

WABDL®- Great Northern Bench Press and Dead Lift Championships

RL Hotel (formerly the Red Lion) – 2300 Evergreen Park Drive SW, Olympia, WA 98502

Saturday, August, 17, 2019

(PLEASE PRINT)



<u>Name</u>	(Last)	(First)	<u>Gender</u>	Male _____ Female _____
<u>Address</u>			<u>City</u>	
<u>State</u>	<u>Zip</u>	<u>Phone:</u>	<u>Weight Class</u>	
<u>Email address</u>	<u>Birth Date</u>		<u>Age:</u>	

This is a World Championship Qualifier: The top three finishers in every weight class of every division qualify for the **World Championship at Bally's/Paris Hotel, November 12-17, 2019, in Las Vegas, NV.** 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 BENCH PRESS.** 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 state records. **NO CHANGES IN PLY, DIVISION, OR WEIGHT CLASS AFTER THE FINAL DATE August 7th.** PLEASE MARK THIS CAREFULLY Please call Gus Rethwisch with questions, (503) 901-1622.

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 = \$65/45 (one of dead lift, bench press, or push-pull) 2 divisions = \$110/80 (two of these: dead lift, bench press or push-pull) This pattern applies for all multiple divisions. 3 divisions = \$145/110 4 divisions = \$170/135 5 divisions = 195/150 6 divisions = 215/165 (two bench presses, 2 dead lifts, and 2 push-pulls) Call Gus with Questions: (503) 901-1622
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): _____	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 _____	
T-shirts: <u>Sizes 5x through S:</u> Color: _____ Size: _____ # _____ Color: _____ Size: _____ # _____ Color: _____ Size: _____ # _____ Color: _____ Size: _____ # _____ PROGRAMS: Program _____ (\$10)	T-shirt colors: Black, white, blue, pink, and red.	OFFICE USE ONLY: Received: \$ _____ Owes \$ _____ Notes:	Card Fees: Adults = \$45 Teens = \$30 T-shirts: 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 _____ = \$ _____ Total fees due \$ _____

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 August 1st. Entries received after August 1st must be accompanied by a \$25 late fee. Please note: **NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after August 7th.** No entries after August 7th.

Teams: Please contact Gus Rethwisch for details or download the team roster from the website – www.wabdl.org Team fee is \$90. The team roster and fees are due on August 9th. The roster needs to be faxed to Elma Thomas at (971) 281-8107 or emailed to 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 shirts, 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 shirts, knee wraps or knee sleeves, including those with Velcro straps, wrist wraps and belt. For single and double-ply lifters: See the website – www.wabdl.org for specific details on official gear and equipment. If it isn't on the list, then it is not legal. All Titan, Inzer, and Metal double-ply squat suits and double-ply dead lift suits are legal, including canvas. Rules can be found at: <http://wabdl.org/rules.php>.

ADDITIONAL INFORMATION or QUESTIONS: Call Gus Rethwisch at (503) 901-1622 or email wabdl@comcast.net or Jason Sacre (435) 730-0889 or email jason@slfireprotection.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.

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 (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 RL Hotel (formerly the Red Lion Hotel), 2300 Evergreen Park Drive SW, Olympia, WA 98502. For reservations call (360) 943-4000 or (360) 252-0976. If you book on line use the group code WABDL0815, and if book by phone mention the World Association for Bench Press. Rooms are \$105 per night for standard single, double, queen or king. **Dead line for room reservations is July 25th.**

Directions: Take exit 104 – Hwy. 101 and exit right on Cooperpoint Drive, then right on Evergreen Park Drive, then right on Evergreen Park Drive SW, then on to the hotel property. It is in the Morris Business Center.

WEIGH-INS: Will be held on **Friday, August 16th, from 12:30 – 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 August 17th**

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 and Special Olympians
Bench Press: 2	10:00 A.M.	Teen Men and Open Men
Bench Press: 3	11:00 A.M.	Master Men
Bench Press: 4	12:00 P.M.	Law-Firemen and Class 1 Men
Bench Press: 5	12:45 P.M.	Submaster Men, Junior Men, and Disabled
	1:30 P.M.	Trophy Presentation for Benchers of the Day
Dead Lift: 6	2:30 P.M.	All Women Dead Lifters, Special Olympians, Disabled, and Teen Men
Dead Lift: 7	3:15 P.M.	Class 1 Men, Open Men, and Submaster Men
Dead Lift: 8	4:00 P.M.	Junior Men and Law-Firemen
Dead Lift: 9	4:45 P.M.	Master Men
	5:30 P.M.	Trophy Presentation for Dead Lifters and Push-Pull Lifters of the Day

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