCEPTED!

NO REFUNDS !!!!

Make checks or money orders payable to:

Martin Drake 1987 thunder ridge circle Henderson, NV 89012 310-953-5030

E-MAIL ,NATURALPOWER@EARTHLINK.NET MEET WILL BE CAPPED AT 100 LIFTERS

Top 5 in each weight class qualify for the AAU World Weightlifting Championships 9/30-10/2 2022 in Las Vegas

<sup>•</sup> This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.

All participants must have a current AAU membership.

<sup>•</sup> 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

# 2022 AAU North American Weightlifting and Single Lift Weightlifting and Power Clean Harrah's Hotel Casino Ballrooms and Rio Vista Amphitheater, Laughlin NV

Name:		Phone:			A.A.U. #	
Address		City		State		Zip
Weight Class_	Age:		_D.O.B	S	ex	
E-Mail address	S			<del></del>		
	::::		01501-		DO f D	01
in appropriate	or weightlifting, SN for Sn	iatch only or	CJ for Cle	an and Jerk only	PC for Pol	<u>wer Clean</u>
пт арргорпате	DIOCK:					
Open:	Teen		Youth			
Junior	Sub Master:	Master:_		Law/Fire:	_	
Military	Lifetime Mast	ers				
In order to be able or whatever other from the event(s) results and/or my I understand that I hereby release, officers, members the premises on vlosses, or damagrelative to the dru waiver of liability, will indemnify, say cost which may on the parties agreed consent/release services.	re to participate in this or any of method is chosen by the AAI and may be subject to further failure/refusal to test in sole of both the collection process are discharge and covenant not to s, volunteers, employees, other which any AAU activity takes pes on any account caused or a g testing, the publication(so, of assumption of risk and indemove and hold harmless each of ccur as a result of such claim. It is that if any portion of the constant of the constant in full effect.	JPC. I agree if I penalties under discretion of the discretion of	fail or refuse the AAU Co AAUSS. dures will be p S and/or the any sponsors, sidered one of used in whole ated to this erect such a claim many litigation.	to be tested that I wide. I further consent performed by a third AAU, their respective advertisers, and if application or in part by any any vent, and further agress made against any on expenses, attorned invalid and/or unenformatical stress of the stres	Il automatical to the publical party (not AA administrate pplicable, own all liability, cd all of the rese that if, design of the releasing sees, loss,	Illy be disqualified ation of my test  AUSS or AAU) ors, directors, agents, mers and lessors of claims, demands, eleases or otherwise, spite this release and ses, the undersigned, liability, damage, or
-						
Signature of pare	nt or Guardian:		if u	ınder age 21		

# 2022 AAU North American Powerlifting, Bench, Deadlift, Push/Pull Championships WORLD RECORDS CAN BE SET

Harrah's Hotel Casino Ballrooms and Rio Vista Amphitheater, Laughlin NV YOU MAY EITHER POWERLIFT, BENCH, DEADLIFT OR PUSHPULL, STRICT CURL OR ALL COMBINATIONS!

**Date:** April 8-10 2022 Location: 10,000 sq ft ballroom and 2,000 Seat Rio Vista Amphitheater. Spring **Break on the River.** and Feats of Strength. Please book your rooms early Our block is on a first come first serve basis. When the block fills, room rates WILL GO UP. Average April temp on the river is 86 degrees.

Our rate is only \$30night. Sun-Thursday and \$75/Night Fri. and Sat.







**Testing:** Any AAU lifter may be subject to drug testing per the AAU Policy and Procedures.

**Eligibility:** Must be a current member of the AAU.

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+

Weigh-ins: Early weigh-ins is 6:00-7:30 PM the night before group lifters. Regular weigh-ins is 7:00 am to 8:30 am the

morning of the applicable lifting session. See lifting schedule

Lifting Sched: 8:30 A.M: 04/08/22 all Women plus Men148 and under ALSO ALL ADAPTIVE LIFTERS

8:30 A.M 04/09/22 for Men 165-181 8:30 A.M 04/10/22 for Men 198-308+

Awards: Medals First thru Fifth (MINIMUM) Best lifter awards in many divisions.

Team Trophies first thru fifth

Fees: \$90 for first division entered \$50 crossover, for each additional class. Team entries \$50

All lifters must have a current AAU membership card \$24 adult \$14 youth

AAU CARDS <u>AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG `ALL CARD MUST BE BOUGHT ONLINE PRIOR TO</u>
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: Harrahs's Hotel Casino reference: (702) 298-4600 Block # S04AAU2 HOTEL HOTLINK

https://www.caesars.com/book/?propCode=LAU&action=FindRooms&groupcode=S04AAU2

Our rate is only \$30/night. Sun-Thursday and \$75/Night Fri. and Sat. LIMITED # OF ROOMS BOOK TODAY!

BLOCK CLOSES March 8 2022 OR WHEN SOLD OUT WHICHEVER COMES FIRST

Spectator Fee: \$10 per day, except officials and lifters entered.

Video Tapes: VIDEOING ALLOWED

ENTRY DEADLINE IS March 10 - LATE ENTRIES WILL NOT BE ACCEPTED!

#### NO REFUNDS !!!!

Make checks or money orders payable to:

Martin Drake 1987 thunder ridge circle Henderson, NV 89012 310-953-5030

E-MAIL NATURALPOWER@EARTHLINK.NET

LIFTERS QUALIFY FOR 2020 AAU WORLDS IN IN OCTOBER AT THE RIO IN LAS VEGAS MEET WILL BE CAPPED AT 200 LIFTERS (max of 150 in the full pl meet)

Top 5 in each weight class qualify for the AAU World Weightlifting Championships 9/30-10/2 2022 in Las Vegas

All participants must have a current AAU membership.

<sup>•</sup> This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.

<sup>•</sup> 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

## 2021 AAU North American Powerlifting, Bench, Deadlift, Push/Pull and Strict Curl Championships WORLD RECORDS CAN BE SET

Name:		Phone:		A	A.U. #
Address	Ag	City		State	Zip
Weight Class_	Ag	e:	_D.O.B	Sex_	<del></del>
E-Mail address	s		· · · · · · · · · · · · · · · · · · ·		
PLACE "P" for	Powerlifting"B" for B	ench "D" for Des	adlift "C" For Pu	ıshnull	
in appropriate	_		<u> </u>	<u>ionpun</u>	
Equipped					
	Teen		_Youth	<del></del>	
Junior	Sub Master:	Master:_		_ Military/ Law/Fir	e/Military:
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Raw	_	<u>_</u>			
Raw Open:	:Ra	ıw Teen:	RawYou	ıth:	
RAW HIGH SO	CHOOL				
Raw Junior	Raw Sub Mas	ter	Raw Master		
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Raw Military/	Law/Fire/Military:	Disable	d:	— (specify,	Dwarf, Blind, Wheel
Chair) Ada	ptive	_			, ,
In order to be abl or whatever other from the event(s) results and/or my I understand that I hereby release, agents, officers, r lessors of the pre demands, losses otherwise, relative release and waive undersigned will i liability, damage, The parties agree	r method is chosen by the and may be subject to fur failure/refusal to test in substitute the collection proced discharge and covenant members, volunteers, ememises on which any AAU, or damages on any accede to the drug testing, the	e AAUPC. I agree if I rither penalties unde ole discretion of the ss and testing procenot to sue the AAUP ployees, other partic activity takes place ount caused or allegoublication(so, or an of risk and indemnity harmless each of thas a result of such control of the state of th	fail or refuse to be performed to be caused in y matter related to y agreement, such refuse to be caused in agreement, such refuse releases from an elaim.	e tested that I will au further consent to the rmed by a third part their respective addrs, advertisers, and one of the releases) whole or in part by this event, and furth a claim is made agang by litigation expense	ry (not AAUPC or AAU) ministrators, directors, I if applicable, owners and ), from all liability, claims, any and all of the releases on her agree that if, despite this ainst any of the releases, the s, attorneys fees, loss,
Signature:		Date:_	<del> </del>		
Signature of pare	ent or Guardian:		if under	age 21	

### 2022 AAU Feats of Strength Indoor North American Championships

# Harrah's Hotel Casino Ballrooms and Rio Vista Amphitheater, Laughlin NV WORLD RECORDS CAN BE SET

YOU MAY EITHER POWERLIFT, BENCH, DEADLIFT OR PUSHPULL, STRICT CURL OR ALL COMBINATIONS!

**Date: April 8-9, 2022 Location:** 10,000 sq ft ballroom and 2,000 Seat Rio Vista Amphitheater. Spring **Break on the River.** and Feats of Strength. Please book your rooms early Our block is on a first come first serve basis. When the block fills, room rates WILL GO UP. Average April temp on the river is 86 degrees.

#### Our rate is only \$30night. Sun-Thursday and \$75/Night Fri. and Sat.

Our block is on a first come first serve basis. When the block fills, room rates WILL GO UP.







**Testing:** Any adult athlete (age 20+) entered may be subjected to drug testing per the AAU Policies and procedures.

Eligibility: Must be a current member of the AAU.

**Divisions:** Youth (6-7, 8-9, 10-11,12-13,14-15,16-17,18-19), **Junior** (20-23), **Open** (24-34), **Sub-Masters** (35-39), **Masters** (40-44, 45-49, etc. in 5 year increments), **American Heroes** (Military, Police, Fire, and First Responders)--Age 18+.

Weight Classes: All weight classes listed below are provided in all divisions for both men and women.

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:** Regular weigh-ins are 7:00 to 7:45 am for each morning of competition. Early weigh-ins are 6:00 pm to 7:30 pm the night before each day of competition. You also may weigh in with a powerlifting or weightlifting official outside of these times in accordance with the respective powerlifting and weightlifting fliers/entry forms. You must weigh in for each day of competition within 24 hours of your competition.

Event Schedule: Friday April 8: 9:00 am to 6:00 pm

Saturday April 10: 9:00 am to 6:00 pm

- 1. Events 1-5 will be held on Friday; Events 6-10 on Saturday.
- 2. Schedule will be coordinated with PL and WL events, and published about 3 weeks before the meet.

**World Championship medals** will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> places in your selected division (either Weight Class/Age Group, Weight Class Open, or Open Unlimited Weight-- for each entered event. See Entry Form on Page 3.

Rules Briefing & Warm-up: 15 min prior to the start of each event.

**Records**: U.S. Citizens are eligible for AAU American and World Records. Non-U.S. citizens are eligible for AAU National and World Records.

Spectator Fee: \$10 per day for indoor events, except officials and lifters entered.

AAU CARDS <u>AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG `ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECK-INS!</u> <u>AS PART OF THE CARD PROCESS, ALL LIFTER AGE 20+</u> WILL HAVE A BACKGROUND CHECK PERFORMED. PROCESS CAN ADD A WEEK TO CARD APPROVAL

Hotel Info: Harrah's' Hotel Casino reference: (702) 298-4600 Block # S04AAU2 HOTEL
HOTLINK https://www.caesars.com/book/?propCode=LAU&action=FindRooms&groupcode=S04AAU2
Our rate is only \$30/night. Sun-Thursday and \$75/Night Fri. and Sat. LIMITED # OF ROOMS BOOK TODAY!
BLOCK CLOSES March 8 2022 OR WHEN SOLD OUT WHICHEVER COMES FIRST

**Spectator Fee**: \$10 per day, except officials and lifters entered.

Video Tapes: VIDEOING ALLOWED

ENTRY DEADLINE IS March 10 - LATE ENTRIES WILL NOT BE ACCEPTED!

NO REFUNDS !!!!

Make checks or money orders payable to:

Ray Anderson 39533 Highbury Dr Murrieta, CA. 92563 (951) 252-5627

Email: maxtsportsacademy@gmail.com

### 2022 AAU Feats of Strength Indoor North American Championships

#### LIFTERS QUALIFY FOR 2020 AAU WORLDS IN IN OCTOBER AT THE RIO IN LAS VEGAS

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.

Name:		Phone:	A.A.U. C	ard #
Address		City	State	Zip
Weight Class	Age:	Height	D.O.B	Gender
E-Mail address				
	AAU Feats of S	trength Waiver and	d Consent for Individ	ual Competitors
analysis or whatever disqualified from the opublication of my test	other method is c event(s) and may results and/or my	hosen by the AAUP be subject to furthe / failure/refusal to te	C. I agree if I fail or ref or penalties under the A est in sole discretion of	
i understand that both	the collection pr	ocess and testing p	roceaures will be perro	rmed by a third party (not AAUPC or AAL
agents, officers, mem and lessors of the pre- claims, demands, los the releases or other agree that if, despite against any of the rele	bers, volunteers, emises on which a ses, or damages wise, relative to th this release and v eases, the unders	employees, other pany AAU activity take on any account cause drug testing, the pariver of liability, assigned will indemnify	articipants, any sponso es place (each conside sed or alleged to be ca publication(s), or any m sumption of risk and inc	their respective administrators, directors ors, advertisers, and if applicable, owners ored one of the releases), from all liability used in whole or in part by any and all of atter related to this event, and further demnity agreement, such a claim is made ess each of the releases from any litigation esult of such claim.
The parties agree tha consent/release shall			e shall be deemed inval	id and/or unenforceable, the rest of such
Signature:		D:	ate:	
Signature of parent o	r Guardian:		if under	age 21

#### **Entry Form--2022 AAU Indoor Feats of Strength North American Championships**

Event Description	Entry Fee
*Combine Bench Press for Reps (1 attempt, unlimited time – Men 225/ Women 135. Touch & Go – Full Extension)	\$45 first class/division 1 <sup>st</sup> class 2 <sup>nd</sup> class \$25/additional class/division
2. *Trap Bar Deadlift for Reps (1 attempt, 60-sec limit)	\$45 first class/division 1st class 2nd class \$25/additional class/division
3. Log Clean & Press (max weight, 3 attempts)	\$45 first class/division 1 <sup>st</sup> class 2 <sup>nd</sup> class \$25/additional class/division
4. Saxon Bar Deadlift ( max weight, 3 attempts)	\$45 first class/division 1 <sup>st</sup> class 2 <sup>nd</sup> class \$25/additional class/division
5. Frame Hold for time (1 attempt, unlimited time)	\$45 first class/division 1 <sup>st</sup> class 2 <sup>nd</sup> class \$25/additional class/division
Crucifix Hold (sledgehammers) for time 1 attempt, unlimited time)	\$45 first class/division 1 <sup>st</sup> class 2 <sup>nd</sup> class \$25/additional class/division
7. *Axle Bar Snatch Grip Deadlift (max weight, 3 attempts)	\$45 first class/division 1st class 2nd class \$25/additional class/division
8. *Combine Atlas Stone Shouldering for Reps (1 attempt, 60-sec limit)	\$45 first class/division 1st class 2nd class \$25/additional class/division
9. *Combine Weighted Pullups/Chinups for Reps (1attempt, unlimited time)	\$45 first class/division 1st class 2nd class \$25/additional class/division
10. Deadlift Lockout (max weight, 3 attempts)	\$45 first class/division 1 <sup>st</sup> class 2 <sup>nd</sup> class \$25/additional class/division
TOTAL FOR ALL CHOSEN EVENTS ABOVE	TOTAL \$

#### \*DENOTES NEW FOS EVENT

8. COMBINE ATLAS STONE SHOULDERING FOR REPS: Weight classes for men are: Flyweight 114#'s...Lightweight 123-165; Middleweight 181-220; Heavyweight 242-308+. Weight classes for women are Flyweight 97-114; Lightweight 123-148; Middleweight 165-198; Heavyweight 220 & Above.

MALE- Atlas Stone weights: Flyweight 116 lb; Lightweight 160 lb; Middleweight 215 lb; Heavyweight 250 lb FEMALE: Flyweight 72 lb; Lightweight 116 lb; Middleweight 142 lb; Heavyweight 175 lb 9. COMBINE WEIGHTED PULLUPS/CHINUPS FOR REPS: Weight classes for men are: Flyweight 114#'s...Lightweight 123-165; Middleweight 181-220; Heavyweight 242-308+. Weight classes for women are Flyweight 97-114; Lightweight 123-148; Middleweight 165-198; Heavyweight 220 & Above.

MALE— Plate weights: Flyweight 20 kg; Lightweight 30 kg; Middleweight 40 kg; Heavyweight 50 kg FEMALE: Flyweight 10 kg; Lightweight 15 kg; Middleweight 20 kg; Heavyweight 25 kg

#### WOMEN'S STANDARDS FOR QUEEN OF MEGA LIFT/ MONDO LIFT/ DNA LIFT, BEST ATHLETE SCORING FORMULAS

No.	EVENT	MEGA LIFT	MONDO LIFT	DNA* LIFT
- 1	Combine Bench Press for Reps, Touch & Go, Full Extension (unlimited time)	Min 2 reps @ combine wt.	Min 4 reps @ combine wt.	Min 7 reps @ combine wt.
2	Trap Bar Deadlift for Reps (1 attempt, 60-sec limit)	Min. 2 reps @ SW+20%	Min 2 reps @ SW+40%	Min. 2 reps @ SW+70%
3	Log Clean & Press (max wt, 3-lift)	50 kg (110.2 lb)	65 kg (143.3 lb)	80 kg (176.4 lb)
4	Saxon Bar Deadlift (max weight, 3 attempts)	135 kg (all weight classes)	155 kg (all weight classes)	185 kg (all weight classes)
5	Frame Hold (lb)	25 sec @ SW	25 sec @ SW+25 lb	25 sec @ SW+50 lb
6	Crucifix Hold (sledgehammers)	15 sec @ SW+1 Class	15 sec @ SW+2 Class	15 sec @ SW+3 Classes
7	Axle Bar Snatch Grip Deadlift (max wt, 3 attempts)	70 kg (all weight classes)	85 kg (all weight classes)	95 kg (all weight classes)
ď	Combine Atlas Stone Shouldering for Reps (60-serc limit)	Min 1 rep @ combine wt.	Min 3 reps @ combine wt.	Min 5 reps @ combine wt.
9	Combine Weighted Pullups/Chinups for Reps (unlimited time)	Min 1 rep @ combine wt.	Min 3 reps @ combine wt.	Min 5 reps @ combine wt.
10	Deadlift Lockout (max wt, 3-lift)	210 kg (463.0 lb)	250 kg (551.2 lb)	300 kg (661.4 lb)

<sup>\*</sup>DNA = Dominate 'n Annihilate

SW = Standard Weight

All events in red are new.

#### MEN'S STANDARDS FOR KING OF MEGA LIFT/ MONDO LIFT/ DNA LIFT SCORING FORMULAS

No.	EVENT	MEGA LIFT	MONDO LIFT	DNA* LIFT
1	Combine Bench Press for Reps, Touch & Go, Full Extension (unlimited time)	Min 4 reps @ combine wt.	Min 7 reps @ combine wt.	Min 10 reps @ combine wt.
2	Trap Bar Deadlift for Reps (1 attempt, 60-sec limit)	Min. 2 reps @ SW+40%	Min 2 reps @ SW+60%	Min. 2 reps @ SW+100%
3	Log Clean & Press (max wt, 3-lift)	75 kg (165.3 lb)	90 kg (198.4 lb)	105 kg (231.5 lb)
4	Saxon Bar Deadlift (max weight, 3 attempts)	185 kg (all weight classes)	210 kg (all weight classes)	225 kg (all weight classes)
5	Frame Hold (lb)	25 sec @ SW+25 lb	25 sec @ SW+50 lb	25 sec @ SW+100 lb
6	Crucifix Hold (sledgehammers)	15 sec @ SW+1 Class	15 sec @ SW+2 Classes	15 sec @ SW+3 Classes
7	Axle Bar Snatch Grip Deadlift (max wt, 3 attempts)	120 kg (all weight classes)	140 kg (all weight classes)	160 kg (all weight classes)
8	Combine Atlas Stones Shouldering for Reps	Min 2 reps @ combine wt.	Min 4 reps @ combine wt.	Min 7 reps @ combine wt.
9	Combine Weighted Pullups/Chinups for Reps (unlimited time)	Min 2 reps @ combine wt.	Min 4 reps @ combine wt.	Min 7 reps @ combine wt.
10	Deadlift Lockout (max wt, 3-lift)	317.5 kg (700.0 lb)	362.5 kg (799.2 lb)	453.6 kg (1,000.0 lb)

\*DNA = Dominate 'n Annihilate

SW = Standard Weight

All events in red are new.

NAME	S IN <b>reps</b> (no time		bine Wt Class	ngc Group
NAME(PI		<u>limit)</u>		
NAME (PI				A CIT
	LEASE print clearly)			AGE
	State _		Country	
COMBINE WI	EIGHT = ATTEMI	PTED WEIGH	T <b>T</b> * =	kg
No. of Reps _	WR F	lt #	Rack Height	
Mega Lift: 4	Reps (M), 2 Reps (F)	* <u>Combi</u>	ne attempted weigh	<u>nts</u> :
Mondo Lift: 7	Reps (M), 4 Reps (F)	<b>Men:</b> 225# = 10	)2.0 kg <b>= 38.5 kg ad</b>	ded to ea. side + 2.5 kg colla
DNA Lift: 10	Reps (M), 7 Reps (F)	) <b>Women:</b> 135# =	= 61.2 kg <b>= 18 kg ad</b> e	ded to ea. side + 2.5 kg colla
				n you would like announce
	BENCH PRESS I gh-in wt Ref in			mpt Card PLACE Age Group
	TS IN rens (no time	<u>limit)</u>		
ALL ATTEMPT	B IIV reps (no time			
	_			AGE
NAME	LEASE print clearly)			AGE
NAME(PI	_			
(PI City	LEASE print clearly)		_ Country	
NAME(PI City	LEASE print clearly) State _	PTED WEIGH	Country	kg
NAME(PI City  COMBINE WI No. of Reps	LEASE print clearly) State EIGHT = ATTEMI WR F	<b>PTED WEIGH</b> lt #	Country  T* =  Rack Height	kg
NAME(PI City  COMBINE WI No. of Reps  Mega Lift: 4	LEASE print clearly)  State  EIGHT = ATTEMI  WR F  Reps (M), 2 Reps (F)	<b>PTED WEIGH</b> lt # * <u>Combi</u>	_ Country  T* =  Rack Height  ne attempted weigh	kg 
NAME(PI City  COMBINE WI No. of Reps  Mega Lift: 4 Mondo Lift: 7	LEASE print clearly)  State  EIGHT = ATTEMI  WR F  Reps (M), 2 Reps (F)  Reps (M), 4 Reps (F)	PTED WEIGH  lt #  *Combi  Men: 225# = 10	Country  T* =  Rack Height  ne attempted weigh  2.0 kg = 38.5 kg add	<i>kg</i>  <u>nts</u> : ded to ea. side + 2.5 kg colla
NAME(PI City  COMBINE WI No. of Reps  Mega Lift: 4 Mondo Lift: 7	LEASE print clearly)  State  EIGHT = ATTEMI  WR F  Reps (M), 2 Reps (F)  Reps (M), 4 Reps (F)	PTED WEIGH  lt #  *Combi  Men: 225# = 10	Country  T* =  Rack Height  ne attempted weigh  2.0 kg = 38.5 kg add	kg 

	: Weigh-in wt	Ref initia	l Wt Class	Age Group
<u>ALL ATTEM</u>	IPTS IN <b>kg</b> (60-sec	e limit)		
NAME				AGE
	(PLEASE print clear)	ly)		
City	Sta	ate	Country	
STANDARI	) WEIGHT (kg)_		ATTEMPTED	WEIGHT (kg)
No. of Reps	WR	Flt #	-	
Mega Lift:	SW+40% (M), SW	/+20% (F)	Ггар Bar w/collars = 45	5# = <b>20 kg</b>
Mondo Lift:	SW+60% (M), SW	′+40% (F)		
DNA Lift:	SW+100% (M), S\	N+70% (F)		
	r Deadlift for Rep		-	
Official use:		Ref initia	-	PLACEAge Group
Official use: ALL ATTEM NAME	: Weigh-in wt	Ref initia	-	Age Group
Official use: ALL ATTEM NAME	Weigh-in wt	Ref initia	l Wt Class	AGE
Official use: ALL ATTEM NAME	Weigh-in wt	Ref initia	l Wt Class	Age Group
Official use: ALL ATTEM NAME	Reigh-in wt	Ref initia	l Wt Class	Age Group
Official use: ALL ATTEM NAME City	Reigh-in wt	Ref initial c limit)  ly)  ate	Wt Class Country ATTEMPTED	Age Group
Official use: ALL ATTEM NAME City STANDARL No. of Reps	* Weigh-in wt  **PTS IN kg (60-sec)  (PLEASE print clear)  State  **O WEIGHT (kg)  WR	Ref initial ly) ate Flt #	Wt Class Country ATTEMPTED	Age Group  AGE  WEIGHT (kg)
Official use: ALL ATTEM  NAME  City  STANDARL  No. of Reps  Mega Lift:	* Weigh-in wt  **PTS IN kg (60-sec)  (PLEASE print clear)  State  **O WEIGHT (kg)  WR	Ref initial	Wt Class	Age Group  AGE  WEIGHT (kg)
Official use: ALL ATTEM NAME City STANDARL No. of Reps Mega Lift: Mondo Lift:	** Weigh-in wt  **PTS IN kg (60-sec)  (PLEASE print clear)  Standard (kg)  WR  SW+40% (M), SW	Ref initial (c limit)  (ly) (ate  Flt #  (+20% (F) (+40% (F)	Wt Class	Age Group  AGE  WEIGHT (kg)

rint clearly) State	Country	Age Group
rint clearly) State /R Flt #	Country	
State /R	Country	
State /R	Country	
/R <b>Flt</b> #		
/D Magaliti	_	
/R Mega Lift:	75 kg (M), 50 kg (F)	Men's log = 90# = 41 kg
R Mondo Lift:	90 kg (M), 65 kg (F)	Intermed log = 85#b = <b>38.5</b> k
R DNA Lift:	105 kg (M), 80 kg (F)	Women's log = 45# = <b>20.5</b> kg
RESS (in kg) Atto	_	
	_	
wtRef in	_	Age Group
wt Ref in	itial Wt Class	Age Group
wt Ref in	itial Wt Class	Age Group
wt Ref in	itial Wt Class	Age Group
wtRef in  rint clearly) State	itial Wt Class	Age Group
wtRef in  rint clearly) State  VR Flt #  VR Mega Lift:	itial Wt Class	
	R DNA Lift:	

``. 1	XX7 - ! - 1. ! ! - 1. 4	D - 6 ! !4! - 1	A C
			Age Group
WEIGHT	CLASS	Flt #	
NAME			AGE
	(PLEASE print clearly)		AGE
City	State	Country	
Standard	Weight (lb)	Attempt	ted Weight (lb)
Time (sec	e) WR		
Mega Lift:	(M): 25 sec @ SW+22 lb	(F): 25 sec @ SW	Frame w/collars = 120 lb
Mondo Lift:	(M): 25 sec @ SW+45 lb	(F): 25 sec @ SW+22 lb	
DNA Lift:	(M): 25 sec @ SW+90 lb	(F): 25 sec @ SW+45 lb	
			<u> </u>
5. <u>FRAN</u>	1E HOLD FOR TIME	(lb) Attempt Card	PLACE
5. <u>FRAN</u> Official us	1E HOLD FOR TIME	(lb) Attempt Card Ref initial	PLACE
5. <u>FRAN</u> Official use WEIGHT	<u>IE HOLD FOR TIME</u> e: Weigh-in weight CLASS	<u>(lb)</u> Attempt Card Ref initial _ Flt #	PLACE Age Group
5. <u>FRAN</u> Official use WEIGHT	<u>IE HOLD FOR TIME</u> e: Weigh-in weight	<u>(lb)</u> Attempt Card Ref initial _ Flt #	PLACE Age Group
5. <u>FRAN</u> Official us WEIGHT NAME	IE HOLD FOR TIME e: Weigh-in weight CLASS (PLEASE print clearly)	<u>(lb)</u> Attempt CardRef initialFlt #	PLACE Age Group
5. FRAN Official use WEIGHT NAME	IE HOLD FOR TIME e: Weigh-in weight CLASS  (PLEASE print clearly) State	(lb) Attempt Card Ref initial Flt # Country	PLACE Age Group  AGE
5. FRAN Official use WEIGHT NAME City	IE HOLD FOR TIME e: Weigh-in weight CLASS  (PLEASE print clearly) State	(lb) Attempt Card Ref initial Flt # Country	PLACE Age Group  AGE
5. FRAN Official use WEIGHT NAME City Standard Time (sec	### TE HOLD FOR TIME  ### CLASS   (PLEASE print clearly)  State  Weight (lb)  WR	(lb) Attempt Card Ref initial Flt # Country Attempt	PLACE Age Group  AGE
5. FRAM Official use WEIGHT NAME City Standard Time (sec	### TE HOLD FOR TIME  ### CLASS   (PLEASE print clearly)  State  Weight (lb)  WR	(Ib) Attempt CardRef initial Flt # Country Attempt  (F): 25 sec @ SW	ted Weight (lb)

6. CRUCIFIX HO	LD FOR TIM	PLACE	
Official use: Weigh	-in weight	Ref initial	Age Group
WEIGHT CLASS		Flt #	
NAME			AGE
(PLEAS	E print clearly)		AGE
City	State	Country	
Standard Weigh	t (lb)	Attempted Weig	ht (lb)
Time (sec)	WR		
Mega Lift: (M, W):	15 sec @ SW+1 C	Class	
Mondo Lift: (M, W):	15 sec @ SW+2 C	Classes	
DNA Lift: (M, W):	15 sec @ SW+3 C	Classes	
6. <u>CRUCIFIX HO</u>	LD FOR TIMI	E Attempt Card	PLACE
6. <u>CRUCIFIX HO</u> Official use: Weigh	LD FOR TIMI	E Attempt CardRef initial	PLACE
6. <u>CRUCIFIX HO</u> Official use: Weigh	LD FOR TIMI	E Attempt CardRef initial	PLACE
6. <u>CRUCIFIX HO</u> Official use: Weigh WEIGHT CLASS	LD FOR TIMI	E Attempt CardRef initial Flt #	PLACE Age Group
6. <u>CRUCIFIX HO</u> Official use: Weigh WEIGHT CLASS NAME (PLEAS)	LD FOR TIMI -in weight  E print clearly)	E Attempt CardRef initial Flt #	PLACE Age Group
6. CRUCIFIX HO Official use: Weigh WEIGHT CLASS  NAME(PLEAS) City	LD FOR TIMI  -in weight  E print clearly)  State	E Attempt CardRef initial Flt # Country	PLACE Age Group AGE
6. CRUCIFIX HO Official use: Weigh WEIGHT CLASS NAME(PLEAS) City	LD FOR TIMI -in weight E print clearly) State t (lb)	E Attempt CardRef initial Flt #	PLACE Age Group AGE
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6. CRUCIFIX HO Official use: Weigh WEIGHT CLASS NAME(PLEAS) City Standard Weight Time (sec) Mega Lift: (M, W):	LD FOR TIMI  -in weight  E print clearly)  State  t (lb)  WR  15 sec @ SW+1 C	E Attempt CardRef initial Flt # Country Attempted Weig	PLACE Age Group
6. CRUCIFIX HO Official use: Weigh WEIGHT CLASS  NAME	LD FOR TIME  -in weight  E print clearly)  State  t (lb)  WR  15 sec @ SW+1 C  15 sec @ SW+2 C	E Attempt CardRef initialFlt # Country Attempted Weig	PLACE Age Group AGE
6. CRUCIFIX HO Official use: Weigh WEIGHT CLASS NAME(PLEAS) City Standard Weight Time (sec) Mega Lift: (M, W):	LD FOR TIME  -in weight  E print clearly)  State  t (lb)  WR  15 sec @ SW+1 C  15 sec @ SW+2 C	E Attempt CardRef initialFlt # Country Attempted Weig	PLACE Age Group AGE
6. CRUCIFIX HO Official use: Weigh WEIGHT CLASS NAME(PLEAS) City Standard Weight Time (sec) Mega Lift: (M, W): Mondo Lift: (M, W): DNA Lift: (M, W):	LD FOR TIMI  -in weight  E print clearly)  State  t (lb) WR  15 sec @ SW+1 C  15 sec @ SW+2 C  15 sec @ SW+3 C	E Attempt CardRef initial Flt # Country Attempted Weig	PLACE Age Group AGE

~		<b>7</b> . 0.1		
		Ref in	itial Wt Class	Age Group
<u>ALL ATTEMPTS</u>	IN <b>K</b> g			
NAME				AGE
			Country	
Jity		State	Country	
Attempt 1	WR	Flt #	_ Saxon Bar	w/collars = 45# = <b>20</b> kg
Attempt 2	WR	Mega Lift:	185 kg (M), 135 (F)	
Attempt 3	WR	Mondo Lift:	210 kg (M), 155 (F)	
Attempt 4	WR	DNA Lift:	225 (M), 185 (F)	
			ny interesting information  Card (Plates In kg)	
4. <u>SAXON BAR</u>	<u> DEADLI</u>	FT Attempt (		PLACE_
4. <u>SAXON BAR</u> Official use: We	<u>DEADLI</u>	FT Attempt (	Card (Plates In kg)	PLACE_
4. <u>SAXON BAR</u> Official use: We	DEADLI igh-in wt _ IN kg	FT Attempt (	Card (Plates In kg) itial Wt Class	PLACE_ Age Group
4. <u>SAXON BAR</u> Official use: We ALL ATTEMPTS NAME(PLE	ADEADLI  igh-in wt  IN kg  CASE print o	FT Attempt (	Card (Plates In kg) itial Wt Class	PLACEAge Group
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I. SAXON BAR Official use: We ALL ATTEMPTS NAME(PLE	A DEADLI igh-in wt _ IN kg CASE print o	FT Attempt (	Card (Plates In kg) itial Wt Class	PLACEAge Group
Attempt 1	S DEADLI igh-in wt _ IN kg  CASE print o	FT Attempt ( Ref in clearly) State	Card (Plates In kg) itial Wt Class	PLACEAge Group
4. SAXON BAR Official use: We ALL ATTEMPTS NAME(PLE	EDEADLI  igh-in wt  IN kg  EASE print of	FIt # Mega Lift:	Card (Plates In kg) itial Wt Class  Country Saxon Bar	PLACEAge Group

		Ref in	itial Wt Class	Age Group
<u>LL ATTEMPTS</u>	IN Kg			
NAME	ACT	.11.)		AGE
			Country	
Attempt 1	WR	Flt #	_ Axle Bar w/	collars = 75# = <b>34</b> kg
Attempt 2	WR	Mega Lift:	120 Kg (M), 70 Kg (F)	
Attempt 3	WR	Mondo Lift:	140 Kg (M), 85 Kg (F)	
Attempt 4	TTTD			
Comments: inclu	ıde previou	us records or a	160 Kg (M), 95 Kg (F)  ny interesting information  empt Card (In kg)	
Comments: inclu	ide previou	us records or a	ny interesting information	PLACE
Comments: included with the comments of the co	SNATCH of the state of the stat	us records or a	ny interesting information  empt Card (In kg)	PLACE
Comments: inclusion.  AXLE BAR S Official use: We	SNATCH of the second se	us records or a	empt Card (In kg)	PLACEAge Group
Comments: included the comments of the comment	SNATCH of the second se	GRIP DL Att Ref in	empt Card (In kg)	PLACE Age Group
Comments: included the comments of the comment	SNATCH of the second se	GRIP DL Att Ref in	empt Card (In kg)	PLACE Age Group
Comments: included the comments of the comment	SNATCH of the second se	GRIP DL Att Ref in	empt Card (In kg) itial Wt Class	PLACE Age Group
Comments: included and the comments of the com	SNATCH ( igh-in wt _ IN kg  CASE print (	GRIP DL Att  Ref in  clearly)  State	empt Card (In kg) itial Wt Class	PLACEAge Group
Comments: included the comments of the comment	SNATCH ( igh-in wt _ IN kg  CASE print ( WR WR	GRIP DL Att  GRIP DL Att  Ref in  clearly)  State  Flt #  Mega Lift:	empt Card (In kg) itial Wt Class  Country	PLACEAge Group

Official use	e: Weigh-in wt	Ref initial <b>_</b>	Wt Class	Age Group
ALL ATTE	MPTS IN <b>LB/REP</b> S	<u>S</u>		
NAME				AGE
	(PLEASE print clear	rly)		
City	S1	tate	Country	
ATTEMPT	ED COMBINE W	EIGHT	Lb	
No. of Rep	s WR	Flt #		
Mega Lift:	2 reps (M), 1 reps (	(F)		
Mondo Lift:	4 reps (M), 3 reps (	(F)		
DNA Lift:	7 reps (M), 5 reps	(F)		
8. COMB	INE ATLAS STO	NE SHOULDER	ING FOR REPS A	Attempt Card PLACE
Official use		Ref initial _	_	Attempt Card PLACEAge Group
Official uso	e: Weigh-in wt MPTS IN <b>LB/REP</b> S	Ref initial	Wt Class	Age Group
Official uso	e: Weigh-in wt	Ref initial	_	Age Group
<b>Official use</b> ALL ATTEN	e: Weigh-in wt	Ref initial _	Wt Class	Age Group
Official use ALL ATTER  NAME  City	e: Weigh-in wt MPTS IN LB/REPS (PLEASE print clear St	Ref initial  rly) tate	Wt Class	Age Group
Official use ALL ATTEL  NAME  City	e: Weigh-in wt  MPTS IN LB/REPS  (PLEASE print clean St	Ref initial  Size of the control of the con	Wt Class	Age Group
Official use ALL ATTEN  NAME  City	e: Weigh-in wt MPTS IN LB/REPS (PLEASE print clear St	Ref initial  Size of the control of the con	Wt Class	Age Group
Official use ALL ATTEM  NAME  City  ATTEMPT  No. of Rep	e: Weigh-in wt  MPTS IN LB/REPS  (PLEASE print clean St	Ref initial	Wt Class	Age Group
Official use  ALL ATTEM  NAME  City  ATTEMPT  No. of Repare	e: Weigh-in wt  MPTS IN LB/REPS  (PLEASE print clear Since Section COMBINE With Section 2 WR	Ref initial	Wt Class	Age Group
Official use  ALL ATTEM  NAME  City  ATTEMPT  No. of Repair  Mega Lift:  Mondo Lift:	e: Weigh-in wt  MPTS IN LB/REPS  (PLEASE print clear Si  EED COMBINE W  2 reps (M), 1 reps (	Ref initial	Wt Class	Age Group
Official use  ALL ATTEM  NAME  City  ATTEMPT  No. of Rep  Mega Lift:  Mondo Lift:  DNA Lift:	(PLEASE print clear  See Weigh-in wt  (PLEASE print clear  See See See See See See See See See Se	Ref initial	Wt Class CountryLb	Age Group

			PLACE
Official use: Weigh-in w	t Ref initial	Combine Wt Class	Age Group
ALL ATTEMPTS IN re	ps @ Combine Ba	r Weight (no time limit)	
NAME			AGE
(PLEASE I	orint clearly)		
City	State	Country	
ATTEMPTED COME	BINE PLATE WE	IGHTkg	
No. of Reps	_ WR Flt #	:	
Леда Lift: 2 Reps To	otal (M), 1 Rep Total (	F)	
Mondo Lift: 4 Reps To	otal (M), 3 Reps Total	(F)	
DNA Lift: 7 Reps To	otal (M), 5 Reps Total	(F)	
D. <u>COMBINE WEIG</u>	SHTED PULLUP	S/CHINUPS FOR REPS A	Attempt Card PLACE
		S/CHINUPS FOR REPS A	PLACE
Official use: Weigh-in w	t Ref initial		PLACE
Official use: Weigh-in w A <i>LL ATTEMPTS IN re</i> NAME	t Ref initial eps @ Combine Ba	Combine Wt Class	PLACE Age Group
Official use: Weigh-in w ALL ATTEMPTS IN re	t Ref initial ps @ Combine Ba	Combine Wt Class	PLACE Age Group
Official use: Weigh-in wo ALL ATTEMPTS IN re NAME (PLEASE I	t Ref initial eps @ Combine Ba  print clearly)	Combine Wt Class	PLACEAge Group
Official use: Weigh-in wo ALL ATTEMPTS IN re NAME	t Ref initial eps @ Combine Ba  print clearly) State	Combine Wt Class  or Weight (no time limit)  Country	PLACEAge Group
Official use: Weigh-in with ALL ATTEMPTS IN reserved NAME(PLEASE IN City	t Ref initial eps @ Combine Ba  print clearly) State  BINE PLATE WE	Combine Wt Class  or Weight (no time limit)  Country  IGHTkg	PLACE Age Group AGE
Official use: Weigh-in with ALL ATTEMPTS IN reserved in the NAME	t Ref initial eps @ Combine Ba  print clearly) State BINE PLATE WEA _ WR Flt #	Combine Wt Class  or Weight (no time limit)  Country  IGHTkg	PLACE Age Group AGE
Official use: Weigh-in with ALL ATTEMPTS IN reserved in the ALL ATTEMPTS IN reserved in the ALL ATTEMPTED (PLEASE properties). ATTEMPTED COME.  No. of Reps  Mega Lift: 2 Reps To	t Ref initial  tps @ Combine Ba  print clearly)  State  BINE PLATE WE  WR Flt #  ptal (M), 1 Rep Total (	Combine Wt Class  or Weight (no time limit)  Country  IGHTkg  F)	PLACE Age Group AGE
Official use: Weigh-in with ALL ATTEMPTS IN research NAME	t Ref initial  tps @ Combine Ba  print clearly)  State  BINE PLATE WE  WR Flt #  ptal (M), 1 Rep Total (	Combine Wt Class  or Weight (no time limit)  Country  IGHTkg  F) (F)	PLACE Age Group AGE
Official use: Weigh-in with ALL ATTEMPTS IN reserved in the ALL ATTEMPTS IN reserved in the ALL ATTEMPTS IN reserved in the ALL ATTEMPTED COME.  ATTEMPTED COME.  No. of Reps  Mega Lift: 2 Reps Towns and Lift: 4 Reps Towns	Ref initial  State  S	Combine Wt Class  or Weight (no time limit)  Country  IGHTkg  F) (F)	PLACEAge Group AGE

	DEADLIFT LOCKOUT Attempt Card					
Official use: Wei	ficial use: Weigh-in wt Ref initial Wt Class					
ALL ATTEMPTS I	IN kg					
NAME				AGE		
(PLEA	ASE print cl	learly)		AGL		
City		State	Country			
Attempt 1	WR	Flt #	_ Rack ht (if needed)			
Attempt 2	WR	Mega Lift: 3	317.5 kg (700 lb) (M). 21	10 kg (463 lb) (F)		
Attempt 3	WR	Mondo Lift:	362.5 kg (800 lb) (M). 2	250 kg (551 lb) (F)		
Attempt 4	WR	DNA Lift: 4	53.6 kg (1,000 lb) (M). 3	300 kg (661 lb) (F)		
	-		ny interesting information	•		
10. <u>DEADLIFT</u>	LOCKO	U <b>T Attempt C</b> a	<u>ard</u>	PLACE_		
10. DEADLIFT	LOCKOI	U <b>T Attempt C</b> a		PLACE_		
10. <u>DEADLIFT</u> Official use: Wei	LOCKOI gh-in wt _ <u>W kg</u>	UT Attempt Ca	ard tial Wt Class	PLACE_ Age Group		
10. <u>DEADLIFT</u> Official use: Weigner ALL ATTEMPTS A	LOCKOL gh-in wt _ IN kg	UT Attempt Ca	ard tial Wt Class	PLACE_ Age Group AGE		
10. <u>DEADLIFT</u> Official use: Weigner ALL ATTEMPTS A	LOCKOL gh-in wt _ IN kg	UT Attempt Ca	ard tial Wt Class	PLACE_ Age Group AGE		
10. DEADLIFT Official use: Weight ALL ATTEMPTS ANAME (PLEA) City	LOCKOU gh-in wt _ VN kg	UT Attempt Carly)  State	ard tial Wt Class	PLACE_ Age Group AGE		
10. DEADLIFT Official use: Weight ALL ATTEMPTS ANAME(PLEATING TO SETTING TO SETTING THE ACTION OF THE ACTI	LOCKOL gh-in wt _ [N kg] ASE print cl	UT Attempt Carly) State Flt #	ard tial Wt Class	PLACEAge Group AGE ded)		
10. <u>DEADLIFT</u> Official use: Weigner ALL ATTEMPTS A	LOCKOU gh-in wt N kg  ASE print cl WR WR	UT Attempt Carly) State  Flt #  Mega Lift: 3	ard tial Wt Class Country Rack ht (if nee	PLACE_ Age Group  AGE  ded)  10 kg (463 lb) (F)		

#### STANDARD WEIGHT TABLE No. 2 -- Trap Bar Deadlift for Reps

#### A. Males

	STANDARI	D BARBELL WEIG	HT (kg) per Bo	dyweight Class	Range (lb)
Mala Aga Banga	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
Male Age Range	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-309
Youth 6-7	12.5	15	17.5	20	
Youth 8-9	22.5	25	27.5	32.5	
Youth 10-11	30	35	45	55	
Youth 12-13	40	45	60	75	90
Teen 14-15	50	55	75	90	110
Teen 16-17	57.5	65	90	110	125
Teen 18-19	65	75	105	125	145
Junior 20-23		80	115	135	165
Open 24-34		85	120	145	170
Submasters 35-39		80	115	140	165
Masters 40-49		75	110	130	155
Masters 50-59		70	100	120	140
Masters 60-69		65	95	110	125
Masters 70-79		60	85	95	105
Masters 80-89		55	75	80	90
Masters 90+		50	55	65	75

#### **B. Females**

STANDARD BARBELL WEIGHT (kg) per Bodyweight Class Range (lb)							
Female Age Range	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt		
	66-88	97-114	123-148	165-198	220 & 221		
Youth 6-7	10	12.5	15	17.5			
Youth 8-9	17.5	20	25	27.5			
Youth 10-11	22.5	25	30	35			
Youth 12-13	27.5	30	37.5	45	47.5		
Teen 14-15	30	35	45	55	57.5		
Teen 16-17	35	40	55	65	67.5		
Teen 18-19	42.5	47.5	62.5	75	80		
Junior 20-23		55	70	85	90		
Open 24-34		60	75	90	95		
Submasters 35-39		55	70	85	90		
Masters 40-49		45	55	70	75		
Masters 50-59		40	50	60	65		
Masters 60-69		37.5	45	50	55		
Masters 70-79		32.5	40	45	50		
Masters 80-89		30	32.5	35	40		
Masters 90+		25	27.5	30	35		

<sup>1.</sup> Contestants may elect to move up or down 10% or multiples of 10% above or below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 kg) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.

#### STANDARD WEIGHT TABLE No. 5A -- Frame Hold for Time, kg Plates Total Weight

#### A. Males

	STANDARD IMPLEMENT WEIGHT (kg) per Bodyweight Class Range (lb)					
Mala Aga Banga	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt	
Male Age Range	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+	
Youth 6-7	55	55	55	55	N/A	
Youth 8-9	55	55	55	70	N/A	
Youth 10-11	55	55	70	80	90	
Youth 12-13	55	70	90	105	115	
Teen 14-15	65	90	115	125	135	
Teen 16-17	70	110	135	150	160	
Teen 18-19	80	125	145	160	170	
Junior 20-23	N/A	135	160	170	180	
Open 24-34	N/A	135	160	170	180	
Submasters 35-39	N/A	135	160	170	180	
Masters 40-49	N/A	125	150	160	170	
Masters 50-59	N/A	120	135	160	165	
Masters 60-69	N/A	110	135	145	155	
Masters 70-79	N/A	90	115	125	135	
Masters 80-89	N/A	70	90	105	115	
Masters 90+	N/A	55	60	65	70	

#### B. Females

	STANDAR	STANDARD IMPLEMENT WEIGHT (kg) per Bodyweight Class Range (lb)				
Female Age Range	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt	
	66-88	97-114	123-148	165-198	220 & Above	
Youth 6-7	55	55	55	55	N/A	
Youth 8-9	55	55	55	55	N/A	
Youth 10-11	55	55	55	55	65	
Youth 12-13	55	55	60	70	75	
Teen 14-15	55	60	70	80	90	
Teen 16-17	55	70	85	95	105	
Teen 18-19	55	80	95	105	115	
Junior 20-23	N/A	90	105	115	125	
Open 24-34	N/A	90	105	115	125	
Submasters 35-39	N/A	90	105	115	125	
Masters 40-49	N/A	80	100	110	120	
Masters 50-59	N/A	75	90	105	110	
Masters 60-69	N/A	70	90	95	100	
Masters 70-79	N/A	60	70	80	90	
Masters 80-89	N/A	55	60	70	80	
Masters 90+	N/A	55	55	60	65	

<sup>1.</sup> Unloaded weight of frame = 55 kg.

<sup>2.</sup> Contestants may elect to move up or down one or more IMPLEMENT WEIGHT CATEGORIES but may not go below their implement STANDARD IMPLEMENT WEIGHTS to compete for medals in their respective age and bodyweight classifications. However, contestants may not go down more than two IMPLEMENT WEIGHT CATEGORIES below their STANDARD IMPLEMENT WEIGHTS to be eligible for AAU American and World Records for their age, bodyweight, and selected implement weights.

#### STANDARD WEIGHT TABLE No. 5A -- Frame Hold for Time, Kilo Plates Total Weight

#### A. Males

	STANDARD IMPLEMENT WEIGHT (kg) per Bodyweight Class Range (lb)						
Mala Aria Banria	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt		
Male Age Range -	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+		
Youth 6-7	55	55	55	55	N/A		
Youth 8-9	55	55	55	70	N/A		
Youth 10-11	55	55	70	80	90		
Youth 12-13	55	70	90	105	115		
Teen 14-15	65	90	115	125	135		
Teen 16-17	70	110	135	150	160		
Teen 18-19	80	125	145	160	170		
Junior 20-23	N/A	135	160	170	180		
Open 24-34	N/A	135	160	170	180		
Submasters 35-39	N/A	135	160	170	180		
Masters 40-49	N/A	125	150	160	170		
Masters 50-59	N/A	120	135	160	165		
Masters 60-69	N/A	110	135	145	155		
Masters 70-79	N/A	90	115	125	135		
Masters 80-89	N/A	70	90	105	115		
Masters 90+	N/A	55	60	65	70		

#### B. Females

	STANDARD IMPLEMENT WEIGHT (kg) per Bodyweight Class Range (lb)						
Female Age Range	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt		
	66-88	97-114	123-148	165-198	220 & Above		
Youth 6-7	55	55	55	55	N/A		
Youth 8-9	55	55	55	55	N/A		
Youth 10-11	55	55	55	55	65		
Youth 12-13	55	55	60	70	75		
Teen 14-15	55	60	70	80	90		
Teen 16-17	55	70	85	95	105		
Teen 18-19	55	80	95	105	115		
Junior 20-23	N/A	90	105	115	125		
Open 24-34	N/A	90	105	115	125		
Submasters 35-39	N/A	90	105	115	125		
Masters 40-49	N/A	80	100	110	120		
Masters 50-59	N/A	75	90	105	110		
Masters 60-69	N/A	70	90	95	100		
Masters 70-79	N/A	60	70	80	90		
Masters 80-89	N/A	55	60	70	80		
Masters 90+	N/A	55	55	60	65		

- 1. Unloaded weight of frame = 55 kg.
- 2. Contestants may elect to move up or down one or more IMPLEMENT WEIGHT CATEGORIES but may not go below their implement STANDARD IMPLEMENT WEIGHTS to compete for medals in their respective age and bodyweight classifications. However, contestants may not go down more than two IMPLEMENT WEIGHT CATEGORIES below their STANDARD IMPLEMENT WEIGHTS to be eligible for AAU American and World Records for their age, bodyweight, and selected implement weights.
- 3. The distance traveled will be measured at that point at which the contestant either places the stone on the ground or quits.

#### STANDARD WEIGHT TABLE No. 5B -- Frame Hold for Time, Pound Plates Total Weight

#### A. Males

	STANDARD IMPLEMENT WEIGHT (lb) per Bodyweight Class Range (lb)						
Mala Aga Banga	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt		
Male Age Range	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+		
Youth 6-7	120	120	120	120	N/A		
Youth 8-9	120	120	120	150	N/A		
Youth 10-11	120	120	150	180	200		
Youth 12-13	120	160	200	230	250		
Teen 14-15	140	200	250	280	300		
Teen 16-17	160	240	300	330	350		
Teen 18-19	180	280	320	350	380		
Junior 20-23	N/A	300	350	380	400		
Open 24-34	N/A	300	350	380	400		
Submasters 35-39	N/A	300	350	380	400		
Masters 40-49	N/A	280	330	350	380		
Masters 50-59	N/A	260	300	350	360		
Masters 60-69	N/A	240	300	320	340		
Masters 70-79	N/A	200	250	280	300		
Masters 80-89	N/A	150	200	230	250		
Masters 90+	N/A	120	130	140	150		

#### B Females

	STANDARD IMPLEMENT WEIGHT (Ib) per Bodyweight Class Range (Ib)							
Female Age Range	Bantam Wt Fly Wt		Lt Wt	Mid Wt	Hvy Wt			
	66-88	97-114	123-148	165-198	220 & Above			
Youth 6-7	120	120	120	120				
Youth 8-9	120	120	120	120				
Youth 10-11	120	120	120	120	140			
Youth 12-13	120	120	130	150	170			
Teen 14-15	120	130	160	180	200			
Teen 16-17	120	160	190	210	230			
Teen 18-19	120	180	210	230	250			
Junior 20-23		200	230	250	270			
Open 24-34		200	230	250	270			
Submasters 35-39		200	230	250	270			
Masters 40-49		180	220	240	260			
Masters 50-59		170	200	230	240			
Masters 60-69		160	200	210	220			
Masters 70-79	_	130	160	180	200			
Masters 80-89		120	130	150	170			
Masters 90+		120	120	130	140			

- 1. Unloaded weight of frame = 120 lb.
- 2. Contestants may elect to move up or down one or more IMPLEMENT WEIGHT CATEGORIES but may not go below their implement STANDARD IMPLEMENT WEIGHTS to compete for medals in their respective age and bodyweight classifications. However, contestants may not go down more than two IMPLEMENT WEIGHT CATEGORIES below their STANDARD IMPLEMENT WEIGHTS to be eligible for AAU American and World Records for their age, bodyweight, and selected implement weights.
- 3. The distance traveled will be measured at that point at which the contestant either places the stone on the ground or quits.

#### Standard Weight Table No. 6 -- Crucifix Hold for Time (Sledgehammers)

#### A. Males

	STANDARD SLEDGEHAMMER WEIGHT* (Lb) per Bodyweight Class Range (lb)						
Mala Aga Banga	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt		
Male Age Range	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+		
Youth 6-7	6	6	8	8	10		
Youth 8-9	6	6	8	8	10		
Youth 10-11	6	8	8	10	10		
Youth 12-13	8	8	10	10	15		
Teen 14-15	8	10	10	15	20		
Teen 16-17	10	10	15	20	25		
Teen 18-19	10	15	20	25	30		
Junior 20-23		20	25	30	35		
Open 24-34		25	30	35	40		
Submasters 35-39		20	25	30	35		
Masters 40-49		20	25	30	35		
Masters 50-59		15	20	25	30		
Masters 60-69		10	20	20	30		
Masters 70-79		10	15	20	25		
Masters 80-89		8	10	15	20		
Masters 90+		8	8	10	15		

#### **B. Females**

	STANDARD	SLEDGEHAMMER	R WEIGHT* (Lb) pe	r Bodyweight Clas	ss Range (lb)
Female Age Range	Bantam Wt Fly Wt		Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	6	6	6	6	8
Youth 8-9	6	6	6	8	8
Youth 10-11	6	6	8	8	10
Youth 12-13	6	8	8	10	10
Teen 14-15	6	8	10	10	15
Teen 16-17	8	8	10	10	15
Teen 18-19	8	10	10	15	20
Junior 20-23		10	15	15	20
Open 24-34		15	15	20	25
Submasters 35-39		10	15	15	20
Masters 40-49		10	10	15	15
Masters 50-59		8	10	10	15
Masters 60-69		8	10	10	15
Masters 70-79		8	8	10	10
Masters 80-89		6	8	8	8
Masters 90+		6	6	6	6

- 1. Contestants may elect to move up or down from their STANDARD WEIGHTS but may not go below their
- 2. The meet director has the option of modifying the STANDARD WEIGHT for a given age and bodyweight class if in
- 3. Standard sledgehammer standard weights are 6, 8, 10, 15, 20, 25, 30, 35, 40, 45, and 50 lb.

#### STANDARD WEIGHT TABLE No. -- Strict Curls for Reps, kg

#### A. Males

	STANDARD	CURL BAR WEI	GHT (Kg) per E	Bodyweight Clas	ss Range (lb)
Mala Aga Banga	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
Male Age Range	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+
Youth 6-7	7.5	10	15	15	
Youth 8-9	10	12.5	17.5	17.5	
Youth 10-11	12.5	15	20	20	22.5
Youth 12-13	15	17.5	22.5	25	27.5
Teen 14-15	17.5	20	25	30	35
Teen 16-17	20	22.5	27.5	32.5	37.5
Teen 18-19	22.5	25	30	35	40
Junior 20-23		27.5	32.5	37.5	42.5
Open 24-34		30	37.5	42.5	45
Submasters 35-39		27.5	32.5	37.5	42.5
Masters 40-49		25	30	35	40
Masters 50-59		22.5	27.5	32.5	37.5
Masters 60-69		20	25	30	35
Masters 70-79		17.5	22.5	27.5	32.5
Masters 80-89		12.5	15	15	20
Masters 90+		10	12.5	12.5	15

#### B. Females

	STANDARD CURL BAR WEIGHT (Kg) per Bodyweight Class Range (lb)					
Female Age Range	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt	
	66-88	97-114	123-148	165-198	220 & Above	
Youth 6-7	5	7.5	10	12.5		
Youth 8-9	5	7.5	10	12.5		
Youth 10-11	7.5	10	12.5	15	17.5	
Youth 12-13	10	12.5	15	17.5	20	
Teen 14-15	12.5	15	17.5	20	22.5	
Teen 16-17	15	17.5	20	22.5	25	
Teen 18-19	17.5	20	22.5	25	27.5	
Junior 20-23		20	22.5	25	27.5	
Open 24-34		20	22.5	25	27.5	
Submasters 35-39		20	22.5	25	27.5	
Masters 40-49		20	22.5	25	27.5	
Masters 50-59		17.5	20	22.5	25	
Masters 60-69		15	17.5	20	22.5	
Masters 70-79		12.5	12.5	15	17.5	
Masters 80-89		7.5	7.5	10	12.5	
Masters 90+		5	5	7.5	10	

#### Notes:

1. Contestants may elect to move up or down 10% or multiples of 10% above or below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 kg) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.

#### STANDARD WEIGHT TABLE No. -- Strict Curls for Reps, Ib

#### A. Males

	STANDARD CURL BAR WEIGHT (lb) per Bodyweight Class Range (lb)						
Mala Aga Danga	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt		
Male Age Range	66-88	97-114 (6-19), 114 (20+)	123-165	181-220	242-308+		
Youth 6-7	10	15	25	35			
Youth 8-9	15	25	35	40			
Youth 10-11	20	30	40	45	50		
Youth 12-13	30	40	50	55	60		
Teen 14-15	35	45	55	65	75		
Teen 16-17	40	50	60	70	80		
Teen 18-19	45	55	65	75	85		
Junior 20-23		60	70	80	90		
Open 24-34		65	80	90	100		
Submasters 35-39		60	70	80	95		
Masters 40-49		55	65	75	90		
Masters 50-59		50	60	70	85		
Masters 60-69		45	55	65	80		
Masters 70-79		40	50	60	70		
Masters 80-89		30	32.5	32.5	45		
Masters 90+		20	27.5	27.5	32.5		

#### B. Females

	STANDARI	ANDARD CURL BAR WEIGHT (lb) per Bodyweight Class Range (lb)					
Female Age Range	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt		
	66-88	97-114	123-148	165-198	220 & Above		
Youth 6-7	10	15	20	25			
Youth 8-9	12.5	17.5	22.5	25			
Youth 10-11	15	20	25	30	35		
Youth 12-13	20	25	30	35	40		
Teen 14-15	30	35	40	45	45		
Teen 16-17	35	40	45	50	55		
Teen 18-19	40	45	50	55	60		
Junior 20-23		45	50	55	60		
Open 24-34		45	50	55	60		
Submasters 35-39		45	50	55	60		
Masters 40-49		45	50	55	60		
Masters 50-59		40	45	50	55		
Masters 60-69		35	40	45	50		
Masters 70-79		30	27.5	32.5	37.5		
Masters 80-89		20	17.5	22.5	27.5		
Masters 90+		12.5	12.5	17.5	22.5		

#### Notes:

1. Contestants may elect to move up or down 10% or multiples of 10% above or below their STANDARD BARBELL WEIGHTS (rounded off to the nearest 5 lb) but may not go below their STANDARD BARBELL WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their STANDARD BARBELL WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.

## WEIGHTS OF IMPLEMENTS AND PLATES (KG OR LB) TO BE USED AT 2022 NORTH AMERICANS

Event # on Entry Form	Implement	Total Weight of Collars	Total Implement Weight with collars (lb or kg)	Use kg plates at the meet?	Use lb plates at the meet?
1	Combine Bench Reps w/collars	5 kg	25 kg	Yes	No
2	Trap Bar with collars	0 kg	<b>20 kg</b> (45 lb)	Yes	No
3	Men's Log with collars	0 kg	<b>40 kg</b> (90 lb)	Yes	No
3	Intermediate Log with collars	0 kg	<b>38.5 kg</b> (85 lb)	Yes	No
3	Women's Log with collars	0 kg	<b>20 kg</b> (45 lb)	Yes	No
4	Saxon Bar with collars	0 kg	<b>20 kg</b> (45 lb)	Yes	No
5	Frame Hold Implement	no collars	120 lb	No	Yes
7	Axle Bar with collars	0 kg	<b>34 kg</b> (75 lb)	Yes	No
10	Deadlift Lockout with collars	5 kg	25 kg	Yes	No

Notes: Only kg plates will be used at the meet, except pound plates for the Frame Hold.