

**AAU EQUIPPED NATIONAL CHAMPIONSHIP**  
**AND**  
**INTERNATIONAL EQUIPPED BENCH PRESS AND EQUIPPED DEADLIFT**  
**CHAMPIONSHIPS**



Sunday March 11, 2012  
 Lifting starts promptly at 9:00 AM

LIFTER REGISTRATION 6:00 AM – 8:00 AM  
 WEIGH IN: 6:30 AM – 8:30 AM  
 RULES BRIEFING AT 8:30 AM



Meet Location:  
**Holiday Inn Rockland**  
**929 Hingham Street**  
**Rockland, MA**  
 \$5 Admission fee for spectators

**AAU OFFICIAL ENTRY FORM**  
**-- Fill Out Completely --**  
**RETURN ENTIRE APPLICATION**

NAME \_\_\_\_\_ AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (DAY) \_\_\_\_\_ (EVENING) \_\_\_\_\_

AAU # \_\_\_\_\_ TEAM (If applicable) \_\_\_\_\_

E-MAIL \_\_\_\_\_

**CIRCLE WEIGHT CLASS:** (all lifters must circle one) *Kilograms/Pounds*

<b>FEMALE:</b>	30/66	35/77	40/88	44/97	48/105	52/114	56/123	60/132	67/148	75/165
	82/181	90/198	100/220	100+/220+						
<b>MALE:</b>	30/66	35/77	40/88	44/97	48/105	52/114	56/123	60/132	67/148	75/165
	82/181	90/198	100/220	110/242	125/275	140/308	140+/308+			

**Important:**

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- All participants **must** have a current AAU membership.
- All participants **must** present a valid AAU Powerlifting membership card at registration
- AAU membership **must** be obtained before the competition begins

I understand and will abide by all A.A.U. Powerlifting rules and regulations waive and release the A.A.U., the promoter and all parties involved with the meet from any legal action that may be taken as a result of participation in this event. I realize Powerlifting competitions are potentially dangerous and physically demanding and I do so at my own risk.

SIGNATURE OF ATHLETE \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN \_\_\_\_\_ IF UNDER 18

**Please Print:**

NAME: \_\_\_\_\_

**REGISTRATION CATEGORIES:**

**Check the box to the left of each appropriate Division listed below.**

**AAU EQUIPPED National Powerlifting:**

**Check the box to the left of each Division you wish to compete in:**

- |  |   |
|--|---|
| <input type="checkbox"/> SPECIAL ATHLETE               | <input type="checkbox"/> YOUTH (UP TO 11)                     |
| <input type="checkbox"/> TEEN (12 – 19)                | <input type="checkbox"/> TEEN LAW & FIRE / MILITARY           |
| <input type="checkbox"/> JUNIOR (20-23)                | <input type="checkbox"/> JUNIOR LAW & FIRE/MILITARY           |
| <input type="checkbox"/> OPEN (ANY AGE)                | <input type="checkbox"/> OPEN LAW & FIRE/ MILITARY            |
| <input type="checkbox"/> SUB-MASTER (35-39)            | <input type="checkbox"/> SUB-MASTER LAW & FIRE /MILITARY      |
| <input type="checkbox"/> MASTER (40 AND OVER)          | <input type="checkbox"/> MASTER LAW & FIRE /MILITARY          |
| <input type="checkbox"/> LIFETIME MASTER (40 AND OVER) | <input type="checkbox"/> LIFETIME MASTER LAW & FIRE /MILITARY |

**AAU INTERNATIONAL EQUIPPED Bench Press**

**Check the box to the left of each Division you wish to compete in:**

- |  |   |
|--|---|
| <input type="checkbox"/> SPECIAL ATHLETE               | <input type="checkbox"/> YOUTH (UP TO 11)                     |
| <input type="checkbox"/> TEEN (12 – 19)                | <input type="checkbox"/> TEEN LAW & FIRE / MILITARY           |
| <input type="checkbox"/> JUNIOR (20-23)                | <input type="checkbox"/> JUNIOR LAW & FIRE/MILITARY           |
| <input type="checkbox"/> OPEN (ANY AGE)                | <input type="checkbox"/> OPEN LAW & FIRE/ MILITARY            |
| <input type="checkbox"/> SUB-MASTER (35-39)            | <input type="checkbox"/> SUB-MASTER LAW & FIRE /MILITARY      |
| <input type="checkbox"/> MASTER (40 AND OVER)          | <input type="checkbox"/> MASTER LAW & FIRE /MILITARY          |
| <input type="checkbox"/> LIFETIME MASTER (40 AND OVER) | <input type="checkbox"/> LIFETIME MASTER LAW & FIRE /MILITARY |

**AAU INTERNATIONAL EQUIPPED Dead Lift:**

**Check the box to the left of each Division you wish to compete in:**

- |  |   |
|--|---|
| <input type="checkbox"/> SPECIAL ATHLETE               | <input type="checkbox"/> YOUTH (UP TO 11)                     |
| <input type="checkbox"/> TEEN (12 – 19)                | <input type="checkbox"/> TEEN LAW & FIRE / MILITARY           |
| <input type="checkbox"/> JUNIOR (20-23)                | <input type="checkbox"/> JUNIOR LAW & FIRE/MILITARY           |
| <input type="checkbox"/> OPEN (ANY AGE)                | <input type="checkbox"/> OPEN LAW & FIRE/ MILITARY            |
| <input type="checkbox"/> SUB-MASTER (35-39)            | <input type="checkbox"/> SUB-MASTER LAW & FIRE /MILITARY      |
| <input type="checkbox"/> MASTER (40 AND OVER)          | <input type="checkbox"/> MASTER LAW & FIRE /MILITARY          |
| <input type="checkbox"/> LIFETIME MASTER (40 AND OVER) | <input type="checkbox"/> LIFETIME MASTER LAW & FIRE /MILITARY |

NAME: \_\_\_\_\_

**ABSOLUTELY NO REFUNDS ALLOWED**

**ENTRY FEE:** (Includes One Division) \$75 = \_\_\_\_\_

**TEAM ENTRY FEE:** (Per Division) \$75 = \_\_\_\_\_

**CROSSOVER FEES:** NUMBER OF CROSSOVERS x \$40 = \_\_\_\_\_

**LATE FEE:** IF RECEIVED AFTER February 29, 2012 \$25= \_\_\_\_\_

Applications received after February 29, 2012 without the late fee will **NOT** be accepted

**TOTAL AMOUNT ENCLOSED: (NO REFUNDS)** \_\_\_\_\_

MAKE CHECK OR MONEY ORDER PAYABLE TO: **BIG IRON Fitness & Rehab LLC**

SEND COMPLETED APPLICATION TO  
**DAVE MANSFIELD**  
**58 HOLMES TERRACE**  
**HANSON, MASSACHUSETTS 02341**

QUESTIONS, CONTACT:  
Big Iron Powerlifting [BigIronPowerlifting@comcast.net](mailto:BigIronPowerlifting@comcast.net)  
Dave Mansfield 781-294-4201  
Rich DeLeon 781-789-9511

NAME: \_\_\_\_\_

### **Release, Waiver of Liability, Assumption of Risk, Indemnity, and parental Consent Agreement ("agreement")**

In consideration of being permitted to participate in an Amateur Athletic Union of the U.S. Inc. activity ("activity") I, my personal representatives, assigned heirs and next to kin:

1. **ACKNOWLEDGE**, agree, and represent that I understand the nature of the activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe; I will immediately discontinue further participation in the activity.
2. **FULLY UNDERSTAND** that: (a) **ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks")**; (b) these Risks and dangers may be caused by my own actions or the actions of others participating in the activity, the condition in which the activity takes place, or **THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW**; there may be **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time; and **I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation or that of the minor in the activity.
3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the Amateur Athletic Union of the U.S. Inc. (AAU), including its parent company, related affiliated and subsidiary companies of each, as well as the officers, directors, agents, employees and assigns of each, and the AAU's Associations, clubs, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, and any other party indemnified and held harmless by the AAU, (each considered one of the **"RELEASEES"** herein) **FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE** that if, despite this **RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I**, or anyone on my behalf, makes a claim against any of the Release's, **I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES** from any litigation expense, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

**I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.**

Printed name of participant: \_\_\_\_\_ Phone: \_\_\_\_\_

Participant's signature (only if age 18 or over): \_\_\_\_\_ Date: \_\_\_\_\_

#### **Minor's RELEASE**

**AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE. I THE MINOR OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAME ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.**

Printed name of parent or Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip Code

Parent/guardian signature (only if participant is under the age of 18): \_\_\_\_\_ Date: \_\_\_\_\_

and  
INTERNATIONAL EQUIPPED BENCH PRESS AND EQUIPPED DEADLIFT CHAMPIONSHIPS

Holiday Inn Rockland  
929 Hingham Street  
Rockland, MA

**INFORMATION SHEET**

QUESTIONS, CONTACT:

Big Iron Powerlifting

Dave Mansfield 781-294-4201

Rich DeLeon 781-789-9511

E-MAIL: [BigIronPowerlifting@comcast.net](mailto:BigIronPowerlifting@comcast.net)

**ENTRY DEADLINE**

February 29, 2012 – **Applications received after this date will incur a \$25 fee**  
**Please do not send your application by certified mail.**

**WEIGHT CLASS:**

Women – 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+

Men - 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+

**DIVISIONS**

Teen /Juniors/Open (All Ages) /Sub-Masters /Masters /Military /Law & Fire /Lifetime / Special Athlete

**LIFTING ATTIRE:**

One-piece lift suit (wrestling singlet) is mandatory for all lifters. For more information go to [www.aausports.org](http://www.aausports.org) – click handbook, then costume.

**CONTEST:**

Full power, push-pull, single lift bench & deadlift meet. AAU rules apply

Raw lifting will be on Saturday March 10, 2012 all weight classes male and female

Equipped lifting will be on Sunday March 11, 2012 all weight classes male and female

Meet may run in sessions or flights (to be determined week prior to meet)

**MANDATORY EQUIPMENT CHECK AT WEIGH-IN'S**

Kilogram plates will be used on the competition platform.

**DO NOT CALL AND ASK WHO IS IN YOUR WEIGHT CLASS.** There will be a lifter's program posted after weigh-in at the meet.

**REGISTRATION/WEIGH-IN:**

Sunday March 11<sup>th</sup> 6:30-8:30 a.m.

All lifters **MUST** Register by 8:00 am the day of the meet (NO EXCEPTIONS)

**RULES BRIEFING:** 8:00 a.m. prior to start of competition. **ALL LIFTERS MUST ATTEND THE RULES BRIEFING**

**LIFTING STARTS:**

9:00 a.m. SHARP

**SPECTATOR'S FEE:**

\$5.00 per person per day, children 12 and under free

**AWARDS:**

Awards will be awarded for 1<sup>st</sup>-3<sup>rd</sup> place in all divisions, weight classes  
Awards will be awarded for 1<sup>st</sup>-3<sup>rd</sup> place teams.

**RECORDS:**

Breaking / setting records will require proof of age at the end of the meet. American records may be broken at this meet.

**ENTRY FEE:**

\$75.00 for registration and \$40.00 for each additional crossover.  
\$75.00 for Team entry, all lifters must be entered

**ELIGIBILITY:**

All contestants must be current AAU members. Cards may be purchased online at [www.aausports.org](http://www.aausports.org) Annual membership expires August 31<sup>st</sup> of each year. Purchase your membership card after September 1<sup>st</sup>. \$32.00 (adults), \$12.00 (ages 19 & under). Any coach that will be in the lifting area or on the platform with their athlete must have a coach's pass also (\$12.00)

**RULES:**

All AAU rules apply. See [www.aausports.org](http://www.aausports.org) –click on handbook for lifters

**DRUG TESTING:**

Athletes must sign a drug waiver form at the time of weigh-in. Failure to do so will disqualify you from the competition. Leaving prior to the announcement of drug testing participants will disqualify you from the competition and you will forfeit all records that were obtained during competition.

**LOCATION:**

Holiday Inn Rockland  
929 Hingham Street  
Rockland, MA

**AIRPORTS:**

TF Green International, Warwick, RI  
Logan International, Boston, MA

**MEET HOTEL:**

Holiday Inn Rockland  
929 Hingham Street  
Rockland, MA  
1-781-871-0545

A limited block of rooms have been reserved; mention that you are lifting at the AAU Nationals