

2020 AAU Battle of Los Angeles, Weightlifting and Powerlifting

Date: Saturday, January 18, 2020 Cost: \$50

Location: Academy of Strength and Sport 5351 W. Adams Blvd, Los Angeles, CA 90016 323-424-3441 or 310-906-9688



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.

Military Nationals Open to Active Duty, Retired, Reserves, DOD and Dependents

Divisions: **WEIGHTLIFTING AND POWERLIFTING, Bench, Deadlift, Pushpull**

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) ,

POWERLIFTING WEIGHT CLASSES IN POUNDS

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+

WEIGHTLIFTING WEIGHT CLASSES in KILOS

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 **Sub Masters & Masters**

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 **Sub Masters & Masters**

Weigh-ins: Early weigh-ins is 6:00-7:00 PM the night before group lifters. Regular weigh-ins is 7:00 am to 8:30 am the morning of the applicable lifting session. See lifting schedule

Lifting Schedule : 8:30 A.M Weightlifting & Powerlifting

Awards: Plaques First thru Fifth (MINIMUM) Best lifter awards in many divisions
National Medals in Military Nationals

TEAM AWARDS : Team entry fee \$40, but all team members must be entered separately !!!!!!!

Fees: \$50 for first division entered in powerlifting or weightlifting. \$30 for BOTH \$30 crossover, for each additional class

Those lifting in both meets, every class after the first is treated as a crossover

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

SINGLET REQUIRED FOR POWERLIFTING, PREFERRED FOR WEIGHTLIFTING IN BATTLE OF LOS ANGELES, REQUIRED IN MILITARY NATIONALS !!!!!

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

ENTRY DEADLINE IS January 12th 2020 - LATE ENTRIES WILL NOT BE ACCEPTED!

NO REFUNDS Make checks or money orders payable to:

Academy of strength and sport
5351 W. Adams Blvd, Los Angeles, CA 900
323 424 3441

E-MAIL academyofstrengthandsport@gmail.com

MEET WILL BE CAPPED AT 50 WEIGHTLIFTERS AND 50 POWERLIFTERS

2020 AAU Battle of Los Angeles, Weightlifting and Powerlifting

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

WEIGHTLIFTERS

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

Open: _____ Teen _____ Youth _____

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

Military _____ Lifetime Masters _____

POWER LIFTERS

PLACE "P" for Powerlifting "B" for Bench, "D" for Deadlift, "C" For Pushpull
in appropriate block!

Equipped

Open: _____ Teen _____ Youth _____

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

Lifetime _____ Lifetime Masters _____

Raw

Raw Open: _____: _____ Raw Teen: _____ Raw Youth: _____

RAW HIGH SCHOOL _____

Raw Junior _____ Raw Sub Master: _____ Raw Master: _____

Raw Lifetime _____ Raw Lifetime Masters _____

Raw Military/ Law/Fire/Military: _____ Disabled: _____ (specify, Dwarf, Blind, Wheel
Chair) High School _____

AAU Powerlifting and 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