

Mass Appeal Fitness

PRESENTS:

The WABDL Volunteer Classic Bench Press and Dead Lift Championship

Decherd, Tennessee SATURDAY August 3, 2019 – 9:30 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 Ken Millrany, Mass Appeal Fitness, Gus Rethwisch, WABDL, and all sponsors and personnel associated with this contest from any claims for damages or injuries that my 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: **\$55.00** for one division in Bench or Dead Lift or Push-Pull, **\$20.00** for each additional division up to 6 divisions (That is a total of six trophies.) Teenage entry fee is **\$40.00** for one division, **\$20.00** 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 from and see the rest of the team rules at 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 Ken Millrany. Mailing address on back. Using credit/debit card use the on-line entry at www.wabdl.org – email address for PayPal – bswbishop@charter.net

For a one day meet you may enter only one of the geared divisions, NOT more than one.

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: Mass Appeal Fitness, 92 Bible Crossing Rd, Decherd, TN 37324, (931) 967-5352

AREA HOTELS: **Best Western**, 1602 Dinah Shore Blvd Winchester, TN 37398 1(800) 780-7234, **Quality Inn**, 1838 Decherd Blvd, Decherd, TN 37324 (931) 962-0130, for others go to your favorite reservation website

WEIGH-INS: **The weigh-in will be Friday August 2, 2019 from 6:00am – 12 noon & 1:00pm – 9:00pm at Mass Appeal Fitness, DecherdTN. 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 **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: Sunday August 28, 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 +)

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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 8:30 am. Saturday morning August 3, 2019.

Weight Class Change: You may change your weight class till July 27, 2019. Call Ken Millrany (931) 308-4224.

Spectator Admission: \$5.00 12 and older, children 11 and under free.

Meet director:

MAIL ENTRIES HERE

Ken Millrany
414 Turkey Church Road
Tullahoma, TN 37388

Ken Millrany
(931) 308-4224

See the official rules at www.wabdl.org