

2022 AAU Bretts Feats of Strength Invitational

**Tidelands Park
2000 Mullinex Dr
Coronado, CA. 92118**

YOU MAY CHOOSE ANY OF THE FEATS OF STRENGTH EVENTS

Date: May 7, 2022 Location: Tidelands Park
2000 Mullinex Dr
Coronado, CA. 92118



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. Weigh-ins are 8:00 am to 9:00am

Event Schedule: Saturday May 7, 2022: 9:30 am to 1:00 pm

1. All Events will be held on Saturday.
2. Schedule of events will be listed before the meet begins.

Plaque & Cash Awards 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.

Spectator Fee: FREE

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

Video Tapes: VIDEOING ALLOWED

**ENTRY DEADLINE IS May 7, 2022
NO REFUNDS !!!!**

Make Cash, Checks or Money Orders payable to:

Ray Anderson

39533 Highbury Dr Murrieta, CA. 92563

(951) 252-5627

Email: maxtstrength@gmail.com

**2022 AAU Bretts Feats of Strength
Invitational**

LIFTERS QUALIFY FOR 2022 AAU WORLDS IN IN OCTOBER AT THE RIO IN LAS VEGAS

This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.

All participants must have a current AAU membership.

- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

Name: _____ Phone: _____ A.A.U. 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 Bretts Feats of Strength
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Event Description	Entry Fee \$45.00 for all events
1. Conan's Wheel – As many rotations in 60secs – 1 attempt	
2. *Trap Bar Deadlift for Reps (1 attempt, 60-sec)	
3. Viking Press for Reps (1 attempt – 60 secs)	
4. Tire Flip (1 attempt – 25 meters)	
5. Frame Hold for time (1 attempt, unlimited time)	
6. Thor Hammer Hold for time (1 attempt, unlimited time)	
TOTAL FOR ALL CHOSEN EVENTS ABOVE	TOTAL \$ _____

***DENOTES**

