

# WABDL<sup>®</sup> LLC - Great Lakes Regional Bench Press and Dead Lift Championships

**Entry Deadline July 12, 2019 – Hotel Deadline June 30, 2019**

**Raw World Records May Be Set**

**Park Inn by Radisson – 101 N. Summit Street, Toledo, OH 43604**

**Saturday, July 20, 2019**

(PLEASE PRINT)

<b>Name:</b>	Last	First	<b>Personal Info:</b>	Male: _____ Female: _____	Age/DOB: _____	Wt. Class: _____
<b>Address:</b>	Street	City		State	Zip	
<b>Phone:</b>				<b>Email Address:</b>		

You may enter either bench press or dead lift or push pull, but you do not have to do all. You may lift in one or two divisions of the bench press or dead lift or push pull for a maximum of 6 divisions or a minimum of 1 division. **YOU MUST INDICATE ON THIS ENTRY WHETHER YOU WILL BE LIFTING SINGLE-PLY, DOUBLE-PLY or RAW IN THE BENCH PRESS AND/OR DEAD LIFT 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 dead lift. NO CHANGES IN PLY, DIVISION, OR WEIGHT CLASS AFTER THE FINAL DATE – July 12<sup>th</sup>**

1. Bench Division(s): _____ 2. Bench Division(s): _____	<b>Bench Ply:</b> _____ SINGLE, DOUBLE, OR RAW	<b>OFFICE USE:</b> B 1: CSR _____ B 1: CWR _____ B 2: CSR _____ B 2: CWR _____	<b>NEW FINANCIAL STRUCTURE</b> From now on, push-pull will not be separated from fees for bench press and dead lift. Please note the new fee configuration: <b>Adults/Teens</b> 1 division = \$55/40 (one of dead lift, bench press, or push-pull) 2 divisions = \$100/75 (two of these: dead lift, bench press or push-pull) This pattern applies for all multiple divisions. 3 divisions = \$140/100 4 divisions = \$165/125 5 divisions = 185/145 6 divisions = 205/160 (two bench presses, 2 dead lifts, and 2 push-pulls)  <b>Questions:</b> Call Gus @ (503) 901-1622 or Don Miskinis <a href="mailto:miskinis@windstream.net">miskinis@windstream.net</a>
1. Dead Lift Division(s): _____ 2. Dead Lift Division(s): _____	<b>Dead Lift Ply:</b> _____ SINGLE, DOUBLE, OR RAW	<b>OFFICE USE:</b> D 1: CSR _____ D 1: CWR _____ D 2: CSR _____ D 2: CWR _____	
1. Push-Pull Division(s): _____ 2. Push-Pull Division(s): _____  (Push pull division must be same as B or D division)	<b>Push-Pull Ply:</b> _____ (must be same as B and D) SINGLE, DOUBLE, OR RAW (must be same as Bench and Dead) SINGLE, DOUBLE, OR RAW	<b>OFFICE USE:</b> PP 1: PPSR _____ PP 1: PPWR _____ PP 2: PPSR _____ PP 2: PPWR _____	
<b>T-shirts: Sizes 5x through S:</b> Color: _____ Size: _____ # _____ Color: _____ Size: _____ # _____ Color: _____ Size: _____ # _____ Color: _____ Size: _____ # _____	<b>T-shirt colors:</b> Black, white, blue and red.	<b>OFFICE USE ONLY:</b> Received: \$ _____ Owes \$ _____  Notes:	<b>Card Fees:</b> Adults = \$45 Teens = \$30 <b>T-shirts:</b> All shirts are \$14 – for one \$25 - for two (Shirts will be \$20 and \$34 at meet) # of shirts _____ Card fee: \$ _____ T-SHIRT Fee: \$ _____ Total number of divisions _____ = \$ _____ <b>Total fees due</b> \$ _____

This contest will be drug-tested with the highest coefficients being selected. **Every lifter will be required to have a current WABDL card that may be purchased for \$45. (Teen cards are \$30). Please send in the card fee with the entry fee; cards may be purchased at the meet.**

**Entry Dead Line:** Entry fee and entry form must be in hand by Thursday, July 12<sup>th</sup>. Please note: **NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after July 12<sup>th</sup> and no entries accepted after that date.**

**Teams:** Please contact Gus Rethwisch for details or download the team roster from the website – [www.wabdl.org](http://www.wabdl.org) Team fee is \$90. The team roster and fees are due on July 12<sup>th</sup>. The roster needs to be faxed to Elma Thomas at (971) 281-8107 or emailed to [wabdl@comcast.net](mailto:wabdl@comcast.net). Please include alternates on your roster and verify that all the team members have entered the meet. Send all forms and applicable fees - **make checks payable to WABDL** - to the meet director; **mail page one of the entry with the forms and fees to the following: Gus Rethwisch, Meet Director, P.O. Box 27499, Golden Valley, MN 55427**

**EQUIPMENT & RULES:** For the new “raw” division in dead lift, 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 lifters see the website; for double-ply lifters a double-ply bench shirt and a double-ply dead lift shirt **MUST BE** from the manufacturer. A double-ply bench shirt must 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 must buy a stock double-ply shirt from Inzer, Titan, or Metal that is secured at the neck. The neckline must be one complete circle, not split. The Inzer, Titan, and Metal double-ply squat suits and double-ply dead lift suits are legal. The metal Jack suit is three-ply and is not legal. Rules can be found at: <http://wabdl.org/rules.php>

**ADDITIONAL INFORMATION or QUESTIONS:** Call Gus Rethwisch at (503) 901-1622 or Don Miskinis - [miskinis@windstream.net](mailto:miskinis@windstream.net)

**DIVISIONS/WEIGHT CLASSES for Both Bench Press and Dead Lift:** **Just push-pull category does not qualify for a team spot.**

**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 – 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**. **CURRENT LIMITS FOR OPEN MEN 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#. 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:** 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: Dead Lift:** 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#

**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: Dead Lift:** 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 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 and MAY NOT LIFT IN DOUBLE PLY.**

**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.) and blind – 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, debilitating arthritis, and other serious illness (discussed on a case by case basis) – all weight classes will be contested

**HOTEL INFORMATION HOTEL INFORMATION:** The hotel address is the Park Inn by Radisson, 101 N. Summit Street, Toledo, OH 43406. Rooms are \$91 for single or double. For reservations, call the Park Inn by Radisson at (419) 241-3000 or (800) 670-7275. Ask for reservations; then mention **the code 1919 WABDLR and the WABDL Great Lakes Regional Bench Press and Dead Lift Championships.**

**WEIGH-INS:** Will be held on **Friday, July 20<sup>th</sup> from 2:00 – 7:30 P.M.** PLEASE MAKE ARRANGEMENTS 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 July 21<sup>st</sup>.**

**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.**

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

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