

**2023 AAU Wrightwood Mountaineer Days Feats of Strength National Championships**

**Alice's Vintage Cottage 1255 Apple St. Wrightwood, CA. 92397**

**Date:** Saturday July 8, 2023.

**Event Schedule:** Saturday July 8 from 9:00 am to 6:00 pm. **5 Events.**

**Location:** Alice's Vintage Cottage 1255 Apple St. Wrightwood, CA. 92397

**Spectator Fee:** FREE

**Video Tapes:** Videoing is allowed

**Registration Information**

**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** (ALL Ages), **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

**Men:** Youth: 66, 77, 88, 97, 105. **ALL:** 14,123,132,148,165,181,198, 220, 242, 275, 308, 308+

**Women:** Youth: 66, 77, 88. ALL: 7,105,114,123,132,148,165,181,198,198, 220, 220+

**Weigh-ins:** Regular weigh-ins is 7:00 am to 8:30 am the morning of the applicable lifting session.

**Lifting schedule:**

9:30 A.M. Saturday for all Women and Men ALSO ADAPTIVE LIFTERS.

**Awards:** Medals First thru Third. Best lifter awards in many divisions  
Team Trophies first thru third.

**Fees:** \$45 for first event/division entered.

\$25 for each additional event/class thereafter.

**All lifters must have a current AAU membership card.**

**\$24 adult \$14 youth**

**ExtendedAB Coverage \$27 adult \$16 Youth**

**GO TO: [ausports.org](https://ausports.org)**

**ENTRY DEADLINE IS June 25, 2023 - LATE ENTRIES WILL NOT BE ACCEPTED**

***NO REFUNDS!***

**Make checks, money orders or ZELLE (951-252-5627) payable to:**

- Ray Anderson
- 39533 Highbury Dr Murrieta, CA. 92563
- Phone: (951)252-5627
- Email: maxtstrength@gmail.com

**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/CHECK-INS! AS PART OF THE CARD PROCESS, ALL LIFTERS AGE 20+ WILL HAVE A BACKGROUND CHECK PERFORMED. PROCESS CAN ADD A WEEK TO CARD APPROVAL

### Hotel Information

**Room Information: N/A**

**Hotel Info: N/A**

- Contact Number:
- Block Number:
- Hotel Link:

### Athlete Information

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

**Weigh-ins:** Regular weigh-ins are 7:00 to 7:45 am for each morning of competition.

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

### Award and Record Information

*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.*

**Records:** LIFTERS QUALIFY FOR 2023 AAU WORLDS IN OCTOBER AT THE RIO IN LAS VEGAS U.S. Citizens are eligible for AAU American and World Records. Non-U.S. citizens are eligible for AAU National. 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.

# Athletes Information

Name \*



First Name

Last Name

Phone Number \*

Please enter a valid phone number.

AAU Card Number \*

Address \*

Street Address

Street Address Line 2

City

State / Province

Postal / Zip Code

Division(s)

- ☐ Youth
- ☐ Junior
- ☐ Open
- ☐ Sub-Masters
- ☐ Masters
- ☐ American Heroes
- ☐ AAU Junior Olympics

Weight Class(es)

Identify Youth, Male, or Women for class using the appropriate weight class divisions as set above. If entering multiple weight classes, please enter all classes you wish to compete in and separate with a comma.

Height in feet and inches \*

Age at the date of competition \*

e.g., 23

Date of birth \*

MM-DD-YYYY

Date

Gender \*

- ☐ Male
- ☐ Female

Email address \*

### ATHLETES WAIVER & CONSENT

AAU Strength Sports 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**

Clear

**Date**

MM/DD/YYYY

Date

**Signature of parent or  
guardian if under 21**

Clear

Event 1. Conan's Car Deadlift  
for Reps (Max Wgt 1 Attempt-  
60secs) Select your  
division(s) for this event.

- ☐ Youth 6-13
- ☐ Teen 14-19
- ☐ Junior 20-23
- ☐ Open ALL Ages
- ☐ Submasters 35-39
- ☐ Masters 40-49
- ☐ Masters 50-54
- ☐ Masters 55-59
- ☐ Masters 60-64
- ☐ Masters 65-69
- ☐ Masters 70-74
- ☐ Masters 75-79 & Up
- ☐ American Heroes (Military/Fire/Police/First Responders) 18+
- ☐ Disabled
- ☐ Disabled - Blind
- ☐ Disabled - Wheelchair
- ☐ Adaptive

**Event 2. Log Clean & Press for  
Reps (1 attempt, 60-sec limit)  
Select your division(s) for this  
event.**

- ☐ Youth 6-13
- ☐ Teen 14-19
- ☐ Junior 20-23
- ☐ Open ALL Ages
- ☐ Submasters 35-39
- ☐ Masters 40-49
- ☐ Masters 50-54
- ☐ Masters 55-59
- ☐ Masters 60-64
- ☐ Masters 65-69
- ☐ Masters 70-74
- ☐ Masters 75-79 & Up
- ☐ American Heroes (Military/Fire/Police/First  
Responders) 18+
- ☐ Disabled
- ☐ Disabled - Blind
- ☐ Disabled - Wheelchair
- ☐ Adaptive



**Event 3. Conan's Wheel (Max Rotations 1 Attempt - 60secs)**  
Select your division(s) for this event.

- ☐ Youth 6-13
- ☐ Teen 14-19
- ☐ Junior 20-23
- ☐ Open ALL Ages
- ☐ Submasters 35-39
- ☐ Masters 40-49
- ☐ Masters 50-54
- ☐ Masters 55-59
- ☐ Masters 60-64
- ☐ Masters 65-69
- ☐ Masters 70-74
- ☐ Masters 75-79 & Up
- ☐ American Heroes (Military/Fire/Police/First Responders) 18+
- ☐ Disabled
- ☐ Disabled - Blind
- ☐ Disabled - Wheelchair
- ☐ Adaptive

**Event 4. Sand Bag  
Shouldering Medley (Max Wgt  
- 60secs 1 Attempt) Select  
your division(s) for this event.**

- ☐ Youth 6-13
- ☐ Teen 14-19
- ☐ Junior 20-23
- ☐ Open ALL Ages
- ☐ Submasters 35-39
- ☐ Masters 40-49
- ☐ Masters 50-54
- ☐ Masters 55-59
- ☐ Masters 60-64
- ☐ Masters 65-69
- ☐ Masters 70-74
- ☐ Masters 75-79 & Up
- ☐ American Heroes (Military/Fire/Police/First Responders) 18+
- ☐ Disabled
- ☐ Disabled - Blind
- ☐ Disabled - Wheelchair
- ☐ Adaptive

Event 5. Hercules Hold for time (1 attempt, unlimited time) Select your division(s) for this event.

- ☐ Youth 6-13  
☐ Teen 14-19  
☐ Junior 20-23  
☐ Open ALL Ages  
☐ Submasters 35-39  
☐ Masters 40-49  
☐ Masters 50-54  
☐ Masters 55-59  
☐ Masters 60-64  
☐ Masters 65-69  
☐ Masters 70-74  
☐ Masters 75-79 & Up  
☐ American Heroes (Military/Fire/Police/First Responders) 18+  
☐ Disabled  
☐ Disabled - Blind  
☐ Disabled - Wheelchair  
☐ Adaptive

Date

MM/DD/YYYY

Date

### Feats of Strength Events

<u>Event No</u>	<u>Event</u>	<u>Entry Fee</u>
<u>Day 1</u>	<u>Saturday July 8</u>	<u>9am-6pm ONLY</u>
1	Conan's Car Deadlift for Reps (Max Wgt 1 Attempt)	\$45 for first class/division \$25 for second and all additional class/division
2	Log Clean to Press for Reps (1 attempt, 60-sec limit)	\$45 for first class/division \$25 for

- |          |   |  |
|----------|---|--|
|          |   | second and all additional<br>class/division  |
|          |   | \$45 for first<br>class/division \$25 for<br>second and all additional<br>class/division |
| <b>3</b> | Conan's Wheel (Max Rotations 1<br>Attempt)            | \$45 for first<br>class/division \$25 for<br>second and all additional<br>class/division |
| <b>4</b> | Sand Bag Medley for Reps (Max Wgt<br>1 Attempt)       | \$45 for first<br>class/division \$25 for<br>second and all additional<br>class/division |
| <b>5</b> | Hercules Hold for time (1 attempt,<br>unlimited time) | \$45 for first<br>class/division \$25 for<br>second and all additional<br>class/division |
|          |   | <b><u>9am-6pm ONLY</u></b>   |
|          |   | \$45 for first<br>class/division \$25 for<br>second and all additional<br>class/division |



Events Chosen

- ☐ 1. Conan's Viking Press for Reps
- ☐ 2. Trap Bar Deadlift for Reps
- ☐ 3. Conan's Wheel
- ☐ 4. Conan's Car Deadlift
- ☐ 5. Hercules Hold for Time

Total for event(s) and  
division(s) selected

e.g., 23

Submit

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