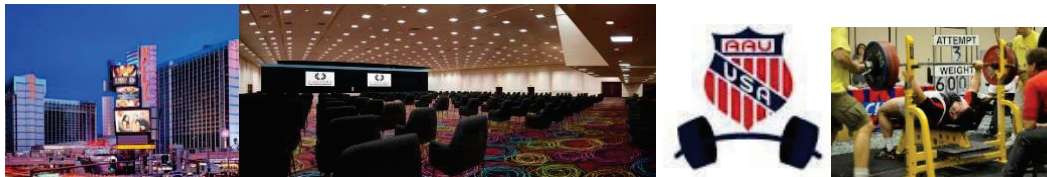


2022 AAU Feats of Strength Indoor World Championships
Sept. 30-Oct.2, 202 at Rio Hotel Casino Las Vegas, in the 22,000 sq ft Brasilia Ballroom
American & World Records may be set in every event

Date: Sept.30-Oct.2, 2022 **Location:** Rio Hotel Casino Las Vegas

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 Sept.30: 9:00 am to 6:00 pm

Saturday Oct.1: 9: am to 6:00 pm

1. All events will be held both Friday and Saturday.
2. Schedule will be coordinated with PL and WL events, and published about 3 weeks before the meet.

NEW AWARD : BEST MALE/FEMALE STRENGTHLETE ATLAS TROPHY!!!

World Championship medals will be awarded for 1st through 3rd 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.

AAU CARDS: All lifters must have a current AAU membership card.

Adults: Adults must apply online at AAUSports.org. All competitors age 20+ will have a background check performed. Add a week for the background check prior to card approval.

Youth: Youth (ages 6 to 19) may obtain their cards online up until the competition. If you are at the meet and do not have a card yet, use a smart phone and credit card to obtain your card prior to the official weigh-in. Note: The cost of an AAU card is \$24 for Adults and \$16 for youth. Apply for an AAU Powerlifting or Weightlifting membership. Your one-year membership will be valid through August 31, 2021 and will entitle you to participate in all the AAU Strength Sports— Powerlifting, Weightlifting, Feats of Strength, Combines, MAS Wrestling, and Bodybuilding.

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: \$15 per day for indoor events, except officials and lifters entered.

**Hotel: RIO HOTEL & CASINO ROOM RATES \$69/NIGHT WEEKDAYS...\$79/NIGHT WEEKENDS
HOTEL LINK FOR AAU DISCOUNT RATE:**

https://book.passkey.com/gt/218342277?gtid=332440d7f53e063ec679d631d20d12ca&fbclid=IwAR0f1i_EdBusAhvHUuMCSm40lvzD6xnGHdw2VVnl30tJ7ZZegujsvEfkLw

AAU Feats of Strength Indoor World Championships

SEPT.30-OCT.2, 2022 at Rio Hotel Casino Las Vegas, in the 22,000 sq ft Brasilia Ballroom

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

NO REFUNDS!!!

Make checks or money orders payable to:

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

Email: maxtsportsacademy@gmail.com

Caps: There will be a cap of 100 athletes. Individual event caps may be imposed.

Entry deadline: August 4, 2021. Entries received after August 4, 2021 and until 6:30 pm the night before your competition will be accepted if the event caps have not been reached.:

Video Tapes: VIDEOING ALLOWED

7. CONAN'S VIKING PRESS Attempt Card

PLACE _____

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

ALL ATTEMPTS IN BARBELL PLATE WEIGHT (kg)

NAME _____ AGE _____

(PLEASE print clearly)

City _____ State _____ Country _____

Attempt 1 _____ WR Flt # _____

Attempt 2 _____ WR Mega Lift: 90 kg (M), 67.5 kg (F)

Attempt 3 _____ WR Mondo Lift: 125 kg (M), 75 kg (F)

Attempt 4 _____ WR DNA Lift: 147.5 kg (M), 90 kg (F)

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

7. CONAN'S VIKING PRESS Attempt Card

PLACE _____

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

ALL ATTEMPTS IN BARBELL PLATE WEIGHT (kg)

NAME _____ AGE _____

(PLEASE print clearly)

City _____ State _____ Country _____

Attempt 1 _____ WR Flt # _____

Attempt 2 _____ WR Mega Lift: 90 kg (M), 67.5 kg (F)

Attempt 3 _____ WR Mondo Lift: 125 kg (M), 75 kg (F)

Attempt 4 _____ WR DNA Lift: 147.5 kg (M), 90 kg (F)

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

8. ATLAS STONE OVER BAR FOR REPS 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 _____ Attempted Weight _____

No of Reps Completed in 60 sec _____

Mega Lift: (M, W): 2 reps @ SW+1 Class

Mondo Lift: (M, W): 4 reps @ SW+2 Classes

DNA Lift: (M, W): 7 reps @ SW+3 Classes

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

8. ATLAS STONE OVER BAR FOR REPS 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 _____ Attempted Weight _____

No of Reps Completed in 60 sec _____

Mega Lift: (M, W): 2 reps @ SW+1 Class

Mondo Lift: (M, W): 4 reps @ SW+2 Classes

DNA Lift: (M, W): 7 reps @ SW+3 Classes

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

9. **THOR'S HAMMER 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): 20 sec @ SW+2 Classes

DNA Lift: (M, W): 25 sec @ SW+3 Classes

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

9. **THOR'S HAMMER 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): 20 sec @ SW+2 Classes

DNA Lift: (M, W): 25 sec @ SW+3 Classes

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

10. TRAP BAR DL 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 _____

[Wt (in kg) on ea. side of axle] = {[Attempted wt (in kg)] - 34kg}/2

Attempt 1 _____ WR Flt # _____ Trap Bar w/collars = 75# = 34 kg

Attempt 2 _____ WR Mega Lift: 210 kg (M), 150 Kg (F)

Attempt 3 _____ WR Mondo Lift: 230 kg (M), 170 Kg (F)

Attempt 4 _____ WR DNA Lift: 260 kg (M), 190 kg (F)

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

10. TRAP BAR DL 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 _____

[Wt (in kg) on ea. side of axle] = {[Attempted wt (in kg)] - 34kg}/2

Attempt 1 _____ WR Flt # _____ Trap Bar w/collars = 75# = 34 kg

Attempt 2 _____ WR Mega Lift: 210 kg (M), 150 Kg (F)

Attempt 3 _____ WR Mondo Lift: 230 kg (M), 170 Kg (F)

Attempt 4 _____ WR DNA Lift: 260 kg (M), 190 kg (F)

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

11. **25m DUCK WALK (with adjustable T-handle) 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 (kg) _____ Attempted Weight (kg) _____

Time (sec) _____ WR or Distance (ft) _____

[Wt (in kg) on ea. T-handle] = {[Attempted wt (in kg)] - [13.5 kg]}/2 T-handle wt = 13.5 kg

Mega(M): 20 sec@SW+11 kg Mondo(M): 20 sec@SW+22 kg DNA(M): 20 sec@SW+45 kg

Mega(F): 20 sec@SW Mondo(M): 20 sec@SW+11 kg DNA(M): 20 sec@SW+22 kg

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

12. **25m DUCK WALK (with adjustable T-handle) 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 (kg) _____ Attempted Weight (kg) _____

Time (sec) _____ WR or Distance (ft) _____

[Wt (in kg) on ea. T-handle] = {[Attempted wt (in kg)] - [13.5 kg]}/2 T-handle wt = 13.5 kg

Mega(M): 20 sec@SW+11 kg Mondo(M): 20 sec@SW+22 kg DNA(M): 20 sec@SW+45 kg

Mega(F): 20 sec@SW Mondo(M): 20 sec@SW+11 kg DNA(M): 20 sec@SW+22 kg

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

12. HERCULES HOLD FOR TIME Attempt Card

PLACE _____

Official use: Weigh-in weight _____ **Ref initial** _____ **Age Group** _____

WEIGHT CLASS _____ **Flt #** _____

ALL ATTEMPTS IN BARBELL PLATE WEIGHT (kg)

NAME _____ AGE _____
(PLEASE print clearly)

City _____ State _____ Country _____

Standard Weight (kg) _____ **Attempted Weight (kg)** _____

Time (sec) _____ **WR**

Mega Lift: (M, W): 30 sec @ SW+1 Class

Mondo Lift: (M, W): 45 sec @ SW+2 Classes

DNA Lift: (M, W): 60 sec @ SW+3 Classes

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

12. HERCULES HOLD FOR TIME Attempt Card

PLACE _____

Official use: Weigh-in weight _____ **Ref initial** _____ **Age Group** _____

WEIGHT CLASS _____ **Flt #** _____

ALL ATTEMPTS IN BARBELL PLATE WEIGHT (kg)

NAME _____ AGE _____
(PLEASE print clearly)

City _____ State _____ Country _____

Standard Weight (kg) _____ **Attempted Weight (kg)** _____

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.

STRICT PULLUPS/CHINUPS FOR REPS Attempt Card **PLACE** _____

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

ALL ATTEMPTS IN REPS (60-sec limit)

NAME _____ AGE _____
(PLEASE print clearly)

City _____ State _____ Country _____

No. of Reps _____

Mega (M): 15 reps Mondo (M): 25 reps DNA (M): 35 reps

Mega (F): 8 reps Mondo (F): 12 reps DNA (F): 16 reps

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

STRICT PULLUPS/CHINUPS FOR REPS Attempt Card **PLACE** _____

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

ALL ATTEMPTS IN REPS (60-sec limit)

NAME _____ AGE _____
(PLEASE print clearly)

City _____ State _____ Country _____

No. of Reps _____

Mega (M): 15 reps Mondo (M): 25 reps DNA (M): 35 reps

Mega (F): 8 reps Mondo (F): 12 reps DNA (F): 16 reps

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

AAU WEIGHTED PULLUP/CHINUP Attempt Card

PLACE _____

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

ALL ATTEMPTS IN PLATE WT (kg)

NAME _____ AGE _____
(PLEASE print clearly)

City _____ State _____ Country _____

Attempt 1 _____ WR **Flt #** _____

Attempt 2 _____ WR Mega Lift: 30 kg (M), 15 kg (F)

Attempt 3 _____ WR Mondo Lift: 45 kg (M), 25 kg (F)

Attempt 4 _____ WR DNA Lift: 60 kg (M), 35 kg (F)

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

AAU WEIGHTED PULLUP/CHINUP Attempt Card

PLACE _____

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

ALL ATTEMPTS IN PLATE WT (kg)

NAME _____ AGE _____
(PLEASE print clearly)

City _____ State _____ Country _____

Attempt 1 _____ WR **Flt #** _____

Attempt 2 _____ WR Mega Lift: 30 kg (M), 15 kg (F)

Attempt 3 _____ WR Mondo Lift: 45 kg (M), 25 kg (F)

Attempt 4 _____ WR DNA Lift: 60 kg (M), 35 kg (F)

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

- 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.

Entry Form—2022 AAU Feats of Strength Indoor World Championships

Event Description	Entry Fee		
1. Bench Press for Reps (1 attempt, 60-sec limit)	\$45 first class/division \$25/additional class/division	1 st class	2 nd class
2. Conan's DL for Reps – (1attempt, 60-sec limit)	\$45 first class/division \$25/additional class/division	1 st class	2 nd class
3. 25m Zercher Carry w/Yoke for time (1 attempt, 60-sec limit)	\$45 first class/division \$25/additional class/division	1 st class	2 nd class
4. Power Cleans for Reps (60 secs)	\$45 first class/division \$25/additional class/division	1 st class	2 nd class
5. FOS Combine Medley: 5A. Atlas Stone Shouldering for Reps. 5B. Log Clean (Once) & Press for Reps. 5C. Axle Bar Deadlift for Reps.	\$45 first class/division \$25/additional class/division	1 st class	2 nd class
6. Conan's Wheel – Max Distance – (1 attempt, 60-sec limit)	\$45 first class/division \$25/additional class/division	1 st class	2 nd class
7. Conan's Viking Press – Max Weight (3 attempts)	\$45 first class/division \$25/additional class/division	1 st class	2 nd class
8. Atlas Stone Over Bar – (1 attempt, max reps, 60-sec limit)	\$45 first class/division \$25/additional class/division	1 st class	2 nd class
9. Thor's Hammer Hold (1 attempt – Max time)	\$45 first class/division \$25/additional class/division	1 st class	2 nd class
10. Trap Bar DL - Max Weight (3 attempts)	\$45 first class/division \$25/additional class/division	1 st class	2 nd class
11. 25m Duck Walk for time (1 attempt, 60-sec limit)	\$45 first class/division \$25/additional class/division	1 st class	2 nd class
12. Hercules Hold for time (1 attempt Max time)	\$45 first class/division. \$25/additional class/division	1 st class	2 nd class
TOTAL FOR ALL CHOSEN EVENTS ABOVE	TOTAL \$ _____		

Note: Events in red are new at the 2022 AAU FOS Indoor Worlds.

5. FOS Combine MEDLEY: The FOS Combine Medley consists of performing the 3 lifts consecutively...
 Male Weight Classes: Flyweight 114; Lightweight 123-165; Middleweight: 181-220; Heavyweight: 242-398+
 Female Weight Classes: Flyweight 97-116; Lightweight 123-148; Middleweight 165-198; Heavyweight 220 & Above.

5A. COMBINE ATLAS STONE SHOULDERING for REPS

MALE Stone Weights: Flyweight 116#’s; Lightweight 130#’s; Middleweight 160#’s; Heavyweight 175#’s
 FEMALE Stone Weights: Flyweight 72-95#’s; Lightweight 116-130#’s; Middleweight 142#’s Heavyweight 160#’s

5B. COMBINE LOG CLEAN (ONCE) & PRESS for REPS

MALE Bar weights: Flyweight 50 kg; Lightweight 60 kg; Middleweight 70 kg; Heavyweight 80 kg;
 FEMALE Bar Weights: Flyweight 35 kg; Lightweight 45 kg; Middleweight 55 kg; Heavyweight 65 kg

5C. COMBINE AXLE BAR DEADLIFT for REPS

MALE Bar weights: Flyweight 70 kg; Lightweight 95 kg; Middleweight 110 kg; Heavyweight 120 kg
 FEMALE Bar weights: Flyweight 50 kg; Lightweight 60 kg; Middleweight 70 kg; Heavyweight 75 kg

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

No.	EVENT	MEGA LIFT	MONDO LIFT	DNA* LIFT
1	Bench Press for Reps	Min. 2 reps @ SW+40%	Min 2 reps @ SW+60%	Min. 2 reps @ SW+100%
2	Conan's Deadlift for Reps (1 attempt-60 sec limit)	Min. 2 reps @ SW+40%	Min 2 reps @ SW+60%	Min. 2 reps @ SW+100%
3	25m Zercher Carry w/Yoke, 1 attempt for time (or distance at 60 sec limit)	9 sec @ SW + 2 CI	9 sec @ SW + 4 CI	9 sec @ SW + 6 CI
4	Power Cleans for Reps (1 attempt-60 sec limit)	Min. 2 reps @ SW+40%	Min 2 reps @ SW+60%	Min. 2 reps @ SW+100%
5	FOS Medley (all three events for total reps): Atlas Stone Shouldering for Reps, Log Clean (Once) and Press for Reps, Axle Bar Deadlift for Reps	15 reps	22 reps	30 reps
6	Conan's Wheel Carry-Max Distance (1 attempt-60 sec limit)	1 rev @ SW + 22 kg	1.5 rev @ SW + 45 kg	2 rev @ SW + 68 kg
7	Conan's Viking Press - Max Weight, 3 attempts	90 kg (all weight classes)	125 kg (all weight classes)	147.5 kg (all weight classes)
8	Atlas Stone over Bar for Reps (1 attempt-60 sec limit)	Min 2 reps @ SW + 1 Class	Min 4 reps @ SW + 2 Classes	Min 7 reps @ SW + 3 Classes
9	Thor's Hammer Hold (1 attempt-max time)	15 sec @ SW+1 Class	20 sec @ SW+2 Classes	25 sec @ SW+3 Classes
10	Trap Bar Deadlift - Max Weight (3 attempts)	210 kg	230 kg	260 kg
11	25m Duck Walk for time (or distance at 60 sec limit)	20 sec @ SW + 11 kg	20 sec @ SW + 22 kg	20 sec @ SW + 45 kg
12	Hercules Hold for Time (1 attempt-max time)	30 sec @ SW+1 Class	45 sec @ SW+2 Classes	60 sec @ SW+3 Classes
	Strict Pullups/Chinups Reps (60-sec limit)	15 reps	25 reps	35 reps
	Weighted Pullup, Plate Wt (max wt, 3-lift)	30 kg	45 kg	60 kg

Note: Events in red are new at the 2022 AAU FOS Indoor Worlds.

*DNA = Dominate 'n Annihilate

SW = Standard Weight

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

No.	EVENT	MEGA LIFT	MONDO LIFT	DNA* LIFT
1	Bench Press for Reps	Min. 2 reps @ SW+20%	Min 2 reps @ SW+40%	Min. 2 reps @ SW+70%
2	Conan's Deadlift for Reps (1 attempt-60 sec limit)	Min. 2 reps @ SW+20%	Min 2 reps @ SW+40%	Min. 2 reps @ SW+70%
3	25m Zercher Carry w/Yoke, 1 attempt for time (or distance at 60 sec limit)	14 sec @ SW	14 sec @ SW + 2 CI	14 sec @ SW + 4 CI
4	Power Cleans for Reps (1 attempt-60 sec limit)	Min. 2 reps @ SW+20%	Min 2 reps @ SW+40%	Min. 2 reps @ SW+70%
5	FOS Medley (all three events for total reps): Atlas Stone Shouldering for Reps, Log Clean (Once) and Press for Reps, Axle Bar Deadlift for Reps	10 reps	15 reps	22 reps
6	Conan's Wheel Carry-Max Distance (1 attempt-60 sec limit)	1 rev @ SW	1.5 rev @ SW + 11 kg	2 rev @ SW + 22 kg
7	Conan's Viking Press - Max Weight, 3 attempts	67.5 kg (all classes)	75 kg (all classes)	90 kg (all classes)
8	Atlas Stone over Bar for Reps (1 attempt-60 sec limit)	Min 2 reps @ SW + 1 Class	Min 4 reps @ SW + 2 Classes	Min 7 reps @ SW + 3 Classes
9	Thor's Hammer Hold (1 attempt-max time)	15 sec @ SW+1 Class	20 sec @ SW+2 Classes	25 sec @ SW+3 Classes
10	Trap Bar Deadlift - Max Weight (3 attempts)	150 kg	170 kg	190 kg
11	25m Duck Walk for time (or distance at 60 sec limit)	20 sec @ SW	20 sec @ SW + 11 kg	20 sec @ SW + 22 kg
12	Hercules Hold for Time (1 attempt-max time)	30 sec @ SW+1 Class	45 sec @ SW+2 Classes	60 sec @ SW+3 Classes
	Strict Pullups/Chinups Reps (60-sec limit)	8 reps	12 reps	16 reps
	Weighted Pullup, Plate Wt (max wt, 3-lift)	15 kg	25 kg	35 kg

Note: Events in red are new at the 2022 AAU FOS Indoor Worlds.

*DNA = Dominate 'n Annihilate
SW = Standard Weight

STANDARD WEIGHT TABLE No. -- Bench Presses for Reps**A. Males**

Male Age Range	STANDARD BARBELL 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	242-309
Youth 6-7	7.5	10	12	16	---
Youth 8-9	12	16	22	30	---
Youth 10-11	16	20	30	36	---
Youth 12-13	20	26	36	46	50
Teen 14-15	30	36	46	60	70
Teen 16-17	36	40	50	76	90
Teen 18-19	46	50	60	90	106
Junior 20-23	---	60	76	100	126
Open 24-34	---	70	90	106	130
Submasters 35-39	---	66	86	100	120
Masters 40-49	---	60	80	90	100
Masters 50-59	---	56	76	86	96
Masters 60-69	---	50	70	80	86
Masters 70-79	---	42	60	66	76
Masters 80-89	---	36	50	60	66
Masters 90+	---	30	40	50	56

B. Females

Female Age Range	STANDARD BARBELL 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	220-221
Youth 6-7	7.5	10	12	14	---
Youth 8-9	10	12	15	18	---
Youth 10-11	12	16	18	22	26
Youth 12-13	16	18	20	26	28
Teen 14-15	20	24	30	36	40
Teen 16-17	26	28	36	40	46
Teen 18-19	30	32	40	46	50
Junior 20-23	---	38	45	50	56
Open 24-34	---	42	50	56	60
Submasters 35-39	---	38	46	50	56
Masters 40-49	---	34	40	46	50
Masters 50-59	---	30	36	40	46
Masters 60-69	---	28	32	38	44
Masters 70-79	---	26	30	36	38
Masters 80-89	---	24	28	32	36
Masters 90+	---	20	26	28	30

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. 2 -- CONAN'S DEADLIFTS FOR REPS (kg Plates Total Weight)**A. Males**

Male Age Range	STANDARD BAR WEIGHT (kg) per Bodyweight Class Range				
	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	20	20	20	20	---
Youth 8-9	24	26	28	34	---
Youth 10-11	30	36	46	56	---
Youth 12-13	40	46	60	76	90
Teen 14-15	50	56	76	90	110
Teen 16-17	58	66	90	110	125
Teen 18-19	66	76	106	126	146
Junior 20-23	---	80	116	136	166
Open 24-34	---	86	120	146	170
Submasters 35-39	---	80	116	140	166
Masters 40-49	---	76	110	130	156
Masters 50-59	---	70	100	120	140
Masters 60-69	---	66	96	110	126
Masters 70-79	---	60	86	96	106
Masters 80-89	---	56	76	80	90
Masters 90+	---	50	56	66	76

B. Females

Female Age Range	STANDARD BAR WEIGHT (kg) per Bodyweight Class Range				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & 221
Youth 6-7	20	20	20	20	---
Youth 8-9	20	20	26	28	---
Youth 10-11	24	26	30	36	---
Youth 12-13	28	30	38	46	48
Teen 14-15	30	36	46	56	58
Teen 16-17	36	40	56	66	68
Teen 18-19	44	48	64	76	80
Junior 20-23	---	56	70	86	90
Open 24-34	---	60	76	90	96
Submasters 35-39	---	56	70	86	90
Masters 40-49	---	46	56	70	76
Masters 50-59	---	40	50	60	66
Masters 60-69	---	38	46	50	56
Masters 70-79	---	34	40	46	50
Masters 80-89	---	30	34	36	40
Masters 90+	---	26	28	30	36

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. 3 -- 25m Zercher's Carry w/Yoke for time**A. Males**

Male Age Range	<i>STANDARD ADDED BAR WEIGHT (kg) per Bodyweight Class Range (lb)</i>				
	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	0	0	0	0	---
Youth 8-9	0	0	0	8	---
Youth 10-11	8	10	16	16	16
Youth 12-13	10	16	22	22	22
Teen 14-15	16	22	30	36	36
Teen 16-17	16	22	30	36	46
Teen 18-19	16	30	36	46	58
Junior 20-23	---	36	46	58	68
Open 24-34	---	46	58	68	80
Submasters 35-39	---	46	58	68	80
Masters 40-49	---	36	46	58	68
Masters 50-59	---	36	46	58	68
Masters 60-69	---	30	46	58	58
Masters 70-79	---	22	36	46	46
Masters 80-89	---	16	22	36	36
Masters 90+	---	10	16	20	22

B. Females

Female Age Range	<i>STANDARD ADDED BAR WEIGHT (kg) per Bodyweight Class Range (lb)</i>				
	Bantam Wt	Fly Wt	Lt Wt	Mid Wt	Hvy Wt
	66-88	97-114	123-148	165-198	220 & Above
Youth 6-7	0	0	0	0	---
Youth 8-9	0	0	0	0	---
Youth 10-11	0	0	8	12	16
Youth 12-13	8	10	14	18	22
Teen 14-15	10	16	22	22	26
Teen 16-17	16	16	22	22	26
Teen 18-19	16	22	36	26	30
Junior 20-23	---	22	36	46	46
Open 24-34	---	36	36	46	46
Submasters 35-39	---	36	36	46	46
Masters 40-49	---	22	36	36	36
Masters 50-59	---	22	36	36	36
Masters 60-69	---	22	22	22	36
Masters 70-79	---	16	16	18	22
Masters 80-89	---	10	12	16	16
Masters 90+	---	8	10	12	14

Notes:

1. All listed weights are barbell plate weights. The weight of the yoke (86 kg) is not considered.
2. Contestants may elect to move up or down one or more IMPLEMENT WEIGHT CATEGORIES but may not go below
3. Standard course is 25m straightaway.
4. Meet Director may change the length of course and number of turnarounds.

STANDARD WEIGHT TABLE No. 4 -- Power Cleans for Reps**A. Males**

Male Age Range	STANDARD BARBELL 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	8	8	10	12	---
Youth 8-9	10	12	18	24	---
Youth 10-11	14	16	24	28	36
Youth 12-13	18	20	28	36	40
Teen 14-15	30	30	36	40	44
Teen 16-17	34	36	40	44	18
Teen 18-19	38	40	44	48	52
Junior 20-23	---	44	48	52	56
Open 24-34	---	46	50	54	58
Submasters 35-39	---	44	48	52	56
Masters 40-49	---	42	46	50	54
Masters 50-59	---	40	42	44	48
Masters 60-69	---	36	38	40	44
Masters 70-79	---	30	32	36	40
Masters 80-89	---	24	26	32	36
Masters 90+	---	20	22	24	28

B. Females

Female Age Range	STANDARD BARBELL 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	8	8	10	12	---
Youth 8-9	8	10	12	14	---
Youth 10-11	10	12	14	16	18
Youth 12-13	12	14	16	18	20
Teen 14-15	20	22	24	26	28
Teen 16-17	24	26	28	30	32
Teen 18-19	28	30	32	34	36
Junior 20-23	---	32	34	36	38
Open 24-34	---	34	36	38	40
Submasters 35-39	---	32	34	36	38
Masters 40-49	---	30	32	34	36
Masters 50-59	---	26	30	32	34
Masters 60-69	---	22	24	26	30
Masters 70-79	---	18	20	24	26
Masters 80-89	---	14	18	22	24
Masters 90+	---	10	14	18	20

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.

2. The meet director has the option of modifying the STANDARD BARBELL WEIGHT for a given age and bodyweight class if in his/her opinion the weights shown herein do not fairly represent the abilities of the AAU Powerlifting membership. Such changes will be reviewed after the meet for consideration of becoming permanent changes to these tables.

STANDARD WEIGHT TABLE No. 6 -- Conan's Wheel Carry for Distance, Kg Plates

A. Males

Male Age Range	ADDED BARBELL PLATE 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	28	32	42	50	60
Youth 8-9	36	42	50	60	68
Youth 10-11	46	50	60	68	78
Youth 12-13	54	60	68	78	92
Teen 14-15	64	68	78	92	104
Teen 16-17	74	78	86	104	122
Teen 18-19	82	86	96	118	136
Junior 20-23	N/A	92	110	142	150
Open 24-34	N/A	96	128	154	168
Submasters 35-39	N/A	92	118	141	154
Masters 40-49	N/A	96	110	127	142
Masters 50-59	N/A	78	100	114	128
Masters 60-69	N/A	68	92	104	118
Masters 70-79	N/A	60	78	92	104
Masters 80-89	N/A	50	60	68	92
Masters 90+	N/A	42	50	54	68

B. Females

Female Age Range	ADDED BARBELL PLATE 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	28	28	32	32	36
Youth 8-9	28	28	32	36	42
Youth 10-11	32	32	36	42	46
Youth 12-13	36	42	46	50	60
Teen 14-15	42	46	54	64	74
Teen 16-17	46	54	64	74	82
Teen 18-19	N/A	60	74	82	92
Junior 20-23	N/A	64	82	96	104
Open 24-34	N/A	74	92	104	114
Submasters 35-39	N/A	68	82	96	104
Masters 40-49	N/A	64	78	86	96
Masters 50-59	N/A	60	68	78	86
Masters 60-69	N/A	50	60	68	74
Masters 70-79	N/A	42	50	54	60
Masters 80-89	N/A	32	42	50	50
Masters 90+	N/A	28	32	36	42

Notes:

1. Only the Added Barbell Plate weight is measured. The base weight of Conan's Wheel push bar is not considered.
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 base of the push bar touches the ground.

STANDARD WEIGHT TABLE No. 8 --Atlas Stone over Bar for Reps, 60 sec limit**A. Males**

Male Age Range	STANDARD STONE WEIGHT (lb) 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	42	42	42	42	42
Youth 8-9	42	42	42	42	42
Youth 10-11	42	42	42	42	42
Youth 12-13	42	42	72	72	72
Teen 14-15	42	72	72	95	95
Teen 16-17	72	72	72	95	116
Teen 18-19	72	72	95	116	130
Junior 20-23	---	72	116	116	142
Open 24-34	---	95	130	130	142
Submasters 35-39	---	95	116	130	142
Masters 40-49	---	95	116	130	142
Masters 50-59	---	72	95	116	130
Masters 60-69	---	72	95	116	130
Masters 70-79	---	72	72	95	116
Masters 80-89	---	72	72	72	95
Masters 90+	---	42	42	42	72

B. Females

Female Age Range	STANDARD STONE WEIGHT (lb) 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	42	42	42	42	42
Youth 8-9	42	42	42	42	42
Youth 10-11	42	42	42	42	42
Youth 12-13	42	42	42	42	42
Teen 14-15	42	42	72	72	95
Teen 16-17	42	72	72	72	95
Teen 18-19	42	72	72	95	116
Junior 20-23	---	72	72	95	116
Open 24-34	---	72	95	95	116
Submasters 35-39	---	72	72	95	116
Masters 40-49	---	72	72	72	95
Masters 50-59	---	72	72	72	95
Masters 60-69	---	42	72	72	95
Masters 70-79	---	42	42	42	72
Masters 80-89	---	42	42	42	42
Masters 90+	---	42	42	42	42

Notes:

- Contestants may elect to move the attempted weight up or down 1 or more classes above or below their standard weights (rounded off to the nearest 5 kg) but may not go below their standard weights to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 20% below their standard weights to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected standard weights.
- The meet director has the option of modifying the standard weight for a given age and bodyweight class if in his/her opinion the weights shown herein do not fairly represent the abilities of the AAU Powerlifting membership. Such changes will be reviewed after the meet for consideration of becoming permanent changes to these tables.
- Standard Atlas Stone Standard Weights are 42, 72, 95, 116, 130, 142 160, 175, 215, and 250 lb.

EVENT NO. 9 Standard Weight Table -- Thor's Hammer Hold for Time**A. Males**

Male Age Range	STANDARD THOR'S HAMMER WEIGHT* (Lb) 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	15	15	15	15	15
Youth 8-9	15	15	15	15	15
Youth 10-11	15	15	15	15	15
Youth 12-13	15	15	15	15	15
Teen 14-15	15	15	15	15	20
Teen 16-17	15	15	15	25	25
Teen 18-19	15	15	25	25	30
Junior 20-23	---	20	25	30	35
Open 24-34	---	25	30	35	35
Submasters 35-39	---	20	25	30	35
Masters 40-49	---	20	25	30	35
Masters 50-59	---	15	20	25	30
Masters 60-69	---	15	20	20	30
Masters 70-79	---	15	15	20	25
Masters 80-89	---	15	15	15	20
Masters 90+	---	15	15	15	15

B. Females

Female Age Range	STANDARD THOR'S HAMMER WEIGHT* (Lb) 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	15	15	15	15	15
Youth 8-9	15	15	15	15	15
Youth 10-11	15	15	15	15	15
Youth 12-13	15	15	15	15	15
Teen 14-15	15	15	15	15	20
Teen 16-17	15	15	15	20	20
Teen 18-19	15	15	20	20	25
Junior 20-23	---	15	20	20	25
Open 24-34	---	15	20	25	25
Submasters 35-39	---	15	20	20	25
Masters 40-49	---	15	15	20	20
Masters 50-59	---	15	15	15	20
Masters 60-69	---	15	15	15	15
Masters 70-79	---	15	15	15	15
Masters 80-89	---	15	15	15	15
Masters 90+	---	15	15	15	15

Notes:

- Contestants may elect to move up or down from their STANDARD WEIGHTS but may not go below their STANDARD WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 2 classes below their STANDARD WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.
- The meet director has the option of modifying the STANDARD WEIGHT for a given age and bodyweight class if in his/her opinion the weights shown herein do not fairly represent the abilities of the AAU Powerlifting membership. Such changes will be reviewed after the meet for consideration of becoming permanent changes to these tables.
- Standard Thor's Hammer Standard Weights are 15, 20, 25, 30, 35, 40, 45, and 50 lb.

STANDARD WEIGHT TABLE No. 11 -- Duck Walk for time (25m course), T-handle + kg Plates 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	---	---	---	---	---
Youth 8-9	---	---	---	40	44
Youth 10-11	20	30	36	46	50
Youth 12-13	30	40	50	58	68
Teen 14-15	40	58	68	78	86
Teen 16-17	50	68	78	86	96
Teen 18-19	50	78	86	96	96
Junior 20-23	50	86	96	96	96
Open 24-34	50	86	96	96	96
Submasters 35-39	50	86	96	96	96
Masters 40-49	---	78	86	96	96
Masters 50-59	---	68	78	86	96
Masters 60-69	---	58	68	78	86
Masters 70-79	---	50	58	68	78
Masters 80-89	---	40	50	58	68
Masters 90+	---	36	40	50	58

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	---	---	---	---	---
Youth 8-9	---	---	---	30	30
Youth 10-11	10	30	32	34	40
Youth 12-13	16	32	36	40	40
Teen 14-15	20	36	40	50	50
Teen 16-17	30	40	40	50	50
Teen 18-19	40	50	50	58	58
Junior 20-23	40	58	58	58	68
Open 24-34	40	68	68	68	78
Submasters 35-39	40	58	50	58	68
Masters 40-49	---	50	40	50	58
Masters 50-59	---	40	40	40	50
Masters 60-69	---	40	40	40	40
Masters 70-79	---	40	40	40	40
Masters 80-89	---	36	36	36	36
Masters 90+	---	30	30	30	30

- Standard weights, measured in kg, represent the total weight (including the 13.5 kg T-handle).
- 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.
- The distance traveled will be measured at that point at which the contestant either places the T-handle on the ground or quits.

EVENT NO. 12. Standard Weight Table -- Hercules Hold for Time (kg/sec))**A. Males**

Male Age Range	STANDARD BARBELL PLATE 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	30	36	42	54	N/A
Youth 8-9	36	42	54	64	N/A
Youth 10-11	42	54	68	82	90
Youth 12-13	54	72	90	104	114
Teen 14-15	64	90	114	128	136
Teen 16-17	72	108	136	150	158
Teen 18-19	82	128	146	158	172
Junior 20-23	N/A	136	158	172	182
Open 24-34	N/A	136	158	172	182
Submasters 35-39	N/A	136	158	172	182
Masters 40-49	N/A	128	150	158	172
Masters 50-59	N/A	118	136	158	164
Masters 60-69	N/A	108	122	146	154
Masters 70-79	N/A	90	114	128	136
Masters 80-89	N/A	68	90	104	114
Masters 90+	N/A	54	58	64	68

B. Females

Female Age Range	STANDARD BARBELL PLATE 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	24	30	36	42	N/A
Youth 8-9	30	36	42	54	N/A
Youth 10-11	36	42	54	62	68
Youth 12-13	42	54	62	72	78
Teen 14-15	54	62	68	86	90
Teen 16-17	64	72	86	94	104
Teen 18-19	72	82	96	104	114
Junior 20-23	N/A	90	104	114	122
Open 24-34	N/A	90	104	114	122
Submasters 35-39	N/A	90	104	114	122
Masters 40-49	N/A	82	100	108	118
Masters 50-59	N/A	78	90	104	108
Masters 60-69	N/A	72	82	96	100
Masters 70-79	N/A	58	72	82	90
Masters 80-89	N/A	54	58	68	82
Masters 90+	N/A	42	54	60	72

Notes:

- Contestants may elect to move up or down from their STANDARD WEIGHTS but may not go below their STANDARD WEIGHTS to compete for medals in their respective age and bodyweight classifications. Contestants may not go down more than 2 classes below their STANDARD WEIGHTS to be eligible for AAU American and World Records for approved number of reps for their age, bodyweight, and selected barbell weights.
- The meet director has the option of modifying the STANDARD WEIGHT for a given age and bodyweight class if in his/her opinion the weights shown herein do not fairly represent the abilities of the AAU Powerlifting membership. Such changes will be reviewed after the meet for consideration of becoming permanent changes to these tables.