



# 2023 Orchard Powerlifting Meet

April 1, 2023 • Orchard, Nebraska

Sponsored by: AAU Nebraska Powerlifting Club

Orchard School  
4<sup>th</sup> & Rusk  
Orchard, NE 68764



## FOR MORE INFORMATION

Jeff Shabram  
PO Box 72  
Orchard, NE 68764  
(402) 893-3033 or  
email:  
[jeffshabram@verdigrepublicschool.org](mailto:jeffshabram@verdigrepublicschool.org)

## SCHEDULE OF EVENTS:

Friday, March 31  
Early Weigh In – 6:00 – 7:30 pm.

Saturday, April 1, 2023  
7:00-8:30 a.m. - Equipment check & weigh-ins,  
9:00 a.m.- Lifting begins

**ENTRY DEADLINE: March 20, 2023. Entries postmarked after deadline must pay \$15 late fee. Please have late entries in by March 24, 2023**

**ENTRY FEE:** \$40.00 per open/adult lifter, \$25 for each additional contest  
\$25 for Teenage Lifters (Age 10 – 19) \$15 for each additional contest

**DIVISIONS:** Mens Open, Womens Open, Mens Teen, Womens Teen, Mens Master, Womens Master

**CONTESTS:** Powerlifting (all 3 lifts);  
Bench Press;  
Ironman (Bench + Deadlift)

**CATEGORIES:** Raw (belt only – no knee wraps or supportive suits)  
Equipped (singly ply supportive suits & wraps allowed)

## WEIGHT CLASSES:

**Men** -114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, & 308+  
**Women** – 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+  
**Youth/Teen** – 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, & 308+

**AWARDS:** 1<sup>st</sup> – 5<sup>th</sup> medals in each weight class and contest. Best Lifter Awards for Powerlifting.

**TEAM AWARDS:** Boys team; Girls team; Co-ed team (\$40 team entry fee due by entry deadline.)

Visit the following websites for more info

<https://aaustrengthsports.org/>

[www.AAU-NE.com](http://www.AAU-NE.com)

AAU Registration : <https://aausports.org/Join-AAU>  
Club Code : W37AWC

## MOTELS:

Orchard Motel  
E. US Highway 20  
Orchard, NE 68764  
1-402-893-2165

Super 8 Motel  
106 E US Highway 20  
O'Neill, NE 68763  
1-402-336-3100

Holiday Inn Express  
1020 E Douglas St.  
O'Neill, NE 68763  
1-402-336-4500

**T-SHIRTS:** Meet shirts are available for \$12 & \$14. Please Preorder shirts for no shipping costs. Orders will be taken at the meet with a shipping fee.

**EQUIPMENT:** This meet will use ER type Squat and Bench equipment and Ivanko Kilo weights.

**RULES:** Rules will be those of AAU Powerlifting.  
Youth and teenage can lift in team/school t-shirt and shorts.  
Note: Shorts cannot be over the knee.

For a copy of the rules to be used please contact the meet director or the AAU Website:  
<http://image.aausports.org/dnn/strengthsports/2016/AAUPowerliftingRuleBook.pdf>

**ELIGIBILITY:** Open to ALL AAU lifters. This meet is sanctioned by AAU and all entrants must be registered with AAU. Registration can only be done online prior to the meet with a valid credit card.

Registration for Adult Lifters is \$28.00.  
Youth/Teenage registration is \$14.00.  
Coach/Judge registration is: \$14.00.  
Registrations will be valid through Sept 1, 2023.

Return with Entry Fee – Deadline March 20, 2023

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

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE#: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

BEST LIFTS: SQUAT \_\_\_\_\_ BENCH \_\_\_\_\_ DEADLIFT \_\_\_\_\_ WEIGHT CLASS: \_\_\_\_\_

AAU Membership # \_\_\_\_\_

**CONTEST ENTERED**

**Powerlifting**

	Men	Women
Open	<input type="checkbox"/>	<input type="checkbox"/>
Youth/Teen	<input type="checkbox"/>	<input type="checkbox"/>
Master	<input type="checkbox"/>	<input type="checkbox"/>

**Bench**

	Men	Women
Open	<input type="checkbox"/>	<input type="checkbox"/>
Youth/Teen	<input type="checkbox"/>	<input type="checkbox"/>
Master	<input type="checkbox"/>	<input type="checkbox"/>

**Ironman**

	Men	Women
Open	<input type="checkbox"/>	<input type="checkbox"/>
Youth/Teen	<input type="checkbox"/>	<input type="checkbox"/>
Master	<input type="checkbox"/>	<input type="checkbox"/>

**Adults:** \$40 first contest, \$25 each  
**(open)** additional contest

**Teen:** \$25 first contest, \$15 each  
additional contest

**CATEGORY ENTERED**

Raw	Equipped
<input type="checkbox"/>	<input type="checkbox"/>

**T-SHIRTS**

\_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL (\$12 each)  
\_\_\_ XXL \_\_\_ XXXL (\$14 each)

Total Shirts = \$ \_\_\_\_\_  
+ Entry Fees \$ \_\_\_\_\_  
+ Team Fees \$ \_\_\_\_\_  
Total Enclosed \$ \_\_\_\_\_

**Send Entry Form & Fee to:**

Jeff Shabram  
PO – Box 72  
Orchard, NE 68764

**RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST**

IMPORTANT: read this release carefully. When you sign it you will be giving up important legal rights. In consideration of the acceptance of my entry in this Powerlifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. I signing this release from liability I waive and release everyone connected with competition from any and all liability, including any results of negligence which may arise from this competition

**DRUG TESTING CONSENT FORM  
FOR  
AMATEUR ATHLETIC UNION POWERLIFTING**

(Print Name Here)

I \_\_\_\_\_ understand that in order to participate in this event or any Amateur Athletic Union Powerlifting (AAUPC) event Amateur Athletic Union Powerlifting (AAUPC) event, and having read the Adult Substance Abuse Program Summary, do hereby consent to be drug tested by urinalysis. I further agree that if I have a positive result, refuse to be tested or fail to appear for testing that I will automatically be disqualified from this event and any future AAUPC event and may be subject to further penalties and or sanctions under the rules of the AAU Code Book. I also understand that if I test positive, refuse to be tested or fail to appear for testing, that I am eligible for a AAU Review Board hearing to challenge these results, my refusal to be tested, or my failure to appear. If after the hearing, and I am found in non-compliance with AAU Powerlifting Substance Abuse policy, I consent to the publication of my positive test results, refusal to be tested or failure to appear, on the AAUPC web page at the AAU web site. I understand and agree that both the collection process and the testing procedures will be performed by a third party (not AAU Powerlifting or the AAU), and in accordance with AAU Powerlifting policy, I agree that this Drug Testing Consent form will be in effect for one (1) year from the date of its signing. The parties agree that if any part of this consent form shall be deemed invalid and or unenforceable, the remainder of said consent shall remain in full force and effect. I have read this consent form and fully understand and agree with its contents. I also understand, if I am selected to be tested, that I may be required to sign this document again.

TODAY'S DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

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

PARENT (if under 18) \_\_\_\_\_ SIGNATURE \_\_\_\_\_

WITNESS (if adult lifter) \_\_\_\_\_

- 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](http://www.aausports.org) to obtain their membership.