



Amateur Athletic Union & Mohave Muscle *Presents* 2021 Monsters of Mohave



Meet Director: Mikel Meadows, 1811 Tejon Dr, BHC, AZ 86442 (928) 234-5774 Mohavemuscle@gmail.com

Location: Gary Keith Civic Park: 2345-2361 Mohave Valley Hwy, Bullhead City, AZ 86442

Dates: Saturday, October 23rd, 2021 at 10am!

STRONGMAN: Early weigh-ins is 6:00-7:30 PM the night prior!

Regular weigh-ins: 8-9:30am, October 23rd!

Technical Meeting: STRONGMAN at 9:30am with event starting @10am!

This event is licensed by the Amateur Athletic Union of the US, Inc.

TESTING: All athletes entered may be subject to drug testing per AAU policies and procedures.

AAU membership is not included as part of the entry fee to the event.

PLEASE NOTE that ALL LIFTERS must have a current AAU membership card. Adults must apply online at AAUSports.org. All competitors age 20 and over must have a background check performed. Add a week for the background check prior to card approval. Youth (ages 6 to 19) may obtain their cards online up until the competition. If you are at the meet and don't 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.

Please visit <https://play.aausports.org/joinaaumembershipapplication> to obtain membership cards! Your one-year membership will be valid through August 31, 2022 and will entitle you to participate in the all AAU Strength Sports—Powerlifting, Weightlifting, and Feats of Strength, Combines, Bodybuilding, and MAS Wrestling. Records: U.S. Citizens are eligible for AAU American and World Records. Non-U.S. citizens are eligible for AAU National and World Records.

Caps: There will be no cap to the number of athletes!

Video Tapes: VIDEO TAPING IS ALLOWED

ENTRY DEADLINE: Day of prior too WEIGH INS

Entry Fee: STRONGMAN IS \$60! Up to October 9th and \$90 after October 9th!

Please Make all checks Payable to: Mikel Meadows 1811 Tejon Dr Bullhead City, Arizona 86442

Awards: Special overall male and female trophy's, Plaques For division First Place!

Medals: Second thru Third (MINIMUM)

<https://find.aausports.org/>

https://aaustrengthsports.org/page.php?page_id=101064 Rules Book

<https://www.facebook.com/groups/2084937838443469/> Mohave Muscle



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AMATEUR ATHLETIC UNION STRENGTH SPORTS DRUG-TESTING CONSENT FORM

Name: _____ **Phone:** _____ **A.A.U. #** _____

Address _____ **City** _____ **State** _____ **Zip** _____

Age: _____ **D.O.B.** _____ **Sex** _____ **Email address** _____

Categories are: **FEMALE** ___ **MALE** ___ **TEEN** ___ **MASTERS** ___ **OPEN** ___

LWF (-148) ___ **MWF (148-198)** ___ **HWF (198+)** ___

LWM (-165) ___ **MWM (165-220)** ___ **HWM (220+)** ___

We reserve the right to adjust any and all divisions, age or weight categories as needed!

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 _____

WITNESS (PRINT NAME): _____

SIGNATURE OF WITNESS: _____ If under the age of 18.

ALL WEIGHTS IN POUNDS

Female	<u>AXLE CLEAN & PRESS FOR MAX</u>	<u>FIRE HIDRANT OR SAFE CARRY</u>	<u>CAR DEADLIFT</u>	<u>YOKE & FRAME CARRY</u>	<u>ATLAS STONE FOR REPS</u>
LWTF LWMF	MAX	110	HEAVY	320/200	105
LWOF MWTM MWMF	MAX	130	HEAVY	360/230	115
MWOF HWTF HWMF	MAX	145	HEAVY	400/260	145
HWOF	MAX	155	HEAVY	450/290	165

Male					
LWTM LWMM	MAX	165	HEAVIER	450/290	165
LWOM MWTM MWM	MAX	190	HEAVIER	520/350	200
MWOM HWTM HWMM	MAX	220	HEAVIER	600/420	230
HWOM	MAX	245	HEAVIER	700/500	285

Event descriptions

EVENT 1: AXLE C & P

Athlete will have 3 attempts to achieve there MAX!

Mandatory DOWN command on each attempt!

EVENT 2: HYDRANT OR SAFE CARRY!

Athletes will carry hydrant (ladies) or safe (men) for MAX distance!

Course is 12.5 meter with a 60 sec time limit!

EVENT 3: CAR DEADLIFT!

Athlete will 60 secs for MAX reps.

Must lockout and receive down command after each lift! Straps Allowed!

EVENT 4: YOKE AND FRAME CARRY!

Athlete will carry yoke 12.5m followed by frame for 12.5m.

Best time or distance wins! 60 sec time limit!

EVENT 5: ATLAS STONES!

Athlete will have 60secs to lift stone over bar for max reps!

48" for women and 52" for men! Tacky allowed!

Equipment

All athletes must have shoes and knee high socks for d/l.

Belt, Knee & Elbow sleeves and chalk! Tape allowed!

Prohibited equipment!

Lifting suits of any kind or Grip shirts!

Lifting straps unless otherwise stated for individual event!