

**Welker Engineering**  
 and David R. Smith and Coby Washburn Present  
**WABDL®- West Coast Bench Press and Dead Lift Championships**  
 Crown Plaza Hotel Sacramento Northeast – 5321 Date Avenue, Sacramento, CA 95841  
 Saturday, August 10, 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>				

CUT-OFF DATE FOR HOTEL ROOM RESERVATIONS IS July 15, 2019

This is a World Championship Qualifier: The top three finishers in every weight class of every division qualify for the **World Championship at Bailey's/Paris Resort Hotel in Las Vegas, November 12-17, 2019**. 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 OR RAW IN THE DIVISIONS. You must choose one for the competition. You may not choose one for one division and another for a second division. Please note we do have a "raw" division where you may set records. NO CHANGES IN PLY, DIVISION, OR WEIGHT CLASS AFTER THE FINAL DATE July 23<sup>rd</sup>. PLEASE MARK THIS CAREFULLY Please call Jim Sheffield at (916) 833-0045 or Gus Rethwisch at (503) 901-1622 with questions.**

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> <b>1 division = \$65/45</b> (one of dead lift, bench press, or push-pull) <b>2 divisions = \$110/80</b> (two of these: dead lift, bench press or push-pull) This pattern applies for all multiple divisions. <b>3 divisions = \$145/105</b> <b>4 divisions = \$170/120</b> <b>5 divisions = \$195/135</b> <b>6 divisions = \$220/150</b> (two bench presses, 2 dead lifts, and 2 push-pulls)
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): _____	<b>Push-Pull Ply:</b> _____ (must be same as B and D) 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>PROGRAMS:</b> Program _____ (\$10)	<b>T-shirt colors:</b> Black, white, blue, pink, 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 \$17 – for one \$28 – for two \$40 – for three (Shirts will be \$20 at meet) # of shirts _____ Card fee: \$ _____ T-SHIRT Fee: \$ _____ Program 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 July 23<sup>rd</sup>. Please note: **NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after July 23<sup>rd</sup>. No entries accepted after July 23<sup>rd</sup>. Refunds are given up to eleven (11) days prior to the contest.**

**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 23<sup>rd</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, 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>

**FOR QUESTIONS:** Call Jim Sheffield at (916) 833-0045 or email him [Jim.Sheffield@mail.com](mailto:Jim.Sheffield@mail.com) call Gus Rethwisch (503) 901-1622

Return this page with entry and applicable fees.

**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.

**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 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 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 TEENS 12-13 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:** The hotel address is 5321 Date Avenue, Sacramento, CA 95841 . Rooms are \$119 (single or double). Mention the WABDL® WEST COAST BENCH PRESS AND DEAD LIFT CHAMPIONSHIPS for this special rate. For reservations call the Crown Plaza Sacramento Northeast at (877) 504-0054; or email [reservation@CPSAC.com](mailto:reservation@CPSAC.com) with name and address, arrival date, departure date, guarantee credit card and note that says lifter is with the West Coast Bench Press and Dead Lift Championships room block. Deadline date for room reservations is Friday, July 15, 2019.

**WEIGH-INS:** Will be held on **Friday, August 9th, 2019, from 2:30 – 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 10.**

**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.**

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.	<i>Trophy Presentation for All Benchers of the Day</i>
Dead Lift: 5	2:00 P.M.	All Women Dead Lifters, Special Olympians, Disabled, and Teen Men
Dead Lift: 6	2:45 P.M.	Open Men and Submaster Men
Dead Lift: 7	3:30 P.M.	Master Men
Dead Lift: 8	4:15 P.M.	Law-Firemen, Class 1 Men, and Junior Men
	5:00 P.M.	<i>Trophy Presentation for Dead Lifters and Push Pull Lifters of the Day</i>

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