

**Sonny's V Hawaii Island WABDL**  
**Edith Kanakaole Stadium | Sunday, February 17, 2019**

This is a World Championship Qualifier. The top three finishers in every weight class of every division qualify for the WABDL World Championships. You may enter either bench press or deadlift or push pull, but you do not have to do all. You may lift in one or two divisions of the bench press or deadlift or push pull for a maximum of 6 divisions or a minimum of one division. YOU MUST INDICATE ON THIS ENTRY WHETHER YOU WILL BE LIFTING SINGLE-PLY, DOUBLE-PLY, OR RAW IN THE BENCH PRESS AND/OR DEADLIFT AND/OR PUSH PULL. If you are doing push pull, all ply must be the same. If you are not doing push pull, you may have different ply for bench press and deadlift. This contest will be drug-tested with the highest coefficients being selected. Every lifter is required to have a current WABDL membership card that may be purchased for \$45 (teen cards are \$30). Please send membership application and fee to Gus Rethwisch no later than 3 weeks prior to the competition. Application can be found at [www.wabdl.org](http://www.wabdl.org).

**WEIGH-INS:** Saturday, February 16, 2019, 11:00am to 3:00pm at Edith Kanakaole Stadium. There will be NO "morning-of" weigh-ins. Each lifter must bring their current WABDL membership card or proof of payment and equipment for inspection. Each lifter is required to have a one-piece lifting suit at minimum that cannot be excessively loose. **NO CHANGES TO PLY, DIVISION, WEIGHT CLASS, AND ABSOLUTELY NO ENTRIES ACCEPTED AFTER January 26, 2019. Please do not submit a weight class you cannot make. Any lifter that does not make weight will only be allowed to lift as a guest lifter for records.**

Questions regarding entry form or to make changes contact Jocelyn Ronolo, meet promoter, 808-387-8776 or [jocelynrnol@gmail.com](mailto:jocelynrnol@gmail.com).

Questions regarding rules or lifting contact Mike Saito, meet director, 808-221-0129.

Bench Press	
9:00am – 10:00am	Master Men & Women
10:00am – 11:00am	Submaster Men & Women Law/Fire Men & Women
11:00am – 12:00pm	Junior Men & Women Class 1 Men & Women Open Women Special Olympian / Disabled
12:00pm – 1:00pm	Teen Men & Women
1:00pm -2:00pm	Open Men Elite Open Men
2:00pm – 3:00pm	Trophy Presentation

Deadlift	
3:00pm – 4:00pm	Master Men & Women
4:00pm – 5:00pm	Submaster Men & Women Law/Fire Men & Women
5:00pm – 6:00pm	Junior Men & Women Class 1 Men & Women Open Women Special Olympian / Disabled
6:00pm – 7:00pm	Teen Men & Women
7:00pm – 8:00pm	Open Men Elite Open Men
8:00pm – 9:00pm	Trophy Presentation

**SCHEDULE TIMES ARE APPROXIMATE.** A schedule of events, based on the number of contestants, will be posted at the weigh-ins and at the meet. **Lifters are responsible for checking the progress of flights and being on time for their flights.**

**EQUIPMENT & RULES**

For the new "raw" division in deadlift, the following may be worn: singlet, groove briefs (absolutely no power pants of any kind), erector shirt, knee wraps or knee sleeves including those with Velcro straps, wrist wraps and belt. For the new "raw" division in bench press, the following may be worn: singlet, T-shirt, erector shirt, groove briefs, knee wraps or knee sleeves, including those with Velcro straps, wrist wraps and belt. For single-ply lifters, please see website for approved gear. For double-ply lifters a double-ply bench shirt and a double-ply deadlift suit MUST BE from the manufacturer. A double-ply bench shirt has to be double-ply in the entire front. NO SINGLE-PLY SHIRT THAT IS MODIFIED WITH EXTRA LAYERS WILL EVER PASS FOR A DOUBLE-PLY SHIRT. ALSO, THAT MODIFIED SHIRT IS NO LONGER LEGAL FOR SINGLE OR DOUBLE-PLY. If you want to compete in double-ply bench you have to buy a stock double-ply shirt from Inzer, Titan, or Metal that is secured at the neck the neckline has to be one complete circle, not split. The Inzer, Titan, and Metal double-ply squat suits and double-ply deadlift suits are legal. The Metal Jack suit is three-ply and is not legal.

All lifters are required to review the rules by visiting the website <http://www.wabdl.org/rules.php>

**DIVISIONS / WEIGHT CLASSES for both bench press and deadlift: *Just push pull category does not qualify for a team spot.***

**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, 220 and 221+ (Super)

**ELITE OPEN MEN (Single-ply bench press only):** *Any male lifter who has benched higher than the following in any and all sanctioned contests in any federation will be in the Elite Open Mens division:* 114 – 303.0#, 123 – 381.3#, 132 – 413.2#, 148 – 473.7#, 165 – 529.0#, 181 – 567.5#, 198 – 626.0#, 220 – 694.2#, 242 – 744.0#, 259 – 751.7#, 275 – 788.0#, 308 – 826.5#, SHW – 840.8#. Lifters may set state records in Elite Open Men and lift in other divisions EXCEPT Open Men.

**OPEN MEN DIVISION current limits:** 114 – 303.0#, 123 – 381.3#, 132 – 413.2#, 148 – 473.7#, 165 – 529.0#, 181 – 567.5#, 198 – 626.0#, 220 – 694.2#, 242 – 744.0#, 259 – 751.7#, 275 – 788.0#, 308 – 826.5#, SHW – 840.8#. *If an Open lifter breaks the Open limit by the smallest margin, he may stay in the Open division and will get an Open record. These limits evolve depending on records set.*

**CLASS 1 MEN BENCH PRESS:** *Any male lifter, who has lifted less than the following weight in any and all sanctioned competitions including all other past and present federations, may compete in the Class 1 division. These are the qualifying amounts listed first by weight class and second by amount:* 105 – 242.5#, 114 – 275.5#, 123 – 314.0#, 132 – 352.5#, 148 – 385.7#, 165 – 424.2#, 181 – 448.4#, 198 – 479.5#, 220 – 501.5#, 242 – 523.5#, 259 – 540.0#, 275 – 551.0#, 308 – 573.0#, SHW – 595.0#

**CLASS 1 MEN DEADLIFT:** *Any male lifter who has lifted less than the following in any and all sanctioned contests:* 105 – 352.5#, 114 – 391.2#, 123 – 424.2#, 132 – 452.8#, 148 – 496.0#, 165 – 540.0#, 181 – 573.0#, 198 – 601.8#, 220 – 628.2#, 242 – 650.2#, 259 – 667.8#, 275 – 683.2#, 308 – 699.7#, SHW – 711.8#

**>>> NEW LIMITS FOR CLASS 1 MEN – RAW BENCH**

**CLASS 1 MEN RAW BENCH:** *Any male lifter who has lifted less than the following in any and all sanctioned contests:* 105-185#, 114- 214.7#, 123-242.5#, 132-264.5#, 148-308.5#, 165-341.5#, 181-363.7#, 198-385.0#, 220-402.2#, 242-418.7#, 259-435.2#, 275-446.2#, 308-468.2#, Super -487.2#

**CLASS 1 WOMEN BENCH PRESS:** *Any female lifter who has lifted less than the following in any and all sanctioned contests in any federation:* 97- 115.5# 105 – 132.2#, 114 – 143.2#, 123 – 154.2#, 132 – 165.2#, 148 – 181.7#, 165 – 187.2#, 181 – 198.2#, 198 – 214.2#, 220 – 225.7#, 221+ (Super) – 236.7#

**CLASS 1 WOMEN DEADLIFT:** *Any female lifter who has lifted less than the following in any and all sanctioned contests in any federation:* 97 – 225.7#, 105 – 259.0#, 114 – 286.5#, 123 – 314.0#, 132 – 330.5#, 148 – 344.8#, 165 – 363.7#, 181 – 374.7#, 198 – 385.7#, 220 – 396.7#, 221+ (Super) – 404.4#

**JUNIOR MEN & 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

**LAW/FIRE MEN & LAW/FIRE WOMEN:** All weight classes will be contested for Open, Submaster 33-39, Master 40-47, Master 48-55, Master 56-63, Law-Fire 64 Men

**TEEN MEN & 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 and MAY NOT LIFT IN DOUBLE PLY.**

**SUBMASTER MEN & SUBMASTER WOMEN:** Men and women ages 33-39 classes

**SPECIAL OLYMPIAN/DISABLED MEN - SPECIAL OLYMPIAN/DISABLED WOMEN:** All weight classes will be contested.

**DISABLED 1 MEN & WOMEN:** Any lifter who has paralysis of any limb or is missing any limb, any lifter who doesn't have total use of any limb (i.e. Parkinson's, Lou Gehrig's diseases, MS etc.) and blind – all weight classes will be contested

**DISABLED 2 MEN & WOMEN:** Any lifter with hip, knee or shoulder replacement, Tourette's disease, open heart surgery, organ transplants, debilitating arthritis, and other serious illness (discussed on a case by case basis) – all weight classes will be contested

**KEEP THIS PAGE FOR YOUR REFERENCE**

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Last Name	First Name	Male _____ Female _____	Wt Class
Address	City	State	Zip
Phone #	Email Address		

BENCH / DEADLIFT / PUSH PULL	PLY	For Official Use:				
1) Bench Division		SR:	lb	WR:	lb	kg
2) Bench Division	Single, Double, or Raw	SR:	lb	WR:	lb	kg
1) Deadlift Division		SR:	lb	WR:	lb	kg
2) Deadlift Division	Single, Double, or Raw	SR:	lb	WR:	lb	kg
1) Push Pull Division		SR:	lb	WR:	lb	
2) Push Pull Division	Single, Double, or Raw	SR:	lb	WR:	lb	
(Must be the same as one of the bench or deadlift)		(Must be same as Bench & Deadlift)				

**Entry deadline: Postmarked January 19, 2019.**

**Late entry deadline: Postmarked January 26, 2019 with \$30 late fee**

**NO CHANGES TO PLY, DIVISION, WEIGHT CLASS, AND ABSOLUTELY NO ENTRIES ACCEPTED AFTER January 26, 2019.**

**Please do not submit a weight class you cannot make. Any lifter that does not make weight will only be allowed to lift as a guest lifter for records.**

FEE STRUCTURE	Calculate Fees	
<b>Adult / Teen</b> 1 division = \$75 / \$50 (one bench press or one deadlift) 2 divisions = \$125 / \$90 (two of any bench press and/or deadlift) 3 divisions = \$155 / \$115 (three of any bench press and/or deadlift) 4 divisions = \$180 / \$140 (four of any bench press and/or deadlift) 1 Push Pull = \$45 (adult or teen) 2 Push Pull = \$80 (adult or teen)	Entry Fee	
	Late Entry Fee \$30 (if applicable)	
	T-Shirt Fee (Please notate size/qty below)	
	Team Entry Fee \$125 (if applicable)	
	<b>Total Fees</b>	
<b>TEAM ENTRY FEE:</b> \$125 Roster is limited to 10 lifters (not including alternates); no more than 6 benchers or deadlifters to a team. No more than 7 raw lifters on a team. TEAM CAPTAINS PLEASE SUBMIT YOUR TEAM ROSTER AND FEE WITH YOUR ENTRY FORM	<b>For Official Use:</b> Received: \$ _____ Type: _____ Owes: \$ _____ Notes: _____	
<b>Make entry form checks or money orders payable to: Sonny's WABDL</b> Mail entry form and fees to: Sonny's WABDL: PO Box 31332 Honolulu, HI 96820 <i>There will be a \$20 service fee for any returned checks</i>		
<b>Make membership checks or money orders payable to: WABDL</b> Send WABDL membership application and fee to: Gus Rethwisch: PO Box 27499 Golden Valley, MN 55427		
<b>For any questions or concerns please contact:</b> Jocelyn Ronolo (Meet Promoter) 808-387-8776 or Mike Saito (Meet Director) 808-221-0129		
<b>T-Shirt Order: Adult sizes S – L \$14, XL - 2XL \$15, 3XL \$18, 4XL \$20</b>		
S: _____	M: _____	L: _____
XL: _____	XXL: _____	3XL: _____
4XL: _____		

**Disclaimer – Read Carefully:** When you sign, legal rights will be surrendered! I, hereby, for myself and for my heirs, release any and all rights/claims for damages and/or injuries that may occur to me at this contest. I release Jocelyn Ronolo, Sonny's WABDL, Edith Kanakaole Stadium, Gus Rethwisch WABDL, and all other sponsors and personnel associated with this contest. I understand that powerlifting can be a dangerous sport and 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 any 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/or litigation expenses is the sine qua non for acceptance of my entry for this contest. I understand all WABDL rules and understand I am responsible for knowing my weigh in and flight times.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_

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