

2021 AAU Tulsa Christmas Open Power Lifting Meet

Push/Pull, Bench Press, Dead Lift

Championships

Flyer



Date: Sunday December 12th 2021

Sponsored by Kid Strength, Inc.

*Location: 7709 E. 42nd Pl. Tulsa Okla., 74145. 2 blocks west of 42nd and Memorial

*Weigh-in and equipment check: Sat Dec. 11th, 6:00pm to 7:30pm & Dec. 12th, 8:00am to 9:00am.

*Meet Director: Dennis Brooks (dennisbrooks63@msn.com)

*Lifting: Starts promptly at 10:15am, Sunday, December 12th. (Rules meeting at 9:30am)

*Men's weight classes: 66 77 88 97 105 114 123 132 148 165 181 198 220 242 275 308 308+

*Women's weight classes: 66 77 88 97 105 114 123 132 148 165 181 198 220 220+

*Age Divisions: (Youth 6/7-8/9-10/11) (Teen 12/13-14/15-16/17-18/19) (Juniors 20/23) (Open) (Sub Masters 35/39) (Masters 40 and up)

* **Tube Socks Are Mandatory for Dead Lift**

*Raw Division: Leather Belt (Buckle, Lever, or Velcro), wrist wraps (cannot exceed 1 meter in length and 8 cm. in width), single ply neoprene knee sleeves with no method of tightening and may not exceed 30cm. in length or ¼ inch thick. Raw adult lifters must use a singlet. Raw youth and teenage lifters can wear a t-shirt and non-baggy shorts above the knees. Knee sleeves cannot touch socks, shorts or singlet. **NO KNEE WRAPS IN RAW DIVISION!!!**

*Equipped Divisions: Single ply squat suit, dead lift suit and bench press shirt. Knee wraps: 181lbs down, 2 meter length and 198lbs and above can use 2.5 meter wraps. Wrist wraps cannot exceed 1 meter in length and 8 cm. in width. Knee wraps cannot touch squat suit or socks. More information, go to www.austrengthsports.org and click on rules.

*Weights: Pounds

*Entry Fee: **\$65.00** (Power Lifting: Squat-Bench Press-Dead Lift). (Push/Pull: Bench Press-Dead Lift). (Bench Press Only). (Dead Lift Only). Crossover **\$35.00** (2nd and 3rd categories).

NO Refunds!!!!!!!!!!!!!!!!!!!!!!!!!!!!

*Deadline: Entries postmarked after Thursday Dec. **9th must pay a \$20.00 late fee. Day of meet, cash only.**

*Spectator Admission: **\$8.00 for adults--\$3.00 for students.**

*Send Entries and payment (check, money order or pay-pal, check families or friends) and drug waiver to: Dennis Brooks, 11526 S. Nandina Ave., Jenks, Oklahoma 74037. Drug test waivers for lifters over 19 yrs. of age. Contact me and I will e-mail you a form.

*Awards: 1st -3rd place in each division and each weight class.

*Outstanding Lifter Awards: Squat/Bench Press/Dead Lift/Outstanding Lifter. Middle School, High School, Juniors, Open, Sub Masters, and Masters. Men's and Women's divisions. Must have at least 5 lifters in each division for outstanding lifter awards, otherwise combined.

*Questions: Contact Dennis Brooks at 918-695-6439 or dennisbrooks63@msn.com.

*State Records: Facebook/Oklahoma AAU Power Lifting

*National Records: www.austrengthsports.org. Click on records and follow prompts/national records for push/pull

*Rules video can be viewed on Facebook/Oklahoma AAU Power Lifting

*This event is licensed 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 meet begins.

* Be prepared: Adult and Non Adult memberships are no longer instant and cannot be applied for at the event. *Please allow 10 days for membership to be processed.

* Participants are encouraged to visit the AAU website: www.aausports.org to obtain their membership.

AAU Youth Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

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Push Pull/Bench Press/Dead Lift

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Entry Form



Please print:

Name: _____ Date of Birth: _____ Age day of Meet _____ Wt.: _____

Wt. Class: _____ Division :(ex: teens, jrs. Open, masters) _____

AAU Card # :(mandatory) _____ Sex: **M** **F** (Circle one)

Address: _____ City: _____ Zip Code: _____

E-Mail: _____ Phone: _____

Circle All Events Entered: **Power Lifting:** (squat, bench press, dead lift) **Push/Pull:** (bench press, dead lift) **Bench Press:** (single lift) **Dead Lift:** (single lift) There are national records for push/pull.

Circle lift type: **(Equipped)** **(Raw)**

Entry Fee: \$65.00 **No Refunds** Crossover: \$35.00 (2nd and 3rd categories)

Entries postmarked after Thursday 12/9/2021 must pay a \$20.00 late fee. Cash only day of meet. NO Refunds!!!
Make Checks, Money Order or (Pay-Pal: click on family or friends only to dennisbrooks63@att.net) to Dennis Brooks
Mail entries to: Dennis Brooks, 11526 S. Nandina Ave., Jenks Oklahoma 74037. Entries forms can be e-mailed to dennisbrooks63@msn.com.

Please send Drug Test waivers with entry form for lifters over the age of 19. (Waivers can be obtained by contacting me)

Personal Best: Squat _____ Bench Press _____ Dead Lift _____ Total: _____

I understand and will abide by all AAU Power Lifting rules and regulations waive and release the AAU, the promoter and all parties involved with the meet from any legal action that may be taken as a result of participation in the event. I realize Power Lifting competitions are potentially dangerous and physically demanding and I do so at my own risk.

Signature of Athlete: _____ Date: _____

Signature of Parent of Guardian if under 18 years old: _____ Date: _____

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* Be prepared: Adult and Non Adult memberships are no longer instant and cannot be applied for at the event. *Please allow 10 days for membership to be processed.

* Participants are encouraged to visit the AAU website: www.aausports.org to obtain their membership.

AAU **Youth** Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

POWER LIFTING DRUG TESTING CONSENT FORM

By signing this form, I affirm that I am aware of the Amateur Athletic Union Power Lifting (AAUPC) drug testing program and have read the Adult Substance Abuse Program Summary.

I acknowledge the 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 AAUPC 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 Power Lifting Policy.

I acknowledge that AAUPC 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 AAUPC, THE AAUPC SHALL HAVE THE RIGHT TO POST MY NAME ON THE SUSPENSION LIST LOCATED ON THE WEB PAGE OF AAU POWER LIFTING.

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 AAUPC events and ay 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 AAUPC events.

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 the 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_____

ATHLETE _____ DATE OF BIRTH _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

COUNTRY _____

TELEPHONE NUMBER _____ E-MAIL ADDRESS _____

MEMBERSHIP NUMBER _____ RENEWAL _____ NEW MEMBER _____

WITNESS (PRINT NAME) _____

SIGNATURE OF ATHLETE _____