

# KINSLEY ENTERPRISES AND THE PAHRUMP NUGGET HOTEL/CASINO

PRESENT

## THE WABDL® - NEVADA STATE BENCH PRESS AND DEAD LIFT CHAMPIONSHIPS THE PAHRUMP NUGGET HOTEL/CASINO 681 SOUTH HIGHWAY 160, PAHRUMP, NEVADA 89060 SATURDAY, JULY 24, 2010 THIS EVENT WILL BE TELEVISED!

NAME \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_  
CITY \_\_\_\_\_ STATE/COUNTRY \_\_\_\_\_ ZIP \_\_\_\_\_  
WT. CLASS \_\_\_\_\_ BIRTH DATE: \_\_ \_\_ / \_\_ \_\_ / \_\_ \_\_ AGE: \_\_\_\_ (AT CONTEST) 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 KEEP 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: \_\_\_\_\_

T-SHIRTS INCLUDED WITH THE ENTRY. CIRCLE THE SIZE YOU NEED: S-M-L-XL-2XL-3 XL-EXTRA SHIRTS \$15 EACH ADD \$3. FOR 4 XL PROGRAMS \$8.00 \_\_\_\_ YES \_\_\_\_ NO

THIS IS A WABDL® - WORLD CHAMPIONSHIP QUALIFIER: THE TOP THREE FINISHERS IN EVERY WEIGHT CLASS OF EVERY DIVISION QUALIFY FOR THE WORLD CHAMPIONSHIP AT THE LAS VEGAS HILTON HOTEL IN LAS VEGAS NV, NOVEMBER 16 – NOVEMBER 21, 2010.

**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, PO Box 27499, GOLDEN VALLEY MN 55427. CARDS MAY ALSO BE PURCHASED AT WEIGH-IN.**

**ENTRY DEADLINE: ENTRY FEE AND ENTRY FORM MUST BE IN HAND BY JULY 1<sup>ST</sup>. NO FAXED OR TELEPHONE ENTRIES WILL BE ACCEPTED.**

**NO ENTRIES ACCEPTED AFTER JULY 16<sup>TH</sup>. A \$10 LATE FEE WILL BE ASSESSED FOR ALL ENTRIES RECEIVED BETWEEN JULY 1<sup>ST</sup> AND JULY 16<sup>TH</sup>. PLEASE EXPRESS MAIL ANY ENTRY THAT MIGHT BE LATE. SEND ENTRY TO GARY MILLER AT P.O. Box 9010, PAHRUMP, NV 89060. MAKE CHECKS PAYABLE TO GARY MILLER, NOT WABDL.**

**ENTRY FEE:** THE FEE IS \$80 FOR EITHER BENCH OR DEAD LIFT (ONE DIVISION); OR \$145 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 \$195. IF YOU DO TWO DIVISIONS IN BOTH BENCH AND DEAD LIFT, FEE IS \$245. (THAT IS A TOTAL OF FOUR TROPHIES.) TEENAGE ENTRY FEE IS \$75 FOR ONE EVENT, \$125 FOR TWO DIVISIONS OR ONE IN BENCH AND ONE IN DEAD LIFT, \$170 FOR THREE DIVISIONS, AND \$215 FOR FOUR DIVISIONS

**TEAM FEES: \$150 PER TEAM – 10 LIFTERS MAXIMUM ON EACH TEAM. GROUPS MAY HAVE MORE THEN ONE TEAM (NV POLICE/FIRE ONLY)**

**EQUIPMENT:** SEE THE WEBSITE – [WWW.WABDL.ORG](http://WWW.WABDL.ORG) FOR 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, GARY MILLER, THE PAHRUMP NUGGET HOTEL/CASINO, PAHRUMP NV, 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 \_\_\_\_\_;) OWES \$ \_\_\_\_\_

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

**GARY J. MILLER – P.O. Box 9010 – PAHRUMP, NV 89060**

THIS MEET MAY BE ANNOUNCED/TELEVISED ON CHANNELS 3, 5, 8, 13 NATIONWIDE AS WELL AS 18, 30, 41, & 62 THROUGHOUT SOUTHERN NV.

### **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): ANY MALE LIFTER WHO HAS BENCHED HIGHER THAN THE FOLLOWING IN ANY AND ALL SANCTIONED CONTESTS WILL BE IN THE ELITE OPEN BENCH AND WILL NO LONGER BE ELIGIBLE TO LIFT IN ANY OTHER DIVISIONS EXCEPT ELITE OPEN: 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 1 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+ 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 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.

**SUBMASTER MEN – SUBMASTER WOMEN:** MEN AND WOMEN AGES 33-39 WILL COMPETE IN ALL WEIGHT CLASSES

**SPECIAL OLYMPIAN/DISABLED MEN - SPECIAL OLYMPIAN/DISABLED WOMEN:** ALL WEIGHT CLASSES WILL BE CONTESTED

**WEIGH-INS: 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.**

**FRIDAY, JULY 23<sup>RD</sup> 4:00 - 8:00 P.M. AT THE NUGGET HOTEL/CASINO FOR ALL CONTESTANTS. TIMES ARE APPROXIMATE AND A FINAL SCHEDULE OF EVENTS, BASED ON THE NUMBER OF CONTESTANTS, WILL BE POSTED IN THE WEIGH-IN ROOM. LIFTERS ARE RESPONSIBLE, AS ALWAYS, FOR CHECKING REGULARLY ON THE PROGRESS OF FLIGHTS AND BEING ON TIME FOR THEIR FLIGHTS.**

**CONTEST: SATURDAY, JULY 24<sup>TH</sup>**

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

**WEIGHT CLASS CHANGE:** YOU MAY **CHANGE YOUR WEIGHT CLASS UNTIL JULY 14<sup>TH</sup>**. CALL GARY MILLER AT (775) 209-4916.

**1<sup>ST</sup> HOTEL INFORMATION:** THE PAHRUMP NUGGET HOTEL ADDRESS IS 681 SOUTH HWY 160, PAHRUMP, NV 89048. USE THE CODE **PWR** FOR DISCOUNT RATES CALL 1-866-751-6500 FOR RESERVATIONS. OR [WWW.PAHRUMPNUGGET.COM](http://WWW.PAHRUMPNUGGET.COM) TO MAKE YOUR RESERVATIONS. **2<sup>ND</sup> HOTEL INFORMATION:** BEST WESTERN HOTEL ADDRESS IS 1101 S. HWY 160. CALL (775) 727-5100 OR (866) 713-9688. USE CODE **LIFT** TO RECEIVE DISCOUNT ROOM RATE. **3<sup>RD</sup> HOTEL INFORMATION:** THE SADDLE WEST HOTEL ADDRESS IS 1220 SOUTH HWY 160, CALL 1-800-433-3987 USE THE CODE M685681 FOR DISCOUNT ROOM RATES. YOU MAY ALSO USE [WWW.SADDLEWEST.COM](http://WWW.SADDLEWEST.COM) TO MAKE YOUR RESERVATIONS.

**HOTEL/AIRPORT DETAILS:** IF YOU FLY INTO LAS VEGAS YOU WILL NEED TO ARRANGE FOR A RENTAL CAR, OR TAKE A CAB OUT TO PAHRUMP. IF YOU ARE DRIVING FROM LAS VEGAS, TAKE INTERSTATE 15 S TO THE BLUE DIAMOND ROAD EXIT AND FOLLOW SIGNS TO PAHRUMP. THE NUGGET HOTEL/CASINO IS LOCATED AT THE CORNER OF HWY 160 AND HWY 372 (2<sup>ND</sup> TRAFFIC LIGHT)

**FOR ADDITIONAL INFORMATION CONTACT:** CALL GARY MILLER AT (775) 209-4916

**SPECIAL NOTE:** *We are going to have a Free Lifter's Sunday morning breakfast. Friends and family members will be welcome to join in, but are responsible for their own meals.*