

# 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**

**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 AVAILABLE ONLINE AT [WWW.AAUSPORTS.ORG](http://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:** Harrah's Hotel Casino (702) 298-4600 reference: Block # S04 AAU 1

**Our rate is only \$30/night. Sun-Thursday and \$75/Night Fri. and Sat. LIMITED # OF ROOMS BOOK TODAY! BLOCK CLOSSES 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 - 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](mailto:NATURALPOWER@EARTHLINK.NET)**

**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](http://www.aausports.org) to obtain their membership

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

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ A.A.U. # \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Weight Class \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Sex \_\_\_\_\_  
 E-Mail address \_\_\_\_\_

**Bodybuilding** TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_  
 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

**PHYSIQUE** TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_  
 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

**FIGURE** TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_  
 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

**BIKINI** TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_  
 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

**ANGELS** TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_  
 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

**SPORTS MODEL** TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_  
 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

**PAIRS OPEN** \_\_\_\_\_ (PARTNER NAME \_\_\_\_\_) **PAIRS MASTERS** \_\_\_\_\_ (PARTNER NAME \_\_\_\_\_) **PAIRS THEATER** \_\_\_\_\_ (PARTNER NAME \_\_\_\_\_)

**CLASSIC BODYBUILDING** TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

**CLASSIC SWIMWEAR** TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

**FITNESS** TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

**BEACH BIKINI** TEEN \_\_\_\_\_ NOVICE \_\_\_\_\_ 20-23 \_\_\_\_\_ 35-39 \_\_\_\_\_ Open \_\_\_\_\_ MASTERS 40-49 \_\_\_\_\_ 50-54 \_\_\_\_\_ 55-59 \_\_\_\_\_ 60-64 \_\_\_\_\_ 65-69 \_\_\_\_\_  
 70-79 \_\_\_\_\_ 75-79 \_\_\_\_\_ MASTERS 80+ \_\_\_\_\_

**AAU Bodybuilding Waiver and Consent and hold harmless agreement**

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 AAU Strength Sports. 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 by AAU Strength Sports

I understand that both the collection process and testing procedures will be performed by a third party (not by AAU Strength Sport or AAU) hereby release, discharge and covenant not to sue the by AAU Strength Sports 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, attorney's 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.

I also agree to hold harmless Rancho Buena Vista High School, Vista Unified School District and the respective Employees and Administrators harmless.

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 Name)

Amateur Athletic Union Strength Sports drug-testing program and have read the Adult Substance Abuse Program Summary.

I acknowledge that doping or the use of drugs before or during competition is prohibited and a violation of the AAU Code.

I consent and agree to urine drug testing to participate in any and all AAU Strength Sports events.

I understand and agree that the collection process and testing procedures will be performed by a third party and in accordance with the AAU Strength Sports Testing Policy.

I acknowledge that AAU Strength Sports shall notify me of the results of the test by certified mail, return receipt requested, to the address I provide below.

I FURTHER ACKNOWLEDGE AND AGREE THAT SHOULD NOTICE OF A POSITIVE TEST BE RETURNED FOR ANY REASON TO AAU Strength Sports, AAU Strength Sports SHALL HAVE THE RIGHT TO POST MY NAME ON THE SUSPENSION LIST LOCATED ON THE WEB PAGE OF AAU Strength Sports.

I acknowledge that if I test positive, refuse to be tested, and/or fail to appear for testing, I will automatically be disqualified from any and all AAU Strength Sports events and may be subject to further penalties and/or sanctions under the policies and procedures set forth in the AAU Code.

I acknowledge that I may request a hearing before the AAU Review Board to challenge my disqualification from any and all AAU Strength Sports.

I acknowledge and agree that this Consent shall be in effect for one (1) year from the date of signing. The parties herein agree that if any part of this Consent shall be deemed invalid and/or unenforceable, the remaining terms and provisions of said Consent shall remain in full force and effect.

I acknowledge that I have read this Consent and fully understand and agree with its contents. I further acknowledge that if I am selected to be tested, I may be required to sign another Consent Form.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Country \_\_\_\_\_

TELEPHONE NUMBER \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

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 Men 75KG 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 \$50 crossover, for each additional class

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**

**Hotel Info:** Harrah'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**

- 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](http://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. \_\_\_\_\_ Sex \_\_\_\_\_  
E-Mail address \_\_\_\_\_

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

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

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

Military \_\_\_\_\_ Lifetime Masters \_\_\_\_\_

**AAU Weightlifting Waiver and Consent**

In order to be able to participate in this or any other AAU Weightlifting 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

# 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 PUSH/PULL, 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 \$30/night. 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 AVAILABLE ONLINE AT [WWW.AAUSPORTS.ORG](http://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:** 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](mailto: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**

- 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](http://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 \_\_\_\_\_ 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 Pushpull  
in appropriate block!

**Equipped**

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

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

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

**Raw**

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

RAW HIGH SCHOOL \_\_\_\_\_

Raw Junior \_\_\_\_\_ Raw Sub Master: \_\_\_\_\_ Raw Master: \_\_\_\_\_

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

Raw Military/ Law/Fire/Military: \_\_\_\_\_ Disabled: \_\_\_\_\_ (specify, Dwarf, Blind, Wheel  
Chair) Adaptive \_\_\_\_\_

**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(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

# 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 PUSH/PULL, 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 \$30/night. 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 AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG `ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECK-INS! 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:** 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: [mxtsportsacademy@gmail.com](mailto:mxtsportsacademy@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](http://www.aausports.org) to obtain their membership.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ A.A.U. Card # \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Weight Class \_\_\_\_\_ Age: \_\_\_\_\_ Height \_\_\_\_\_ D.O.B. \_\_\_\_\_ Gender \_\_\_\_\_

E-Mail address \_\_\_\_\_

### AAU Feats of Strength Waiver and Consent for Individual Competitors

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 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, attorney's 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

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

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

**\*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)
8	Combine Atlas Stone Shouldering for Reps (60-sec 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)

\*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.

1. COMBINE BENCH PRESS FOR REPS (Touch & Go) Attempt Card PLACE \_\_\_\_\_

Official use: Weigh-in wt \_\_\_\_\_ Ref initial \_\_\_\_\_ Combine Wt Class \_\_\_\_\_ Age Group \_\_\_\_\_

ALL ATTEMPTS IN reps (no time limit)

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

**COMBINE WEIGHT = ATTEMPTED WEIGHT\* = \_\_\_\_\_ kg**

**No. of Reps \_\_\_\_\_ WR Flt # \_\_\_\_\_ Rack Height \_\_\_\_\_**

Mega Lift: 4 Reps (M), 2 Reps (F) **\*Combine attempted weights:**  
Mondo Lift: 7 Reps (M), 4 Reps (F) **Men: 225# = 102.0 kg = 38.5 kg added to ea. side + 2.5 kg collars**  
DNA Lift: 10 Reps (M), 7 Reps (F) **Women: 135# = 61.2 kg = 18 kg added to ea. side + 2.5 kg collars**

**Comments:** include previous records or any interesting information you would like announced.

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1. COMBINE BENCH PRESS FOR REPS (Touch & Go) Attempt Card PLACE \_\_\_\_\_

Official use: Weigh-in wt \_\_\_\_\_ Ref initial \_\_\_\_\_ Combine Wt Class \_\_\_\_\_ Age Group \_\_\_\_\_

ALL ATTEMPTS IN reps (no time limit)

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

**COMBINE WEIGHT = ATTEMPTED WEIGHT\* = \_\_\_\_\_ kg**

**No. of Reps \_\_\_\_\_ WR Flt # \_\_\_\_\_ Rack Height \_\_\_\_\_**

Mega Lift: 4 Reps (M), 2 Reps (F) **\*Combine attempted weights:**  
Mondo Lift: 7 Reps (M), 4 Reps (F) **Men: 225# = 102.0 kg = 38.5 kg added to ea. side + 2.5 kg collars**  
DNA Lift: 10 Reps (M), 7 Reps (F) **Women: 135# = 61.2 kg = 18 kg added to ea. side + 2.5 kg collars**

**Comments:** include previous records or any interesting information you would like announced.

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**2. Trap Bar Deadlift for Reps (In kg) Attempt Card**

**PLACE**\_\_\_\_\_

**Official use: Weigh-in wt** \_\_\_\_\_ **Ref initial** \_\_\_\_\_ **Wt Class** \_\_\_\_\_ **Age Group** \_\_\_\_\_

*ALL ATTEMPTS IN kg (60-sec limit)*

**NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_

(PLEASE print clearly)

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Country** \_\_\_\_\_

**STANDARD WEIGHT (kg)** \_\_\_\_\_ **ATTEMPTED WEIGHT (kg)** \_\_\_\_\_

**No. of Reps** \_\_\_\_\_ **WR** \_\_\_\_\_ **Flt #** \_\_\_\_\_

Mega Lift: SW+40% (M), SW+20% (F) **Trap Bar w/collars = 45# = 20 kg**

Mondo Lift: SW+60% (M), SW+40% (F)

DNA Lift: SW+100% (M), SW+70% (F)

**Comments:** include previous records or any interesting information you would like announced.

**2. Trap Bar Deadlift for Reps (In kg) Attempt Card**

**PLACE**\_\_\_\_\_

**Official use: Weigh-in wt** \_\_\_\_\_ **Ref initial** \_\_\_\_\_ **Wt Class** \_\_\_\_\_ **Age Group** \_\_\_\_\_

*ALL ATTEMPTS IN kg (60-sec limit)*

**NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_

(PLEASE print clearly)

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Country** \_\_\_\_\_

**STANDARD WEIGHT (kg)** \_\_\_\_\_ **ATTEMPTED WEIGHT (kg)** \_\_\_\_\_

**No. of Reps** \_\_\_\_\_ **WR** \_\_\_\_\_ **Flt #** \_\_\_\_\_

Mega Lift: SW+40% (M), SW+20% (F) **Trap Bar w/collars = 45# = 20 kg**

Mondo Lift: SW+60% (M), SW+40% (F)

DNA Lift: SW+100% (M), SW+70% (F)

**Comments:** include previous records or any interesting information you would like announced.

3. LOG CLEAN & PRESS (in kg) Attempt Card

PLACE \_\_\_\_\_

Official use: Weigh-in wt \_\_\_\_\_ Ref initial \_\_\_\_\_ Wt Class \_\_\_\_\_ Age Group \_\_\_\_\_

ALL ATTEMPTS IN kg

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

Attempt 1 \_\_\_\_\_ WR Flt # \_\_\_\_\_

Attempt 2 \_\_\_\_\_ WR Mega Lift: 75 kg (M), 50 kg (F) **Men's log = 90# = 41 kg**

Attempt 3 \_\_\_\_\_ WR Mondo Lift: 90 kg (M), 65 kg (F) **Intermed log = 85#b = 38.5 kg**

Attempt 4 \_\_\_\_\_ WR DNA Lift: 105 kg (M), 80 kg (F) **Women's log = 45# = 20.5 kg**

Comments: include previous records or any interesting information you would like announced.

3. LOG CLEAN & PRESS (in kg) Attempt Card

PLACE \_\_\_\_\_

Official use: Weigh-in wt \_\_\_\_\_ Ref initial \_\_\_\_\_ Wt Class \_\_\_\_\_ Age Group \_\_\_\_\_

ALL ATTEMPTS IN kg

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

Attempt 1 \_\_\_\_\_ WR Flt # \_\_\_\_\_

Attempt 2 \_\_\_\_\_ WR Mega Lift: 75 kg (M), 50 kg (F) **Men's log = 90# = 41 kg**

Attempt 3 \_\_\_\_\_ WR Mondo Lift: 90 kg (M), 65 kg (F) **Intermed log = 85#b = 38.5 kg**

Attempt 4 \_\_\_\_\_ WR DNA Lift: 105 kg (M), 80 kg (F) **Women's log = 45# = 20.5 kg**

Comments: include previous records or any interesting information you would like announced.

5. **FRAME HOLD FOR TIME (lb)** Attempt Card PLACE \_\_\_\_\_

Official use: Weigh-in weight \_\_\_\_\_ Ref initial \_\_\_\_\_ Age Group \_\_\_\_\_

WEIGHT CLASS \_\_\_\_\_ Flt # \_\_\_\_\_

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

Standard Weight (lb) \_\_\_\_\_ Attempted Weight (lb) \_\_\_\_\_

Time (sec) \_\_\_\_\_ 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

**Comments:** include previous records or any interesting information you would like announced.

5. **FRAME HOLD FOR TIME (lb)** Attempt Card PLACE \_\_\_\_\_

Official use: Weigh-in weight \_\_\_\_\_ Ref initial \_\_\_\_\_ Age Group \_\_\_\_\_

WEIGHT CLASS \_\_\_\_\_ Flt # \_\_\_\_\_

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

Standard Weight (lb) \_\_\_\_\_ Attempted Weight (lb) \_\_\_\_\_

Time (sec) \_\_\_\_\_ 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

**Comments:** include previous records or any interesting information you would like announced.



6. **CRUCIFIX HOLD FOR TIME** Attempt Card PLACE\_\_\_\_\_

Official use: Weigh-in weight \_\_\_\_\_ Ref initial \_\_\_\_\_ Age Group \_\_\_\_\_

WEIGHT CLASS \_\_\_\_\_ Flt # \_\_\_\_\_

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

Standard Weight (lb) \_\_\_\_\_ Attempted Weight (lb) \_\_\_\_\_

Time (sec) \_\_\_\_\_ WR

Mega Lift: (M, W): 15 sec @ SW+1 Class

Mondo Lift: (M, W): 15 sec @ SW+2 Classes

DNA Lift: (M, W): 15 sec @ SW+3 Classes

**Comments:** include previous records or any interesting information you would like announced.

6. **CRUCIFIX HOLD FOR TIME** Attempt Card PLACE\_\_\_\_\_

Official use: Weigh-in weight \_\_\_\_\_ Ref initial \_\_\_\_\_ Age Group \_\_\_\_\_

WEIGHT CLASS \_\_\_\_\_ Flt # \_\_\_\_\_

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

Standard Weight (lb) \_\_\_\_\_ Attempted Weight (lb) \_\_\_\_\_

Time (sec) \_\_\_\_\_ WR

Mega Lift: (M, W): 15 sec @ SW+1 Class

Mondo Lift: (M, W): 15 sec @ SW+2 Classes

DNA Lift: (M, W): 15 sec @ SW+3 Classes

**Comments:** include previous records or any interesting information you would like announced.

**4. SAXON BAR DEADLIFT Attempt Card (Plates In kg)**

**PLACE** \_\_\_\_\_

**Official use: Weigh-in wt** \_\_\_\_\_ **Ref initial** \_\_\_\_\_ **Wt Class** \_\_\_\_\_ **Age Group** \_\_\_\_\_

**ALL ATTEMPTS IN kg**

NAME \_\_\_\_\_ AGE \_\_\_\_\_

**(PLEASE print clearly)**

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

**Attempt 1** \_\_\_\_\_ **WR**     **Flt #** \_\_\_\_\_     **Saxon Bar w/collars = 45# = 20 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)

**Comments:** include previous records or any interesting information you would like announced.

**4. SAXON BAR DEADLIFT Attempt Card (Plates In kg)**

**PLACE** \_\_\_\_\_

**Official use: Weigh-in wt** \_\_\_\_\_ **Ref initial** \_\_\_\_\_ **Wt Class** \_\_\_\_\_ **Age Group** \_\_\_\_\_

**ALL ATTEMPTS IN kg**

NAME \_\_\_\_\_ AGE \_\_\_\_\_

**(PLEASE print clearly)**

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

**Attempt 1** \_\_\_\_\_ **WR**     **Flt #** \_\_\_\_\_     **Saxon Bar w/collars = 45# = 20 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)

**Comments:** include previous records or any interesting information you would like announced.

7. AXLE BAR SNATCH GRIP DL Attempt Card (In kg)

PLACE \_\_\_\_\_

Official use: Weigh-in wt \_\_\_\_\_ Ref initial \_\_\_\_\_ Wt Class \_\_\_\_\_ Age Group \_\_\_\_\_

ALL ATTEMPTS IN kg

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

Attempt 1 \_\_\_\_\_ WR Flt # \_\_\_\_\_ Axle Bar w/collars = 75# = 34 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 \_\_\_\_\_ WR DNA Lift: 160 Kg (M), 95 Kg (F)

Comments: include previous records or any interesting information you would like announced.

7. AXLE BAR SNATCH GRIP DL Attempt Card (In kg)

PLACE \_\_\_\_\_

Official use: Weigh-in wt \_\_\_\_\_ Ref initial \_\_\_\_\_ Wt Class \_\_\_\_\_ Age Group \_\_\_\_\_

ALL ATTEMPTS IN kg

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

Attempt 1 \_\_\_\_\_ WR Flt # \_\_\_\_\_ Axle Bar w/collars = 75# = 34 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 \_\_\_\_\_ WR DNA Lift: 160 Kg (M), 95 Kg (F)

Comments: include previous records or any interesting information you would like announced.

**8. COMBINE ATLAS STONE SHOULDERING FOR REPS Attempt Card PLACE \_\_\_\_\_**

**Official use: Weigh-in wt \_\_\_\_\_ Ref initial \_\_\_\_\_ Wt Class \_\_\_\_\_ Age Group \_\_\_\_\_**

**ALL ATTEMPTS IN LB/REPS**

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

***ATTEMPTED COMBINE WEIGHT \_\_\_\_\_ Lb***

**No. of Reps \_\_\_\_\_ 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)

**Comments:** include previous records or any interesting information you would like announced.

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**8. COMBINE ATLAS STONE SHOULDERING FOR REPS Attempt Card PLACE \_\_\_\_\_**

**Official use: Weigh-in wt \_\_\_\_\_ Ref initial \_\_\_\_\_ Wt Class \_\_\_\_\_ Age Group \_\_\_\_\_**

**ALL ATTEMPTS IN LB/REPS**

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

***ATTEMPTED COMBINE WEIGHT \_\_\_\_\_ Lb***

**No. of Reps \_\_\_\_\_ 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)

**Comments:** include previous records or any interesting information you would like announced.

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**9. COMBINE WEIGHTED PULLUPS/CHINUPS FOR REPS Attempt Card**

PLACE \_\_\_\_\_

Official use: Weigh-in wt \_\_\_\_\_ Ref initial \_\_\_\_\_ Combine Wt Class \_\_\_\_\_ Age Group \_\_\_\_\_

*ALL ATTEMPTS IN reps @ Combine Bar Weight (no time limit)*

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

***ATTEMPTED COMBINE PLATE WEIGHT*** \_\_\_\_\_ ***kg***

**No. of Reps** \_\_\_\_\_ **WR** **Flt #** \_\_\_\_\_ :

Mega Lift: 2 Reps Total (M), 1 Rep Total (F)

Mondo Lift: 4 Reps Total (M), 3 Reps Total (F)

DNA Lift: 7 Reps Total (M), 5 Reps Total (F)

**Comments:** include previous records or any interesting information you would like announced.

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**9. COMBINE WEIGHTED PULLUPS/CHINUPS FOR REPS Attempt Card**

PLACE \_\_\_\_\_

Official use: Weigh-in wt \_\_\_\_\_ Ref initial \_\_\_\_\_ Combine Wt Class \_\_\_\_\_ Age Group \_\_\_\_\_

*ALL ATTEMPTS IN reps @ Combine Bar Weight (no time limit)*

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

***ATTEMPTED COMBINE PLATE WEIGHT*** \_\_\_\_\_ ***kg***

**No. of Reps** \_\_\_\_\_ **WR** **Flt #** \_\_\_\_\_ :

Mega Lift: 2 Reps Total (M), 1 Rep Total (F)

Mondo Lift: 4 Reps Total (M), 3 Reps Total (F)

DNA Lift: 7 Reps Total (M), 5 Reps Total (F)

**Comments:** include previous records or any interesting information you would like announced.

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**10. DEADLIFT LOCKOUT Attempt Card**

**PLACE** \_\_\_\_\_

**Official use: Weigh-in wt** \_\_\_\_\_ **Ref initial** \_\_\_\_\_ **Wt Class** \_\_\_\_\_ **Age Group** \_\_\_\_\_

**ALL ATTEMPTS IN kg**

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

**Attempt 1** \_\_\_\_\_ **WR**     **Flt #** \_\_\_\_\_     **Rack ht** (if needed) \_\_\_\_\_

**Attempt 2** \_\_\_\_\_ **WR**     Mega Lift: 317.5 kg (700 lb) (M). 210 kg (463 lb) (F)

**Attempt 3** \_\_\_\_\_ **WR**     Mondo Lift: 362.5 kg (800 lb) (M). 250 kg (551 lb) (F)

**Attempt 4** \_\_\_\_\_ **WR**     DNA Lift: 453.6 kg (1,000 lb) (M). 300 kg (661 lb) (F)

**Comments:** include previous records or any interesting information you would like announced.

**10. DEADLIFT LOCKOUT Attempt Card**

**PLACE** \_\_\_\_\_

**Official use: Weigh-in wt** \_\_\_\_\_ **Ref initial** \_\_\_\_\_ **Wt Class** \_\_\_\_\_ **Age Group** \_\_\_\_\_

**ALL ATTEMPTS IN kg**

NAME \_\_\_\_\_ AGE \_\_\_\_\_

(PLEASE print clearly)

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

**Attempt 1** \_\_\_\_\_ **WR**     **Flt #** \_\_\_\_\_     **Rack ht** (if needed) \_\_\_\_\_

**Attempt 2** \_\_\_\_\_ **WR**     Mega Lift: 317.5 kg (700 lb) (M). 210 kg (463 lb) (F)

**Attempt 3** \_\_\_\_\_ **WR**     Mondo Lift: 362.5 kg (800 lb) (M). 250 kg (551 lb) (F)

**Attempt 4** \_\_\_\_\_ **WR**     DNA Lift: 453.6 kg (1,000 lb) (M). 300 kg (661 lb) (F)

**Comments:** include previous records or any interesting information you would like announced.

**STANDARD WEIGHT TABLE No. 2 -- Trap Bar Deadlift for Reps****A. Males**

Male Age Range	<b>STANDARD BARBELL WEIGHT (kg) per Bodyweight Class Range (lb)</b>				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	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**

Female Age Range	<b>STANDARD BARBELL WEIGHT (kg) per Bodyweight Class Range (lb)</b>				
	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

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. 5A -- Frame Hold for Time, kg Plates Total Weight

## A. Males

Male Age Range	<b>STANDARD IMPLEMENT WEIGHT (kg) per Bodyweight Class Range (lb)</b>				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	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

Female Age Range	<b>STANDARD IMPLEMENT WEIGHT (kg) per Bodyweight Class Range (lb)</b>				
	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

**Notes:**

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.



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

## A. Males

Male Age Range	STANDARD IMPLEMENT WEIGHT (kg) per Bodyweight Class Range (lb)				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	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

Female Age Range	STANDARD IMPLEMENT WEIGHT (kg) per Bodyweight Class Range (lb)				
	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

**Notes:**

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

Male Age Range	<b>STANDARD IMPLEMENT WEIGHT (lb) per Bodyweight Class Range (lb)</b>				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	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

Female Age Range	<b>STANDARD IMPLEMENT WEIGHT (lb) per Bodyweight Class Range (lb)</b>				
	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

**Notes:**

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**

Male Age Range	<b>STANDARD SLEDGEHAMMER WEIGHT* (Lb) per Bodyweight Class Range (lb)</b>				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	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**

Female Age Range	<b>STANDARD SLEDGEHAMMER WEIGHT* (Lb) per Bodyweight Class Range (lb)</b>				
	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

**Notes:**

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**

Male Age Range	<b>STANDARD CURL BAR WEIGHT (Kg) per Bodyweight Class Range (lb)</b>				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	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**

Female Age Range	<b>STANDARD CURL BAR WEIGHT (Kg) per Bodyweight Class Range (lb)</b>				
	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, lb****A. Males**

Male Age Range	<b>STANDARD CURL BAR WEIGHT (lb) per Bodyweight Class Range (lb)</b>				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	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**

Female Age Range	<b>STANDARD CURL BAR WEIGHT (lb) per Bodyweight Class Range (lb)</b>				
	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	<b>25 kg</b>	<b>Yes</b>	No
2	Trap Bar with collars	0 kg	<b>20 kg (45 lb)</b>	<b>Yes</b>	No
3	Men's Log with collars	0 kg	<b>40 kg (90 lb)</b>	<b>Yes</b>	No
3	Intermediate Log with collars	0 kg	<b>38.5 kg (85 lb)</b>	<b>Yes</b>	No
3	Women's Log with collars	0 kg	<b>20 kg (45 lb)</b>	<b>Yes</b>	No
4	Saxon Bar with collars	0 kg	<b>20 kg (45 lb)</b>	<b>Yes</b>	No
5	Frame Hold Implement	no collars	<b>120 lb</b>	No	<b>Yes</b>
7	Axle Bar with collars	0 kg	<b>34 kg (75 lb)</b>	<b>Yes</b>	No
10	Deadlift Lockout with collars	5 kg	<b>25 kg</b>	<b>Yes</b>	No

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