

Sonny's 6th Annual WABDL - His Legacy Lives On

**World Association of Bench Press & Dead Lifters Competition
Sunday June 27, 2010
Hawaii Convention Center**

Welcome to our Island in the Middle of the Sea and "Mahalo" for your participation in *Sonny's 6th Annual WABDL!*

This contest will be drug-tested with 10% of the highest coefficients being selected. Every lifter is required to have a one-piece lifting suit that cannot be excessively loose. See other side for more information. **Every lifter is required to have a current WABDL card (adult \$40/teen \$30). Mail card fee to GUS no later than 3 weeks prior to weigh-in: Gus Rethwisch P.O. Box 27499 Golden Valley, MN 55427.** World, National, & State records can be set at this event. This event is also a World Championship Qualifier, which will be held on NOVEMBER 16 - 21, 2010 AT THE LAS VEGAS HILTON. The top 3 finishers in every weight class of every division qualify for the World Championship.

PLEASE DO NOT SUBMIT A WEIGHT YOU CAN'T MAKE. Weight change deadline is May 27, 2010. Any lifter that does not make weight will not receive a trophy, but may lift as a guest lifter and set records.

QUESTIONS: Jocelyn Ronolo 808-387-8776, Mike Saito 808-221-0129

WEIGH-IN: Saturday June 26th, 12:00 pm - 5:00 pm ☆ Hawaii Convention Center ☆ 1801 Kalakaua Avenue ☆ 808-934-3500
NO morning weigh-ins and you MUST bring: 1) equipment for inspection; and 2) current WABDL card.
NO EXCEPTIONS NO EXCEPTIONS NO EXCEPTIONS

NOTE: You can enter either bench press or dead lift or both. You do not have to enter both.

ENTRIES LIMITED TO FIRST 100 LIFTERS!! ENTRY DEADLINE: May 27, 2010

ADMISSION: \$10 (Lifters excluded), Keikis under 12 free, \$8 validated parking for the first 12 hours.

HOTEL POLICY: **NO outside food/drinks/coolers allowed in convention center. (I say "ok", just use discretion.)**

NEAREST HOTEL ACCOMMODATIONS TO NAME A FEW:

Pagoda Hotel, 1525 Rycroft Street (5 minutes drive from Hawaii Convention Center), call 1-800-367-6060, on Oahu call 808-923-4511
Ilima Hotel, 445 Nohonani Street (walking distance from Hawaii Convention Center), full kitchen and free parking included 1-800-801-9366
Ala Moana Hotel, 410 Atkinson Drive (across the street from Hawaii Convention Center), 808-944-4346
DoubleTree Alana Waikiki Hotel, 1956 Ala Moana Boulevard (walking distance from Hawaii Convention Center), www.doubletree.com

****There will be a \$20.00 service charge for returned checks. Do not send cash.**
DO NOT SEND WABDL CARD FEE WITH APPLICATION. SEND CARD FEE TO GUS AT THE ABOVE ADDRESS.
Make checks or money orders payable to: Sonny's WABDL Mail to: PO Box 31332 Honolulu HI 96820**

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Name: _____ **MALE** _____ **FEMALE** _____

Address: _____ **City** _____ **State or Country:** _____ **Zip:** _____

Phone: _____ **Email for confirmation of receipt of application:** _____

BIRTHDATE: ____/____/____ **Age (on 06/27/10):** _____ **Wt. Class:** _____

T-shirt size: _____ **Quantity:** _____ **SM - XL \$14, XXL \$15, XXXL \$16 T-shirt fee: \$** _____ **Entry fee: \$** _____

T-shirt size: _____ **Quantity:** _____ **3 Volume DVD of event \$25** _____

TOTAL ENCLOSED \$ _____

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**

**** (✓) No more than TWO in each event!! You only lift once in each event.**

BENCH PRESS	DEADLIFT	DIVISIONS
		ELITE OPEN (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 Open Bench: 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
		OPEN MEN: Male lifters will compete in the following weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 259, 275, 308, Super.
		CLASS 1 MEN: Any male lifter who has lifted less than the following <i>in any and all sanctioned contests:</i> 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: 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#
		OPEN WOMEN: Female lifters compete in the following weight classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, UL (198+).
		JR MEN/WOMEN: Any lifter age 20-25 will compete in all weight classes as specified in Open Men & Open Women.
		MASTER MEN: Age groups 40-46, 47-53, 54-60, 61-67, 68-74, 75-79, 80-84, & 85+ will compete in all weight classes specified in Open Men.
		MASTER WOMEN: Age groups 40-46, 47-53, 54-60, 61-67, 68-74, 75-79, 80-84, & 85+ will compete in all weight classes specified in Open Women.
		LAW ENFORCEMENT/FIRE MEN/WOMEN: All weight classes will be contested for Open, Submaster 33-39, & Master 40-47, Master 48-55, & Master 56+.
		TEENAGE MEN/WOMEN: Age groups 12-13, 14-15, 16-17, 18-19, will be contested in all weight classes including 97lbs. AND 105LBS. FOR Teen 16-19 and 97lbs. & 105lbs. for Teen 12-15. Teens ages 12-15 MAY ONLY LIFT IN TEEN DIVISIONS. <i>(Proof of age required; include copy of birth certificate.)</i>
		SUBMASTER MEN/WOMEN: Men & women ages 33-39 will compete in all weight classes.
		SPECIAL OLYMPIAN/DISABLED MEN - SPECIAL OLYMPIAN/DISABLED WOMEN: All weight classes will be contested.

The WABDL now offers separate Single Ply and Double Ply bench shirt divisions. This goes into effect January 1, 2010. Please, see the official rulebook regarding these divisions.

Updated January, 2010 - we will update the printable rules handbook ASAP!

Equipment

Single ply polyester squat and deadlift are allowed, along with one-piece singlets. Canvas and denim suits are not allowed. Groove briefs may be used. Single and double ply bench shirts ONLY are allowed in polyester or denim. Canvas shirts are not allowed. Velcro straps on the back of the bench shirts are allowed for closing the back of the shirt. Open back / split neck / floppy back shirts are not legal. Knee wraps not exceeding 2 meters / 6.5 feet may be used. Wrist wraps not exceeding 1 meter / 3.25 feet may be used. Please see the "Official Gear" section for a complete listing of approved equipment. See the official gear list on wabdl.org for current, specific list of approved gear. Any lifter who sets a world record will have his/her equipment checked at that time.

Single Ply Age Divisions (Bench Press & Deadlift)	Double Ply Age Divisions (Bench Press Only)
Men & Women Class 1 (Men ONLY) Open - Age 16 and UP Teenage 12-13 / 14-15 / 16-17 / 18-19 Junior 20-25 Sub-Master 33-39 Master 40-46 / 47-53 / 54-60 / 61-67 / 68-74 / 75-79 / 80-84 / 85-89 / 90+ Special Olympic and Disabled Men & Women Open - Age 16 and UP Teenage 12-13 / 14-15 / 16-17 / 18-19 Junior 20-25 Sub-Master 33-39 Master 40-46 / 47-53 / 54-60 / 61-67 / 68-74 / 75-79 / 80-84 / 85-89 / 90+ Law-Fire Men & Women Open Sub-Master 33-39 Master 40-47 / 48-55 / 56+	Men & Women Open - Age 18-67 Teenage 18-19 Junior 20-25 Sub-Masters 33-39 Master 40-46 / 47-53 / 54-60 / 61-67 Law-Fire Men & Women Open Sub-Master 33-39 Master 40-47 / 48-55 / 56-67

TIMES ARE APPROXIMATE. A SCHEDULE OF EVENTS, BASED ON THE NUMBER OF CONTESTANTS WILL BE POSTED AT THE WEIGH-IN & AT THE MEET. LIFTERS ARE RESPONSIBLE FOR CHECKING REGULARLY ON THE PROGRESS OF FLIGHTS & BEING ON TIME FOR THE FLIGHTS.

BENCH			DEADLIFT		
SESSION 1	8:30-9:30am	Teenage Men & Women	SESSION 1	3:00-4:00pm	Teenage Men & Women
SESSION 2	9:30-11:00am	Open Women, Master Women, Junior Women, Junior Men, Class 1	SESSION 2	4:00-5:00pm	Law Enforcement/Fire Men/Women, Submaster Men & Women, Master Men & Women, Junior Men & Women, Open Women, Class 1
SESSION 3	11:00-12:30pm	Law Enforcement/Fire Men & Women, Submaster Men & Women, Master Men	SESSION 3	5:00-6:00pm	Open Men
SESSION 4	12:30-2:00pm	Open & Elite Open Men		6:00-7:00pm	Trophy Presentation
	2:00-3:00pm	Trophy Presentation			

Awards: EACH DIVISION 1st, 2nd, 3rd, & 4th TEAM: 1st, 2nd, & 3rd

During your visit to our islands, please come & enjoy our Hawaiian heritage! Go to www.gohawaii.com, you will find a calendar of events for family fun, outdoor activities, golf, art, culture, history, entertainment, & more. "E komo mai! Come! Let us show you our Island in the Middle of the Sea!" Until then, train hard, travel safe, & we'll see you on deck!! *Aloha Jocelyn*

ENTRY FEES:

TEEN ENTRY FEES: (ages 13-19 w/ proof of age)

\$75	1 Division Bench or Dead lift	\$50	1 Division Teen (age 13-19) Bench or Dead lift
\$125	2 Divisions Bench & Dead lift (or 2 bench or 2 Dead lift)	\$90	2 Divisions Teen (age 13-19) Bench & Dead lift (or 2 bench or 2 Dead lift)
\$155	3 Divisions Bench and/or Dead lift (ex: 1 bench & 2 Dead lift)	\$115	3 Divisions Teen (age 13-19) Bench and/or Dead lift (ex: 1 bench & 2 Dead lift)
\$180	4 Divisions (2 Bench & 2 Dead lift)	\$140	4 Divisions Teen (age 13-19) (2 Bench & 2 Dead lift)

TEAM ENTRY FEE: \$125.00 Roster limited to 10 lifters, no more than 6 benchers or 6 dead lifters to a team. 1st, 2nd, & 3rd place trophies will be awarded. Send roster with your entry form.

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 THAT MAY OCCUR TO ME AT THIS CONTEST. I RELEASE JOCELYN RONOLO, HAWAII CONVENTION CENTER, WABDL & ALL OTHER SPONSORS & PERSONNEL ASSOCIATED WITH THIS CONTEST. I UNDERSTAND THAT POWERLIFTING CAN BE A DANGEROUS SPORT & THERE IS A CHANCE OF INJURY. I AGREE THAT ANY TESTING METHOD WHICH GUS RETHWISCH USES TO DETECT THE PRESENCE OF STRENGTH-INDUCING DRUGS SHALL BE CONCLUSIVE. IF IT IS DETERMINED THAT I HAVE FAILED THE DRUG TEST, I AGREE TO WAIVE ANY CLAIM FOR WHICH LEGAL RELIEF IS AVAILABLE. I AGREE TO PAY ATTORNEY FEES AND LITIGATION EXPENSES INCURRED BY ANY PERSON, REAL OR CORPORATE, WHOM I MAY SUE IN AN EFFORT TO CHALLENGE THIS RELEASE FROM LIABILITY. I UNDERSTAND THAT MY AGREEMENT TO PAY ATTORNEY FEES AND LITIGATION EXPENSES IS THE SINE QUA NON FOR THE ACCEPTANCE OF MY ENTRY FOR THIS CONTEST.

Participant's Signature: _____ **Date:** _____

Parent or Legal Guardian Signature (if minor): _____ **Date:** _____