

# WILLMORE TRAINING 24/7

PRESENT:

## The WABDL Southeastern Record Breakers

SPONSORED BY:

WILLMORE TRAINING 24/7 / Titan Support Systems / Hometown Values Magazine

Rainbow City, Alabama SATURDAY June 8, 2019 – 9:00 A.M.

NAME \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WT. CLASS \_\_\_\_\_ BIRTH DATE \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE \_\_\_\_\_ E-MAIL \_\_\_\_\_

BENCH DIVISION 1. \_\_\_\_\_ 2. \_\_\_\_\_

DEAD LIFT DIVISION 1. \_\_\_\_\_ 2. \_\_\_\_\_

PUSH-PULL DIVISION 1. \_\_\_\_\_ 2. \_\_\_\_\_

**GEAR DIVISION:** (CIRCLE ONE)      **Raw**                      **Single Ply**                      **Double Ply**

**DISCLAIMER:** I hereby release Brant Bishop, Jon Willmore, Willmore Training 24/7, Gus Rethwisch, WABDL, and all sponsors and personnel associated with this contest from any claims for damages or injuries that may occur to me at this contest. I understand that weightlifting contest can be a dangerous sport and that there is a chance for injury.

\_\_\_\_\_ (Date) \_\_\_\_\_ (parent signature if participant is under 18 years of age)

**OFFICE USE ONLY:**

Team Name

Received \$ \_\_\_\_\_ (covers: entry fee \_\_\_\_\_, card fee \_\_\_\_\_)

Return this portion of this page with your entry fee to the meet director.

**ENTRY FEE:** \$50.00 for one division in Bench or Dead Lift or Push-Pull, \$15.00 for each additional division up to 6 divisions (That is a total of six trophies.) Teenage entry fee is \$30.00 for one division, \$15.00 for each additional division up to 6 divisions (That is a total of six trophies.) **You may enter any combination of divisions up to 6. You may lift in your appropriate age group and the open, unless your age group is the open.**

Team Entries are \$50.00. Print a team entry form and see the rest of the team rules at [www.wabdl.org](http://www.wabdl.org)

Every lifter will be required to have a current WABDL card that may be purchased for \$45.00. (Teen cards are \$30.00).

**PAYMENT:** Personal checks, money orders, cashier's checks are payable to Brant Bishop. Mailing address on back. Paypal with credit/debit card – email address – [bswbishop@charter.net](mailto:bswbishop@charter.net)

For a one day meet you may enter only the Raw or Single Ply or Double Ply Divisions. NOT more than 1

This is a World Championship Qualifier: The top three finishers in every weight class of each contested division qualify for the World Championships at Bally's/Paris, Las Vegas, NV, November 12 – 17, 2019.

**MEET LOCATION:** Willmore Training 24/7, 209 Rescia Avenue, Rainbow City, AL 35906, (256) 302-9011

**AREA HOTELS:** Gadsden Inn & Suites 800-637-5678, for others go to your favorite reservation website

**WEIGH-INS:** The weigh-in will be Friday June 7, 2019 from 9:00am – 12 noon & 4:00pm – 8:00pm at Willmore Training Rainbow City, AL. This is for all contestants. **NO WEIGH-INS THE DAY OF THE MEET.**

**THIS CONTEST WILL BE DRUG TESTED,** with up to 10% of the highest coefficients being selected for testing.

**EQUIPMENT:** Every lifter must have a Singlet that cannot be excessively loose. See the approved gear page at [www.wabdl.org](http://www.wabdl.org) **Bring your gear to weigh-ins for equipment check.** Any lifter who sets a World Record will have his/her equipment checked again at that time.

## **Entry Deadline: Friday May 31, 2018**

### **Special Note on the Suicide Grip**

The suicide grip on the bench press WILL be accepted at this meet. However, no personnel associated with this contest will be responsible for any damages or injuries that may occur. Reverse grip not allowed.

**BENCH PRESS:** Enter no more than TWO divisions of the bench press. 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 form.

Elite Open Men: Lifts more than the following 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#

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, & UNLIMITED (198 +)

Class 1 Men & Women: Are beginner divisions and are for any male/female lifters who has lifted less than the amounts in any contest listed on page 20 of the rule book.

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

Submaster Men & Submaster Women: Men & Women ages 33 – 39 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+ will compete in all weight classes

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

Teen Men & Teen Women: Age groups 12-13, 14-15, 16-17 & 18-19 will be contested in all classes including 105# for Teen 16 –19 and 97# & 105# for Teen 12 –15.

Special Olympian Men & Women – Disabled Men & Women: men & women will compete in all weight classes as specified in the Open class

**DEAD LIFT:** Enter no more than TWO divisions of the 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 form.

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, & UNLIMITED (198 +)

Class 1 Men & Women: : Are beginner divisions and are for any male/female lifters who has lifted less than the amounts in any contest listed on page 20 of the rule book.

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

Submaster Men & Submaster Women: Men & Women ages 33 – 39 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+ will compete in all weight classes

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

Teen Men & Teen Women: Age groups 12–13, 14-15 and 16–19 will be contested in all classes including 105# for Teen 16 –19 and 97# & 105# for Teen 12–15.

Special Olympian Men & Women – Disabled Men & Women: men & women will compete in all weight classes as specified in the Open class

**RULES BRIEFING** will occur at approximately 7:45 a.m. Saturday morning June 8, 2019.

**Weight Class Change:** You may change your weight class till May 31, 2019. Call or email Brant Bishop.

**Meet directors:**

### **MAIL ENTRIES HERE**

**Brant Bishop**  
**37 Lawson Road**  
**Guntersville, AL 35976**  
[bswbishop@charter.net](mailto:bswbishop@charter.net)

**Brant Bishop**  
**256-390-4436**

See the official rules at [www.wabdl.org](http://www.wabdl.org)