

2017 AAU Raw National and Equipped Powerlifting Championship AAU Can. Am. Bench, Deadlift and Push-Pull Championships June 3-4, 2017

8000 sq. ft. Ballroom lifting Area & a 2000 sq. ft. warm up area!!

Hotel Info: La Quinta Inn & Suites Hotel, 1425 East 27th St. Tacoma, Washington 98421. **253-383-0146**
Spectator Fee: **\$10per day**. Room block rate is **\$89/night LIMITED# of Rooms for AAU Powerlifting.**



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 adult \$14 youth
AAU CARDS AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG. **ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECKI-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.**

Divisions: All weight classes listed below are provided in all divisions for both men and women. *Both Raw & Equipped*

Youth (6-7,8-9,10-11,12-13) 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, Youth, Teen, Junior, Open, Lifetime, Sub masters, Masters(40-44,45-49 etc. in 5 year increments) Lifetime Masters (5 Yrs) Military/Law/Fire/Military (active, retired, reserves), Disabled by weight and age Blind/Dwarf/Wheel Chair. High School

Powerlifting 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: Early weigh-in & equipment check the night before 6:00pm-7:30pm at Hotel. Regular weigh-in is 6 to 7:30am morning of & Rules Briefing 7:30 to 8:00am

Lifting Sched: Lifting Start a 8:30 AM

Awards: Medals/Plaques/Trophies 1st- 3rd. Best lifter awards in many divisions.
Team Trophies 1st-3rd

ENTRY FEES:\$85 for Adults, \$65 for Teen First Division Entered, \$40 Crossover for each additional Class.
Team entry fee is \$60

ENTRY DEADLINE IS May 13, 2017 - LATE ENTRIES \$25 AFTER THAT DATE! NO ENTRY AFTER May 20, 2017
NO REFUNDS!!!!

Make Checks Payable BullR.

Card Payment Available via phone

Mail to Columbia City Fitness, 4860 Rainier Ave South, Suite B Seattle, WA, 98118

Contact: Bull Stewart 206-854-2678 cell or 206-725-7894 or 206-322-1008w

E-Mail Bullstewart@hotmail.com

AMERICAN RECORDS CAN BE SET !!!

QUALIFIER FOR AAU WORLDS IN VEGAS 2017

MEET WILL BE CAPPED AT 300 LIFTERS

- 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



**2017 AAU Nationals Raw and Equipped Powerlifting Championship
AAU Can. Am. Bench, Deadlift and Push-Pull Championship June 3-4, 2017**

Name: _____ Phone: _____ A.A.U.# _____
Address _____ City _____ State _____ Zip _____
Weight Class _____ Age: _____ D.O.B. _____ Sex _____
E-Mail address _____
Team Name _____

**PLACE "P" for Powerlifting "B" for Bench, "D" for Deadlift, "C" For Push-Pull
in appropriate block!**

Circle One: Raw or Equipped

Open: _____ Teen _____ Youth _____ High school _____
Junior _____ Sub-Master: _____ Master _____ Military/ Law/Fire: _____
Lifetime _____ Life time Masters _____ Disabled: _____ (specify, Dwarf, Blind, Wheel Chair)

**ENTRY FEES: \$85 for Adults, \$65 for Teen First Division Entered, \$40 Crossover for each additional Class.
Team entry fee is \$60**

Event T-Shirts

If you wish to order a T- Shirts, they will be \$15 pre-ordered S-XL & \$17 dollars for 2X to 4X. \$20 dollars the day of the meet. Please indicate the size of your shirt, and any additional shirts you want to order.

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

TOTAL FEES SENT-----

**ENTRY DEADLINE IS May 13, 2017 - LATE ENTRIES \$25 AFTER THAT DATE! NO ENTRY AFTER May 20, 2017
NO REFUNDS!!!!**

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Mail to Columbia City Fitness, 4860 Rainier Ave South, Suite B 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(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, 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 (if under age 21): _____

2017 AAU Pacific Northwest Weightlifting & Single Lift Weightlifting and Power Clean
YOU MAY EITHER DO THE FULLWEIGHTLIFTING, OR THE SINGLE LIFTS FOR THE SNATCH OR C&J OR ALL
NEW AMERICAN RECORDS WILL BE SET !!!!!

8000 sq. ft. Ballroom lifting Area & a 2000 sq. ft. warm up area!!

Hotel Info: La Quinta Inn & Suites Hotel, 1425 East 27th St. Tacoma, Washington 98421. **253-383-0146**
Spectator Fee: **\$10per day**. Room block rate is **\$89/night LIMITED#** of Rooms for AAU Powerlifting.



Testing: Any athlete 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) **Teen**(14-15,16-17,18-19)**Junior**(20-23) **Open, Sub-Masters**(35-39)**Masters** 40-44,45-49 etc. in 5 year, **Lifetime Masters**), **Law/Fire** (active, retired), **Military**(active, retired, reserves) ,

Female Age Divisions to Weight Classes

(Female Weight Classes kg: 31, 35, 39, 44, 48, 53, 58, 63, 69, 75, 82, 82+)

Youth Ages 6-7, 8-9, 10-11: 31 – 58+kg

Youth Ages 12-13: 35 – 63+kg **Teen Ages 14-15, 16-17:** 44 – 69+kg

Teen Ages 18-19: 48 – 82+kg **Junior Ages 20-23:** 48 – 82+kg

Senior/Open Ages 24-34: 48 – 82+kg **Masters Ages 35-**

39,40-44,45-49,... *: 48 – 82+kg

* (and so on in 5-yr increments)

Male Age Divisions to Weight Classes

(Male Weight Classes kg: 31, 35, 39, 44, 50, 56, 62, 69, 77, 85, 94, 105, 114, 114+)

Youth Ages 6-7, 8-9, 10-11: 31 – 62+kg

Youth Ages 12-13: 35 – 69+kg **Teen Ages 14-15, 16-17:** 50 – 94+kg

Teen Ages 18-19: 56 – 114+kg **Junior Ages 20-23:** 56 – 114+kg

Senior/Open Ages 24-34: 56 – 114+ kg **Masters Ages 35-39,40-**

44,45-49,... *: 56 – 114+ kg

* (and so on in 5-yr increments)

Weigh-ins: Early weigh-ins is 6:00-7:30 PM the night before group lifters. Regular weigh-ins is 6:00 am to 7:30 am the morning of & rules briefing 7:30-8:00am

Lifting Sched: 8:30 A.M 06/03/17 all **Women Plus all Men 69KG and below**

8:30 A.M 06/04/17 for all **Men > 77KG and above**

Awards: Trophies First thru Fifth (MINIMUM) Best lifter awards in many divisions

Team Trophies first thru fifth

Fees: \$85 for first division entered \$40 crossover, for each additional class

All lifters must have a current AAU membership card \$24 adult \$14 youth

Hotel Info: La Quinta Inn & Suites Hotel, 1425 East 27th St. Tacoma, Washington 98421. **253-383-0146**

Spectator Fee: **\$10per day**. Room block rate is **\$89/night LIMITED#** of Rooms for AAU Powerlifting.

Spectator Fee: \$10 per day, except officials and lifters entered

AAU CARDS AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG `ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECKI-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

Spectator Fee: \$10 per day, except officials and lifters entered. **Video Tapes: VIDEOING ALLOWED**

ENTRY DEADLINE IS March 13, 2017 - LATE ENTRIES \$25 AFTER THAT DATE! No Enrty After May 20, 2017

NO REFUNDS!!!!

Make Checks Payable BullR.

Card Payment Available via phone

Mail to Columbia City Fitness, 4860 Rainier Ave South, Suite B Seattle, WA, 98118

Contact: Bull Stewart 206-854-2678 cell or 206-725-7894 or 206-322-1008w

E-Mail Bullstewart@hotmail.com

MEET WILL BE CAPPED AT 100 LIFTERS

Top 3 in each weight class qualify for the AAU World Weightlifting Championships Sept 2017 at the Rio Hotel in Las Vegas



2017AAU Pacific Northwest Weightlifting and Single Lift Weightlifting and Power Clean

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

Address _____ City _____ State _____ Zip _____

Weight Class _____ Age: _____ D.O.B. _____ Sex _____

E-Mail address _____

PLACE WL for weightlifting, SN for Snatch only or CJ for Clean and Jerk only PC for Power Clean in appropriate block!

Open: _____ Teen _____ Youth _____

Junior _____ Sub Master: _____ Master: _____ Law/Fire: _____

Military _____ Lifetime Masters _____

AAU Weightlifting Waiver and Consent

In order to be able to participate in this or any other AAU Weightlifting 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, 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: _____ if under age 21

**2017 AAU Pacific Northwest Bodybuilding, Physique, Figure and Bikini
In Conjunction with the 2017 AAU Raw National & Equipped & AAU Can. Am. Bench,
Deadlift and Push-Pull Championship June 3-4, 2017**

8000 sq. ft. Ballroom lifting Area & a 2000 sq. ft. warm up rea!!

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Testing: Any AAU Athletes may be subject to drug testing per the AAU Policy and Procedures.
Eligibility: Must be a current member of the AAU.
Divisions: All weight classes listed below are provided in all divisions for
Bodybuilding: Novice, Teen (14-19) Open, Masters 40-49, 50-59, 60-69, 70 + MEN AND WOMEN
Physique: Novice, Teen (14-19) Open, Masters 40-49, 50-59, 60-69, 70 + MEN AND WOMEN
Figure Bodybuilding: Novice, Teen (14-19) Open, Masters 40-49, 50-59, 60-69, 70 + WOMEN
Bikini Bodybuilding: Novice, Open, Masters 40-49, 50-59, 60-69, 70 + WOMEN
Athletes in the masters division may compete in a lower age masters class IF THEY ARE ALREADY ENTERED IN THEIR RESPECTIVE AGE GROUP. All athletes are encouraged to compete in the open division

Height Classes: In each class/division, 5 athletes and under will be a single class. 6-8 will be two classes 9+ 3 classes
We will not combine age group classes if even one athlete is pre-entered.

Schedule:

Early Check-in Athletes entered may check-in between 6:00 and 7 PM June 3 or at the regular check-in.
Regular Check-In begins at 11:00 A.M. June 4

Competition Schedule:

Pre-Judging 5:00 P.M. June 4
Evening Show 7:00 P.M. June 4

Awards: Medals or Plaques/Trophies First thru Third (MINIMUM) Overall awards in many divisions.
Team Trophies first thru third

**Fees: ENTRY FEES: \$85 for Adults, \$65 for Teen First Division Entered, \$40 Crossover for each Add on Class.
Team entry fee is \$60**

Event T-Shirts

If you wish to order a T- Shirts, they will be \$15 pre-ordered S-XL & \$17 dollars for 2X to 4X. \$20 dollars the day of the meet. Please indicate the size of your shirt, and any additional shirts you want to order.

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

TOTAL FEES SENT \$-----

All athletes must have a current AAU membership card \$24 adult \$14 youth

AAU CARDS AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECKI-IN! AS PART OF THE CARD PROCESS. ALL LIFTER AGE 20+ WILL HAVE A BACKGROUND CHECK PERFORMED.
CURRENTLY YOUR CARD CHOICES ARE LISTED AS POWERLIFTING OR WEIGHTLIFTING. EITHER ORKS FINE FOR ALL AAU STRENGTH SPORTS INCLUDING BODYBUILDING IN ORDER TO BE BACK STAGE YOU MUST HAVE A CURRENTAAU CARD

ENTRY DEADLINE IS May 13, 2017 - LATE ENTRIES \$25 AFTER THAT DATE! NO ENTRY AFTER May 20, 2017

NO REFUNDS!!!!

Make Checks Payable BullR

Card Payment available via phone

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Contact: Bull Stewart 206-854-2678 cell or 206-725-7894 or 206-322-1008w

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

**2017 Pacific Northwest Bodybuilding, Physique, Figure and Bikini
In Conjunction with the 2017 AAU Raw National & Equipped & AAU Can. Am. Bench,
Deadlift and Push-Pull Championship June 3-4, 2017**

Name: _____ Phone: _____ A.A.U. # _____
 Address _____ City _____ State _____ Zip _____
 Weight Class _____ Age: _____ D.O.B. _____ Sex _____
 E-Mail address _____ TEAM NAME _____

PLACE "B" for Bodybuilding, "P" for Physique "F" For Figure "BIK" FOR BIKINI
in appropriate block!

Bodybuilding TEEN _____ NOVICE _____ Open _____ MASTERS 40-49 _____
 MASTERS 50-59 _____ MASTERS 60-69 _____ MASTERS 70+ _____

PHYSIQUE TEEN _____ NOVICE _____ Open _____ MASTERS 40-49 _____
 MASTERS 50-59 _____ MASTERS 60-69 _____ MASTERS 70+ _____

FIGURE TEEN _____ NOVICE _____ Open _____ MASTERS 40-49 _____
 MASTERS 50-59 _____ MASTERS 60-69 _____ MASTERS 70+ _____

BIKINI NOVICE _____ Open _____ MASTERS 40-49 _____
 MASTERS 50-59 _____ MASTERS 60-69 _____ MASTERS 70+ _____

**ENTRY FEES: \$85 for Adults, \$65 for Teen First Division Entered, \$40 Crossover for each Add on Class.
Team entry fee is \$60**

Event T-Shirts

If you wish to order a T- Shirts, they will be \$15 pre-ordered S-XL & \$17 dollars for 2X to 4X. \$20 dollars the day of the meet. Please indicate the size of your shirt, and any additional shirts you want to order.

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

TOTAL FEES SENT \$-----

AAU Bodybuilding Waiver and Consent and hold harmless agreement

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 AAU Strength Sports. 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 by AAU Strength Sports

I understand that both the collection process and testing procedures will be performed by a third party (not by AAU Strength Sport or AAU)I hereby release, discharge and covenant not to sue the by AAU Strength Sports 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, 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.

I also agree to hold harmless Rancho Buena Vista High School, Vista Unified School District and the respective Employees and Administrators harmless.

Signature: _____ Date: _____

Signature of parent or Guardian: _____ if under age 21

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 _____ DATE OF BIRTH _____

ADDRESS _____

City _____ State _____ Zip Code _____

Country _____

TELEPHONE NUMBER _____ E-MAIL ADDRESS _____

MEMBERSHIP NUMBER _____ RENEWAL _____ NEW MEMBER _____

WITNESS (PRINT NAME) _____

SIGNATURE OF WITNESS _____