



**2023 AAU 27th Annual
Bull Stewart Alki Beach Classic
Bench Press and Deadlift Championships
"Feats of Strength" Battle on the Beach**

AUGUST 12, 2023

Alki Beach Bath House
- 2701 Alki Ave SW -
- West Seattle -



Lifting starts at 9:00



Application
www.austrengthsports.org

Application Deadline July 22, 2023

bullstewart@hotmail.com

206-854-2678

**August 12, 2023 27th Annual AAU Bull Stewart Alki Beach Classic,
Bench Press, Deadlift. Push/Pull Championship, Battle on the Beach! Feats of
Strength!**

Alki Beach Bath House 2701 Alki Ave. Sw, Seattle, WA. 98116 Across from Spud Fish!

There will be Booth Space Available! \$100

YOU MAY BENCHPRESS, DEADLIFT or USH-PULL

Testing: Any AAU lifter may be subject to drug testing per the AAU Policy and Procedures.

Eligibility: All lifters must have a current AAU Membership card \$24 adults, \$14 youth.

Divisions: All weight classes listed below are provided in all divisions for both men and women. *Both Raw and equipped*
Youth (6-7,8-9,10-11,12-13) Raw Teen (14-15,16-17,18-19), Teen (14-15,16-17,18-19) Junior (20-23) Open, Lifetime, Sub-
Masters (35-39) Masters 40-44,45-49 etc. in 5 year, Lifetime Masters, Raw Youth, Raw Teen, Raw Junior, Raw Open, Raw
Lifetime , Raw Sub masters, Raw Masters(40-44,45-49 etc. in 5yrs increments) Raw Lifetime Masters (5 yrs) Military/
Law/Fire/Military (active, retired, reserve), Disabled by weight and age Blind/Dwarf-Wheel Chair & High School.

Weight Classes: 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: Weigh in, 8am-10am on August 11^h at CCFC Rainier & 6:00-7:30PM Friday Night AT CCFC
2, 2609 South Jackson St. 206-322-1008 or 206-854-2678 my cell. No weigh in on the day of the
meet!

Rules Briefing 8:30AM for Bench Press/Deadlift, Rules Briefing 12:30 for Feats of Strength

Lifting Schedule: Lifting Start a 9:00 AM-Feats of Strength Start at 1pm

Awards: Medals/Plaques/Trophies 1st- 5th. Best lifter awards in many divisions.

Team Trophies 1st-5th Team Entry Fee: \$70

AAU CARDS AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG ALL CARD MUST BE BOUGHT ONLINE PRIOR TO
THE MEET AND PRESENTED AT WEIGH-INS/CHECK-IN! AS PART OF THE CARD PROCESS. ALL LIFTER AGE 20+ WILL
HAVE A BACKGROUND CHECK PERFORMED. PROCESS CAN ADD A WEEK TO CARD APPROVAL.

ENTRY DEADLINE IS July 22, 2023- LATE ENTRIES \$25! NO ENTRY AFTER July 29, 2023

NO REFUNDS!!!!

Make Checks Payable to Bull R.

Mail to Bull Stewart, 3913 South Orcas St. Seattle, WA, 98118

Contact: Bull Stewart 206-854-2678 cell

E-Mail bullstewart@hotmail.com

You can call in and pay by CREDIT CARD, CASH APP or VENMO & E-Mail me your application!

AMERICAN RECORDS CAN BE SET !!!

**ONLY TAKING THE FIRST 100, MEET WILL BE CAPPED AT 100 LIFTERS! This will be a AAU World
Qualifier for 2023**



August 12, 2023 27th Annual AAU Bull Stewart Alki Beach Classic,
Bench Press, Deadlift, Push/Pull
Championship Battle on the Beach & Feats of Strength!

Name: _____ Phone: _____ A.A.U.# _____
Address _____ City _____ State _____ Zip _____
Weight Class _____ Age: _____ D.O.B. _____ SEX _____
E-Mail address _____
Team Name _____ Team Fee-\$65

Circle Appropriate-one-PLACE "A" for Bench, "B" for Dead lift, "C" For Push-Pull, D-Feats of Strength, 1-Tire Flip, 2-Military press, 3-Farmers walk, 4-Tire Thow, 5-DL, 6-Stone carry

Check - Raw _____ Equipped _____ Weight Class _____
Open: _____ Teen _____ Youth _____
Junior _____ Sub-Master _____ Master _____ Military/ Law/Fire/Military _____
Disable _____ (Specify, Dwarf, Blind, Wheelchair), Special Olympic _____
Lifetime _____ High School _____ Lifetime _____

Entry Fees: Adults-\$100 for Bench Press or Deadlift, \$100 for Push/Pull, Cross over \$30. High School \$75 for Bench Press or Deadlift, Push Pull \$75 and any Cross over \$30. Feats of Strength on event \$65, cross over \$25.

Pre Order T-Shirts \$20 dollars for all pre-orders! \$25 dollars at the Meet.

T-Shirt Size: XS---S---M---L---XL---XXL---XXXL---

Amount Enclosed (Entry Fee + T-Shirt) \$ _____

Make Check Payable to Bull R. Care of Bull Stewart, 3913 South Orcas St, Seattle, WA. 98118

AAU Powerlifting Waiver and Consent

In order to be able to participate in this or any other AAU Powerlifting 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(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, attorneys 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: _____
Bull Stewart-AAU Director of Strength Sports, Mark Bryant-PL State Chair

if under age 21