

WABD_{LLC}-Western Regional Bench Press & Dead Lift Championships
Red Lion Downtowner – 1800 West Fairview Avenue – Boise, ID 83702
Saturday, July 13th 2019

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

This is a World Championship Qualifier: The top three finishers in every weight class of every division qualify for the World Championship at Balley's/Paris Resort Hotel in Las Vegas, November 13-18, 2018. 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 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 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 June 30th PLEASE MARK THIS**

CAREFULLY

1. Bench Division(s): _____ 2. Bench Division(s): _____	Bench Ply: _____ SINGLE, DOUBLE, OR RAW	OFFICE USE: B 1: CSR _____ B 1: CWR _____ B 2: CSR _____ B 2: CWR _____	NEW FINANCIAL STRUCTURE From now on, push-pull will not be separated from fees for bench press and dead lift. Please note the new fee configuration: adults/teens 1 division = \$60/40 (one of dead lift, bench press, or push-pull) 2 divisions = \$105/70 two of these: dead lift, bench press or push-pull) This pattern applies for all multiple divisions. 3 divisions = \$135/95 4 divisions = \$155/120 5 divisions = \$180/140 6 divisions = \$200/160 Call Jason Sacre with questions: (435) 730-0889
1. Dead Lift Division(s): _____ 2. Dead Lift Division(s): _____	Dead Lift Ply: _____ SINGLE, DOUBLE, OR RAW	OFFICE USE: D 1: CSR _____ D 1: CWR _____ D 2: CSR _____ D 2: CWR _____	
1. Push-Pull Division(s): _____ 2. Push-Pull Division(s): _____ (must be the same as one of the bench or dead)	Push-Pull Ply: _____ (must be same as B and D) SINGLE, DOUBLE, OR RAW	OFFICE USE: PP 1: PPSR _____ PP 1: PPWR _____ PP 2: PPSR _____ PP 2: PPWR _____	
Entry Dead Line: Entry fee and entry form must be in hand by June 25 th . Please note: NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after June 30th. No entries accepted after July 27th. Refunds are given up to eleven (11) days prior to the contest. Send completed entry form and applicable fees to: JASON SACRE, WABDL Meet Director P.O. BOX 654 Livingston, MT 59047 (Make checks payable to Jason Sacre)		T-Shirts: (1) = \$18, (2) = \$32 Shirts will be \$20 each and \$two for \$35 at the event. Colors: _____ Gray Indicate number you want to order.	Card Fees: Adults = \$45 Teens = \$30 Card fee: \$ _____ T-Shirts \$ _____ Total number of divisions _____ = \$ _____ Total fees due \$ _____

This contest will be drug-tested with the highest coefficients being selected. **Every lifter is 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.**

Please mail this page along with applicable fees to the meet director listed



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_{LLC}, Gus Rethwisch, Jason Sacre, the meet site, 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 with the understanding I inherent all 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 _____ Date _____ (Participants signature or Guardian if under 18)

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 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 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>

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 I 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#

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: 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 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.) or is 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 address is 1800 West Fairview Avenue, Boise, ID 83702

Room rates are \$95.00

Mention WABDL to reserve rooms. Please reserve before June 28th 2019

For reservations call **Red Lion Downtowner at**

WEIGH-INS:

Will be held ONLY on **Friday July 12, 2019, 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 SATURDAY. Schedule will be posted at weigh-ins.**

PLEASE SUPPORT OUR VALUABLE SPONSORS OF WABDL:

Brian Welker of *Welker Engineering* and *Welker's Competitive Edge Gym* –

Brian@competitiveedgegym.com

Reid and Kelly Solar (individual sponsors)

Shawn Madere of *GLC DIRECT* – (866) 452-3473 www.glcdirect.com

Ken Anderson of *Anderson Powerlifting* – (972) 733-3717 – www.andersonpowerlifting.com

Keith Lemm of *CSS Photo Design* – cssphoto@sbcglobal.net – (916) 213-8273

Chet Groskreutz of *IVANKO BARBELL* – (310) 514-1155 www.ivankobarbell.com

Coby Washburn and David R. Smith (individual sponsors)

Matt Ogurek (individual sponsor)

Suzette Simmons of *USANA* – SuzetteSimmons.USANA.com or Suzette.Simmons@usana.com - (702) 302-3784

Slavic Samoylich of Events by Idea – (541) 961-4384

Odd Haugen of Dot.fit – www.FIT.com/power