



**August 23, 2025, 29th Annual AAU Bull Stewart Alki Beach Classic, Powerlifting,  
Bench Press, Deadlift, Push/Pull Championship, Battle on the Beach!  
Feats of Strength: Double Deadlift**

**Alki Beach Bath House 2701 Alki Ave. SW, Seattle, WA. 98116 Across from Spud Fish  
There will be Booth Space Available! \$50 (payment info below)**

**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 adults, \$14 youth.**

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

**Divisions for Competitive Double Deadlift teams category, both lifters must be in same division OR compete Open.**

**Youth (6-7,8-9,10-11,12-13) 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 5yrs increments) Raw Lifetime Masters (5 yrs) Military/ Law/Fire/Military (active, retired, reserve), Disabled by weight and age Blind/Dwarf-Wheel Chair & High School.**

**Weight Classes(lbs): 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: Friday August 22nd, 8am-12 & 6-7:30pm at Stewart Performance Center, 9460 Rainier Ave S, Seattle WA 98118, 206-854-2678. No weigh in on the day of the meet!**

**Rules Briefing: Noon for Double Deadlift. Lifters must arrive to check in by noon, warm up by Flight group assignment**

**Lifting Schedule: Powerlifting starts 9 am and may run past 1 pm. Double Deadlift will commence after short break between events, but expect first Flight group to start by 1:30pm. Awards Ceremony immediately following**

**AAU CARDS AVAILABLE ONLINE AT [WWW.AAUSPORTS.ORG](http://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 August 9, 2025 - LATE ENTRIES \$25! NO ENTRY AFTER August 16, 2025**

**NO REFUNDS!!!!**

**Make Checks Payable to Bull R.**

**Mail to Bull Stewart, 3913 South Orcas St. Seattle, WA, 98118**

**Contact: Bull Stewart 206-854-2678 cell**

**E-Mail [bullstewart@hotmail.com](mailto:bullstewart@hotmail.com)**



**You can call in and pay by CREDIT CARD, CASH APP or VENMO & E-Mail me your application!  
(Venmo: @Andrew-Stewart-192)**

**ONLY TAKING THE FIRST 50, EVENT WILL BE CAPPED AT 50 LIFTERS!**



August 23rd 2025, 29th Annual AAU Bull Stewart Alki Beach Classic  
"Battle on the Beach!"  
Double Deadlift Entry Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ A.A.U.# \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Weight Class \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B. \_\_\_\_\_ SEX\* \_\_\_\_\_  
E-Mail address \_\_\_\_\_  
Team Name \_\_\_\_\_

Circle Appropriate-one-PLACE\*\* (A) Competitive Double Deadlift (B) Recreational Double Deadlift (C) Double Deadlift Youth (both lifters under 18)

Weight Class \_\_\_\_\_  
Open: \_\_\_\_\_ Teen \_\_\_\_\_ Youth \_\_\_\_\_  
Junior \_\_\_\_\_ Sub-Master \_\_\_\_\_ Master \_\_\_\_\_ Military/ Law/Fire/Military \_\_\_\_\_  
Disable \_\_\_\_\_ (Specify, Dwarf, Blind, Wheelchair), Special Olympic \_\_\_\_\_  
Lifetime \_\_\_\_\_ High School \_\_\_\_\_ Lifetime \_\_\_\_\_

**Entry Fees:** Competitive/Recreational Entry \$120 per team (\$60 per lifter). Youth (both lifters under 18 at time of meet) Entry \$90 per team (\$45 per lifter)

**Pre Order Meet T-Shirts** \$20 dollars for all pre-orders! \$25 dollars at the Meet.

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

Amount Enclosed (Entry Fee + T-Shirt) \$ \_\_\_\_\_

**Make Check Payable** to Bull R. Care of Bull Stewart, 3913 South Orcas St, Seattle, WA. 98118  
(credit card, Venmo, and CashApp payments accepted, contact info on page 1)

### 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 (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 (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  
Bull Stewart-AAU Director of Strength Sports, Mark Bryant-PL State Chair

\* Per AAU Rules, Competitive Lifters must choose Male/Female. Recreational Lifters may choose any gender

\*\*See Double Deadlift Competition Rules and Guidelines Form for Category Definitions

**The 29<sup>th</sup> Annual AAU Bull Stewart Alki Beach Classic**  
**is proud to introduce the Expositional Feats of Strength Sport**

**“The Double Deadlift”**

**August 23<sup>rd</sup>, 2025**

Detailed here are the categories, rules and guidelines as approved by the Amateur Athletic Union (AAU) as of April 2025

**1. Entrant Categories by Definition**

**A. “Recreational”:** Weight, sex, age undefined and unlimited (unless a safety issue as listed in rules or as noted by director or judges). Standard deadlift lift rules apply. Standard weigh-in protocol is followed, including gear check, and totals of lifts will be recorded at time of event. There is no record setting or breaking.

**B. “Competitive”:**

**Weight Class and Sex:** is defined by AAU federation rules, as is drug/non-drug testing.

**Division:** is set at “Open” if both lifters are not in the same age division.

Standard deadlift rules apply. Standard weigh-in protocol is followed including gear check. Lifters must both be in same weight class and same sex; if one lifter does not make weight, the team may compete at the heavier weight class. Totals of lifts will be recorded, and at this time, State/National records can be set or broken.

**2. Gear and Safety:** As defined by AAU federation rulebook. It is highly recommended both lifters are roughly the same height OR their hip height/lockout bar height is within an inch or so of each other. Director reserves the right to disqualify lifters if there is a potential for serious injury due to height discrepancies.

Recreational lifters may wear non-sanctioned clothing (“costumes”) as long as its not a safety issue on the platform, or impedes the deadlift. All lifters are required to wear knee high socks and footwear per rulebook. Weight lifting belts are not mandatory but are recommended; make sure your belt is competition approved (see rules: 10mm leather belt is acceptable).

**3. Lift Records:** as defined by AAU federation. Lifters must record first attempt number by weigh-in; competitive lifters must note if lift is a State/National Record. Lift attempts follow protocol of rulebook, including recording of next lift attempt and time clock protocols. Only Competitive lifters receive a fourth attempt. All lifts are recorded in kilos.

**4. Scoring (applies to Competitive category):** Recreational category lifts are recorded but not scored. Competitive lifts are both recorded, ranked and scored by the following:

**A. Open Division:** Total lift weight is divided and that number applied to the weight class of the lightest lifter. This is used to rank Male/Female lifters in the Open Division DDL Teams. In case of a tie, team with the lightest lifter at weigh in will win.

**B. Specific Divisions/Weight Classes:** If both lifters are in the same division, they may compete in that category. However, if they are not in the same weight class, they must compete in the class of the heavier lifter. Total lift weight is taken in consideration for scoring/records. In the case of a tie, lift weight is divided and applied to the lightest lifter (as recorded at weigh in).

**C. Good/Bad Lift:** as defined by AAU rules, a lift is good if it receives 2-3 white lights by the three attending judges. If a lift receives 2 red lights, it will not count (bad lift). Please see AAU rules on lift attempts and how to contest or redo a bad lift. Each team has 60 seconds on the platform from the call “Bar is Loaded” to complete their lift. After a lift is complete, each team has 60 seconds to set their next lift at the judges table, otherwise next lift defaults to 2.5kilos up from last successful lift.

**5. Long Bar:** Teams using a long bar must request use of a long bar before event, otherwise they must use standard competitive bar. Competitive teams cannot use a long bar.

**ALL LIFTERS MUST ACQUIRE AAU MEMBERSHIP AND BE IN GOOD STANDING.** To purchase membership, please go to: <https://aausports.org/membership/>

**For AAU Powerlifting Rules Please Go to:**

<https://image.aausports.org/dnn/strengthsports/2016/AAUPowerliftingRuleBook.pdf>

## Additional Information and Clinics

**“The Double Deadlift” website:** [www.thedoubledeadlift.com](http://www.thedoubledeadlift.com)

All things double deadlift! History, rules, training tips, events, all here in one location!

**The Double Deadlift Instagram account:** @thedoubledeadlift

**Double Deadlift Clinics are being held at Stewart Performance Center in Seattle; no experience necessary!**

1. Saturday, June 28<sup>th</sup>, noon – 1 pm. Coaches Bull Stewart and Kyle Abernethy attending. Learn proper set up, cues and syncing! Long bar available at request

Fee: \$25 per lifter, nonrefundable.

2. Saturday, August 9<sup>th</sup>, noon- 1 pm. Coaches Bull Stewart and Kyle Abernethy attending. Learn proper set up, cues and syncing! Long bar available at request

Fee: \$25 per lifter, nonrefundable.

**Location:** Stewart Performance Center, 9460 Rainier Ave S, Seattle 98118

**To Sign Up:** Call SPC at 206-854-2678 or email [DDL Clinic](mailto:DDL_Clinic).

Payment via Venmo or CC

**For more information about the Alki Beach Classic Event**

Contact Andrew “Bull” Stewart, director: [bullstewart@hotmail.com](mailto:bullstewart@hotmail.com)

General double deadlift questions: [doubleddeadlift@gmail.com](mailto:doubleddeadlift@gmail.com)



2023 Alki Beach Classic