

BRIAN WELKER ENGINEERING AND ROCKY McCULLOUGH/GOODSON HONDA
PRESENT THE
WABDL® - GLC DIRECT NATIONAL PUSH-PULL CHAMPIONSHIPS
SHERATON CRESCENT HOTEL – 2620 WEST DUNLAP AVENUE - PHOENIX AZ 85021
SATURDAY, JUNE 12, 2010

NAME _____ MALE _____ FEMALE _____
ADDRESS _____ PHONE (____) _____-_____
CITY _____ STATE/COUNTRY _____ ZIP _____
WT. CLASS _____ BIRTH DATE: __ __ / __ __ / __ __ AGE: _____ EMAIL: _____

NOTE: YOU MAY ENTER EITHER BENCH PRESS OR DEAD LIFT OR BOTH, BUT YOU DO NOT HAVE TO DO BOTH. YOU MAY LIFT IN ONE OR TWO DIVISIONS OF THE BENCH PRESS OR DEAD LIFT OR BOTH.

IMPORTANT CHANGE: WABDL will now be keeping both single-ply and double-ply records. YOU MUST INDICATE ON THIS ENTRY WHETHER YOU WILL BE LIFTING SINGLE-PLY OR DOUBLE-PLY IN THE BENCH PRESS. **You must choose one or the other for the competition. You may not choose one for one division and the other for a second division**

BENCH DIVISION one-ply two-ply 1: _____ 2: _____

DEAD LIFT DIVISION 1: _____ 2: _____

PROGRAMS ARE \$5: I WOULD LIKE ONE ___ YES; ___ NO
T-SHIRTS: ARE \$15 (PLEASE INDICATE QUANTITY OF ORDER)
3X ___ 2X ___ XL ___ L ___ M ___ S ___ – BLACK

3X ___ 2X ___ XL ___ L ___ M ___ S ___ – WHITE

3X ___ 2X ___ XL ___ L ___ M ___ S ___ – BLUE

This is a World Championship Qualifier: The top three finishers in every weight class of every division qualify for the World Championship in 2010 in Las Vegas, NV, at the Las Vegas Hilton Hotel, November 16-21

LONG-TERM MAJOR SPONSORS OF WABDL®:

BRIAN WELKER OF WELKER'S COMPETITIVE EDGE GYM – BRIAN@COMPETITIVEEDGEGYM.COM

ROCKY McCULLOUGH OF GOODSON AUTO GROUP – HONDA – (832) 513-4803

JON DOYLE OF USP LABS – WWW.USPLABSDIRECT.COM

ALAN THOMAS OF APT INC. PRO WEIGHT LIFTING GEAR – WWW.PROWRISTSTRAPS.COM - APT@PROWRISTSTRAPS.COM OR TOLL FREE 1-888- 236-1258

SHAWN MADERE OF GLC DIRECT – (866) 452-3473 WWW.GLCDIRECT.COM

PETE ALANIZ AND KEN ANDERSON OF TITAN SUPPORT SYSTEMS – (972) 250-4433 – WWW.ANDERSONPOWERLIFTING.COM

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CHET GROSKREUTZ OF IVANKO BARBELL – (310) 514-1155 WWW.IVANKOBARBELL.COM

GRACE CLONINGER OF HOP WEST - (775) 674-0674

THIS CONTEST WILL BE DRUG-TESTED WITH 10% OF THE HIGHEST COEFFICIENTS BEING SELECTED. EVERY LIFTER MUST HAVE A ONE-PIECE LIFTING SUIT THAT CANNOT BE EXCESSIVELY LOOSE. EVERY LIFTER WILL BE REQUIRED TO HAVE A CURRENT WABDL CARD THAT MAY BE PURCHASED FOR \$40. (TEEN CARDS ARE \$30). MAIL CARD FEE TO GUS RETHWISCH AT P.O. Box 27499 - GOLDEN VALLEY, MN 55427 MAKE CHECKS PAYABLE TO WABDL.

ENTRY DEAD LINE: ENTRY FEE AND ENTRY FORM MUST BE IN HAND BY MAY 25, 2010. NO FAXED OR TELEPHONE ENTRIES WILL BE ACCEPTED. A LATE FEE OF \$20 WILL BE CHARGED FOR ALL ENTRIES RECEIVED BETWEEN MAY 26, 2010 AND JUNE 5, 2010. NO ENTRIES ACCEPTED AFTER JUNE 5, 2010. PLEASE EXPRESS MAIL ANY ENTRY THAT MIGHT BE LATE. SEND ENTRY TO GUS RETHWISCH AT P.O. Box 27499 - GOLDEN VALLEY, MN 55427. MAKE CHECKS PAYABLE TO WABDL.

ENTRY FEE: \$55.00 FOR EITHER BENCH OR DEAD LIFT (ONE DIVISION); OR \$100.00 FOR TWO DIVISIONS – ONE BENCH AND ONE DEAD; OR TWO BENCH OR TWO DEAD. IF YOU DO THREE DIVISIONS (TWO IN BENCH, ONE IN DEAD LIFT, FOR EXAMPLE) THE FEE IS \$140.00. IF YOU DO TWO DIVISIONS IN BOTH BENCH AND DEAD LIFT, FEE IS \$165.00. (THAT IS A TOTAL OF FOUR TROPHIES.) TEENAGE ENTRY FEE IS \$40.00 FOR ONE EVENT, \$75.00 FOR TWO DIVISIONS OR ONE IN BENCH AND ONE IN DEAD LIFT, \$95.00 FOR THREE DIVISIONS, AND \$110.00 FOR FOUR DIVISIONS.

TEAM: PLEASE CONTACT GUS RETHWISCH FOR DETAILS OR DOWNLOAD THE TEAM ROSTER FROM THE WEBSITE AT **WWW.WABDL.ORG**. TEAM FEE IS \$85.00. THE TEAM ROSTER AND FEE ARE DUE BY MAY 29, 2010.

EQUIPMENT: SEE THE WEBSITE – WWW.WABDL.ORG FOR MORE SPECIFIC DETAILS ON OFFICIAL GEAR AND EQUIPMENT.

DISCLAIMER READ CAREFULLY: WHEN YOU SIGN, LEGAL RIGHTS WILL BE SURRENDERED! I HEREBY, FOR MYSELF AND MY HEIRS RELEASE ANY AND ALL RIGHTS/CLAIMS FOR DAMAGES OR INJURIES I MAY HAVE AGAINST WABDL®, GUS RETHWISCH, THE SHERATON CRESCENT HOTEL, PHOENIX AZ, AND ANY AND ALL PARTICIPATING SPONSORS, SUPPORTERS, REFEREES, SPOTTERS-LOADERS, OR ANY OTHER AUTHORIZED MEET PERSONAL AS A RESULT OF MY TRAVELING TO, PARTICIPATING IN, OR TRAVELING FROM THIS WABDL CONTEST. I MAKE THIS RELEASE AND WAIVER CLAIM WILL FULL KNOWLEDGE OF THE HAZARDS AND INHERENT RISKS ASSOCIATED WITH THE ABOVE MENTIONED COMPETITION. I EXPRESSLY ASSUME THE RISK OF INJURY IF USING THE THUMB-LESS OR "SUICIDE" BENCH PRESS GRIP AND OF ANY AND ALL PROPERTY DAMAGE/LOSS. MOREOVER, I AGREE THAT ANY TESTING METHOD, WHICH GUS RETHWISCH USES TO DETECT THE PRESENCE OF STRENGTH-INDUCING DRUGS, SHALL BE CONCLUSIVE.

_____ (DATE) _____ (PARTICIPANT'S SIGNATURE-IF UNDER 18, PARENT'S SIGNATURE)

OFFICE USE ONLY:

RECEIVED \$ _____ (COVERS: ENTRY FEE _____; CARD FEE _____; T-SHIRT FEE _____; PROGRAM FEE _____) OWES \$ _____ LATE FEE DUE _____ (YES)

PLEASE RETURN THIS PAGE WITH YOUR ENTRY FEE TO THE MEET DIRECTOR

IMPORTANT MESSAGE

WE WILL BE KEEPING ALL TIME LISTS ON TOTALS OF THE BENCH AND DEAD LIFT. HOWEVER, NO RECORD CERTIFICATES WILL BE GIVEN BUT A RANKINGS CERTIFICATE WILL BE GIVEN UP TO TOP 20. THESE TOTALS CAN ONLY BE MADE AT THE NATIONAL PUSH PULL AND WILL INVOLVE ONLY THE FOLLOWING AGE GROUPS FOR MEN AND WOMEN. YOU DO NOT HAVE TO SIGN UP FOR A TOTAL DIVISION. IF YOU DO BENCH AND DEAD LIFT YOU AUTOMATICALLY GET A TOTAL. HOWEVER, AT THE MEET YOU DO NOT HAVE TO DO BOTH.

TEEN 12-15 MASTER 68+
TEEN 16-19
OPEN 20-39
MASTER 40-53
MASTER 54-67

DIVISIONS/WEIGHT CLASSES for Both Bench Press and Dead Lift:

YOU MAY ENTER EITHER BENCH PRESS OR DEAD LIFT, OR BOTH, BUT YOU DO NOT HAVE TO DO BOTH. You may enter one or two divisions in bench and/or one or two divisions in dead lift. You must lift in the division that is contested first. Be sure to write your division and weight class at the top of this entry!

Elite Open Men (Bench Press Only): (Bench Press Only): Any male lifter who has benched higher than the following in any and all sanctioned contests will be in the Elite Open Bench and no longer eligible to lift in Open Men: 114#-303.0, 123#-363.7, 132#-407.7 148#-457.2, 165#-529.0, 181#-562.0, 198#-664.5, 220#-705.2, 242#-727.5 259#-747.5, 275#-788.0, 308#-826.5, SHW-846.5 Lifters may set state records in Elite Open

Open Men: Male lifters will compete in the following weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 259, 275, 308, SHW

Open Women: Female lifters will compete in the following weight classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, and UL (198+)

Class I Men:

BENCH PRESS: Any male lifter who has lifted less than the following in any and all sanctioned contests: 105-242#, 114-275#, 123- 314#, 132-352.5#, 148-385.7#, 165-418.7#, 181-440.7#, 198-468.0#, 220-485.0#, 242- 507.0#, 259- 525.7#, 275-540.0#, 308-556.0#, SHW-573.0#

DEAD LIFT: Any male lifter who has lifted less than the following in any and all sanctioned contests: 105-352#, 114-391#, 123-424#, 132-452#, 148-496#, 165-540#, 181-573#, 198-601#, 220- 628#, 242-650#, 259-667#, 275- 683#, 308-699#, SHW-711#

Junior Men and Junior Women: Any lifter age 20-25 will compete in all weight classes.

Master Men – Master Women: Age groups 40-46, 47-53, 54-60, 61-67, 68-74, 75-79, 80-84, 85-89 and over will compete in all weight classes as specified in Open Men and Open Women.

Law/Fire Men –Law/Fire Women: All weight classes will be contested for Open, Submaster 33-39, Master 40-47, Master 48-55, and Master 56+.

Teen Men and Teen Women: Age groups 12-13, 14-15, 16-17, and 18-19 (new divisions) will be contested in all weight classes including 97# and 105# for Teen 16-19 and 97# & 105# for Teen 12-15. **TEENS AGES 12-15 MAY ONLY LIFT IN TEEN DIVISIONS**

DISABLED MEN AND WOMEN; SPECIAL OLYMPIAN MEN AND WOMEN

WEIGH-INS: FRIDAY, JUNE 11, 2010 - 3:00 P.M. - 8:30 P.M. FOR ALL CONTESTANTS PLEASE MAKE ARRANGEMENTS IN ORDER TO WEIGH-IN ON TIME! NO MORNING WEIGH-INS!

IF YOU ARE LIFTING IN MORE THAN ONE DIVISION, YOU MUST LIFT IN THE DIVISION THAT IS CONTESTED FIRST
TIMES ARE APPROXIMATE AND A FINAL SCHEDULE OF EVENTS, BASED ON THE NUMBER OF CONTESTANTS, WILL BE POSTED IN THE WEIGH-IN ROOM AND/OR PRINTED IN THE PROGRAM. LIFTERS ARE RESPONSIBLE, AS ALWAYS, FOR CHECKING REGULARLY ON THE PROGRESS OF FLIGHTS AND BEING ON TIME FOR THEIR FLIGHTS.

CONTEST: SATURDAY, JUNE 12TH :

RULES BRIEFING:	8:15 A.M.	ALL LIFTERS OF THE DAY
BENCH PRESS:	9:00 A.M.	ALL WOMEN BENCHERS
	10:00 A.M.	TEEN MEN AND JUNIOR MEN
	11:00 A.M.	LAW/FIREMEN AND CLASS 1 MEN
	12:00 NOON	SUBMASTER MEN AND OPEN MEN
	1:00 P.M.	MASTER MEN AND SPECIAL OLYMPIAN AND DISABLED MEN
	2:00P.M.	TROPHY PRESENTATIONS FOR BENCHERS OF THE DAY
DEAD LIFT:	3:00 P.M.	ALL WOMEN DEAD LIFTERS
	3:45 P.M.	LAW/FIREMEN, TEEN MEN AND JUNIOR MEN
	4:30 P.M.	CLASS 1 MEN, OPEN MEN AND SUBMASTER MEN
	5:15 P.M.	MASTER MEN AND SPECIAL OLYMPIAN AND DISABLED MEN
	6:00 P.M.	TROPHY PRESENTATION

WEIGHT CLASS CHANGE: YOU MAY **CHANGE YOUR WEIGHT CLASS UNTIL MAY 25TH** . CALL GUS RETHWISCH AT (503) 901-1622.

HOTEL INFORMATION: THE ADDRESS OF THE HOTEL IS 2620 WEST DUNLAP AVENUE, PHOENIX AZ 85021. FOR **RESERVATIONS** CALL THE SHERATON CRESCENT HOTEL AT (800) 325-3535 OR (602) 943-8200 **BY MAY 11th**. **MENTION THIS CODE: WAB20301- WORLD ASSOCIATION OF BENCHERS.** RESERVATIONS MAY BE ACCEPTED AFTER THIS DATE, BUT THERE IS NO GUARANTEE THAT YOU WILL RECEIVE A NON-SMOKING ROOM, OR THE ROOM TYPE YOU WANT OR THE SPECIAL ROOM RATE. ROOM RATES ARE \$89 FOR SINGLE AND DOUBLE. \$119 FOR CLUB-LEVEL ROOM, INCLUDES EVENING APPETIZER AND CONTINENTAL BREAKFAST. CONTACT GUS IF YOU HAVE PROBLEMS WITH ROOM RESERVATION.

HOTEL DIRECTIONS:

HEAD WEST ON E WASHINGTON ST TOWARD S CENTRAL AVE. SLIGHT LEFT AT W ADAMS ST. TURN RIGHT TO MERGE ONTO I-17 N TOWARD FLAGSTAFF. MERGE ONTO N BLACK CANYON HWY VIA EXIT 207 TO DUNLAP AVE. TURN RIGHT AT W DUNLAP AVE.

FOR ADDITIONAL INFORMATION CONTACT: CALL GUS RETHWISCH AT ((503) 901-1622.