

2010 AAU Gold Cup Bench, Deadlift and Push/Pull Championships



GRAND SIERRA RESORT CASINO & CONVENTION CENTER

Reno Nevada

YOU MAY EITHER BENCH, DEADLIFT OR PUSH/PULL OR ALL COMBINATIONS!

Date: Nov 11-12 2011

Location: GRAND SIERRA RESORT
CASINO & CONVENTION CENTER

THIS EVENT IS PART OF A MULTI-SPORT FESTIVAL HOSTED BY THE ABA/INBA Natural Bodybuilding
OVER 40 COUNTRIES WILL BE REPRESENTED AT THE NATURAL OLYMPIA BODYBUILDING

Testing: Drug Tested Event! [National Center for Drug Free Sport](#)

Eligibility: Must be a current member of the AAU. [Open to lifters from all countries](#)

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 5 year increments) **Raw Lifetime Masters** (5 Yrs) **Military/ Law Enforcement**(active, retired, reserves)

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, shw

Weigh-ins: Early weigh-ins is 6:00-7:30 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 Sched: 9:00 A.M: 11/11/2010 all **Women plus Men 165 and below and HIGH SCHOOL**
9:00 A.M 11/112/2010 for **Men 181-SHW**

Awards: Trophies/Awards First thru Fifth (MINIMUM) Best lifter awards in many divisions
Team Trophies first thru fifth

Fees: \$70 for first division entered \$35 crossover, for each additional class
All lifters must have a current AAU membership card \$32 adult \$14 youth

AAU CARDS **AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG `ALL CARD MUST BE BOUGHT ONLINE!**

Hotel Info: GRAND SIERRA RESORT CASINO & CONVENTION CENTER

Hotel special rates of \$69.00 for a luxurious Summit room (Single/Double Occupancy), Must make reservations by October 22nd

Guest Code: Natural Olympia

Call for Reservations: 800-648-5080 or
online at: www.grandsierraresort.com

Spectator Fee: \$20 gets you into the entire expo, except Bodybuilding show

Video Tapes: NO OUTSIDE VIDEOING ALLOWED

ENTRY DEADLINE IS OCT 25 2010 - LATE ENTRIES WILL NOT BE ACCEPTED!

No refunds!

Make checks or money orders payable to:

DENNY KAKOS

PO BOX 78177

Corona, CA 92877

951-734-3900

inba@naturalbodybuilding.com

MEET WILL BE CAPPED AT 100 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

A.A.U. World Cup Bench, Push/Pull and Deadlift

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

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

Equipped

Open: _____ Teen _____ Youth _____

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

Lifetime _____ Lifetime Masters _____ Novice _____

Raw

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

RAW HIGH SCHOOL _____

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

Raw Lifetime _____ Raw Lifetime Masters _____

Raw Law Enforcement/Raw Military: _____ Raw Novice _____

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