

**WABDL®-911 Memorial Tom Foley Classic \*\***  
**Crowne Plaza Hotel – 3 Executive Blvd., Suffern, NY 10901**  
**Saturday, August 1, 2015**



Name	(Last)	(First)		Gender	Male <input type="checkbox"/>
					Female <input type="checkbox"/>
Address			City		
State		Zip	Weight Class		
Email address		Birth Date		Age:	
Telephone	(area code) ( )	<b>Office Use:</b> <input type="checkbox"/> CC <input type="checkbox"/> OFC <input type="checkbox"/> PFC <input type="checkbox"/> Comp <b>Owes:</b> \$ _____ for ___ entry ___ card ___ T-shirt ___ program ___ poster ___ additional division			

This is a World Championship Qualifier: The top three finishers in every weight class of every division qualify for the **World Championship in Las Vegas, NV, November 17-22, 2015.**

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. **YOU MUST INDICATE ON THIS ENTRY WHETHER YOU WILL BE LIFTING SINGLE-PLY OR DOUBLE-PLY IN THE BENCH PRESS and DEAD LIFT.** 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. Please note we do not have a "raw" division, but you may lift raw for trophies. Any records set will be for single-ply. NO CHANGES IN PLY, DIVISION, OR WEIGHT CLASS AFTER THE FINAL DATE – July 24<sup>th</sup>.**

BENCH DIVISION(S):	1	2	Single-ply <input type="checkbox"/>
			Double-ply <input type="checkbox"/>
DEAD LIFT DIVISION(S):	1	2	Raw <input type="checkbox"/>
			Single-ply <input type="checkbox"/>
Push-Pull DIVISION(S):	1	2	Double-ply <input type="checkbox"/> NEW
			Raw <input type="checkbox"/> NEW
Slingshot Bench Division*			Single-ply <input type="checkbox"/>
			Double-ply <input type="checkbox"/> NEW

\*Any of the following in this class: Slingshot, Titan Ram or Bench Daddy can be used. Single or double-ply in the same class by bodyweight only. **NOT WABDL SANCTIONED.** Call Brian Fahrenfeld with questions regarding this. Brian Fahrenfeld, (201) 463-5250 or [brianprovega@aol.com](mailto:brianprovega@aol.com).

\*\*This meet is held in memory of FDNY firefighter and powerlifter Tom Foley of Rescue 3. Tom was tragically killed in the World Trade Center 911 Terror Attacks. Proceeds raised from T-shirt sales will be donated to the Thomas J. Foley Memorial Scholarship Fund. T-shirts will be available at the meet.

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). Please send in the card fee with the entry fee; cards may be purchased at the meet.**

(use to figure fees) →	Entry Fee: 1 div (\$65/55), 2 div (\$120/90), 3 div (\$160/120) 4 div (\$175/150)	\$
	Push-Pull Fee 1 div = \$65/55; 2 div = \$120/90- Single or Double Ply	\$
	Card Fee \$40 adult, (\$30 teen ages 13-19)	\$
	Slingshot Bench Division (\$40 extra) <b>Winner takes all in each class – NOT WABDL SANCTIONED</b>	\$
	TOTAL FEES DUE	\$
	Office Use: RECEIVED/OWES	\$

**ENTRY DEADLINE:** Entry fee and entry form must be IN HAND by July 24<sup>th</sup>. No faxed or telephone entries accepted. **PLEASE NOTE: NO CHANGE IN PLY, DIVISION OR WEIGHT CLASS accepted AFTER July 24<sup>th</sup>. Absolutely NO ENTRIES ACCEPTED AFTER July 24<sup>th</sup>.**

**ENTRY FEE** is \$65 for either Bench or Dead Lift (one division) or \$120 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 \$160. If you do four divisions (two in Bench and two in Dead Lift) fee is \$175. Teenage entry fee is \$55 for one event, \$90 for two divisions or one in Bench and one in Dead Lift, \$120 for three divisions, and \$150 for four divisions. **Push-pull fees are \$65/55 (teen) for one division and \$120/90 (teen) for two divisions. Fees for regular meet and push-pull meet are separate.** For example, two divisions of regular meet are \$120 and if you do one division of push-pull it is an additional \$65 for a total of \$185. Four divisions of regular meet is \$175 and two divisions of push-pull is an additional \$120 for a total of \$295. **Slingshot Bench Division is \$40 extra and Winner takes all in each class. Make checks payable to Brian Fahrenfeld, NOT WABDL, and send completed entry form, entry fee(s), and WABDL card fee, if applicable, to Brian Fahrenfeld, 24 Strawtown Road, West Nyack, NY 10994. Please mail PAGE 1 of this Entry Form with your fees to Brian Fahrenfeld, Meet Director.**

**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, Brian Fahrenfeld, the Crowne Plaza Hotel 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 with 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 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. 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 litigation expenses is the *sine qua non* for the acceptance of my entry for this contest.

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_  
 (If under 18, parent or other responsible adult's signature)

**EQUIPMENT & RULES:** See the website – [www.wabdl.org](http://www.wabdl.org) for specific details on official gear and equipment. **If it isn't on the list, then it is not legal.** **Double-ply squat suits and double-ply dead lift shirts are legal.** Rules can be found at: <http://wabdl.org/rules.php>.

**ADDITIONAL INFORMATION or QUESTIONS:** Call Brian Fahrenfeld, (201) 463-5250 or email [brianprovega@aol.com](mailto:brianprovega@aol.com) with your phone number included.

**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.**

**PLEASE NOTE NEW DIVISION FOR WOMEN – CLASS 1 WOMEN FOR BENCH PRESS AND DEAD LIFT**

**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 Men division: 114 – 303.0#, 123 – 380.2#, 132 – 407.7#, 148 – 458.3#, 165 – 529.0#, 181 – 564.2#, 198 – 623.8#, 220 – 685.4#, 242 – 734.1#, 259 – 747.3#, 275 – 788.0#, 308 – 826.5#, SHW – 846.5#. Lifters may set state records in Elite Open Men and lift in other divisions **EXCEPT Open Men**. **CURRENT LIMITS FOR OPEN MEN DIVISION:** 114#-303.0, 123#-380.2, 132#-407.7, 148#-458.3, 165#-529.0, 181#-564.2, 198#-623.8, 220#-685.4#, 242#-734.1#, 259#-727.5, 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.**

**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)

**Class 1 Men: Bench Press:** 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: Dead Lift:** 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#

**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- 99.0# 105 – 121.2#, 114 – 132.2#, 123 – 143.2#, 132 – 154.2#, 148 – 165.2#, 165 – 176.2#, 181 – 187.2#, 198 – 198.2#, 220 – 209.2#, 221+ (Super) – 214.7#

**Class 1 Women: Dead Lift:** Any female lifter who has lifted less than the following in any and all sanctioned contests IN ANY FEDERATION: 97 – 192.7#, 105 – 214.7#, 114 – 231.2#, 123 – 248.0#, 132 – 259.0#, 148 – 275.5#, 165 – 292.0#, 181 – 314.0#, 198 – 330.5#, 220 – 341.5#, 221+ (Super) – 347.0

**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, Master 56-63, Law-Fire 64 Men

**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.**

**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.



**Disabled 1 Men and 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.) – all weight classes will be contested

**Disabled 2 Men and Women –** any lifter with hip, knee or shoulder replacement, Tourette's disease, open heart surgery, organ transplants, blind, debilitating arthritis, and other serious illness (discussed on a case by case basis) – all weight classes will be contested

**HOTEL INFORMATION:** The hotel address is Crowne Plaza, 3 Executive Blvd., Suffern, NY 10901. For reservations call (845) 357-4800, mention the WABDL - 911 Memorial Classic Bench Press and Dead Lift, and ask for the special rate of \$99 a night. It is the nicest hotel in the area and is only 30 minutes from New York City.

**WEIGH-INS:** Will be held on **Friday, July 31<sup>st</sup> from 2:00 – 8:00 P.M.** PLEASE MAKE ARRANGEMENTS IN ORDER TO WEIGH-IN ON TIME and **bring all your equipment with you.** Please be sure you make the weight for which you signed up!!! **THERE WILL BE NO WEIGH-INS ON August 1<sup>st</sup>.** You must indicate if you are using a 1-ply or 2-ply shirt. If you are lifting "raw," choose 1-ply.

**SCHEDULE OF EVENTS:** IF YOU ARE LIFTING IN MORE THAN ONE DIVISION YOU MUST LIFT IN THE FIRST ONE CONTESTED. **Times listed here 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.**

 <b>RULES BRIEFINGS FOR ALL LIFTERS OF THE DAY WILL BE AT 8:15 A.M.</b> 		
Bench Press: 1	9:00 A.M.	All Women Benchers <u>Law-Firemen, and Teen Men</u>
Bench Press: 2	10:00 A.M.	Class 1 Men and Junior Men
Bench Press: 3	11:00 A.M.	Submaster Men and Open Men
Bench Press: 4	12:00 P.M.	Master Men
	1:00 P.M.	<i>Trophy Presentation for Benchers of the Day</i>
Dead Lift: 5	2:00 P.M.	All Women Dead Lifters, Law-Firemen, Class 1 Men, and Teen Men
Dead Lift: 6	2:45 P.M.	Open Men, Submaster Men, and Junior Men
Dead Lift: 7	3:30 P.M.	Master Men
	4:15 P.M.	<i>Trophy Presentation for Dead Lifters of the Day and All Push-Pull</i>