

ALL AMERICAN GYM

and the
 WORLD ASSOCIATION OF BENCHER PRESSERS AND DEAD
 LIFTERS (WABDL)

Present

Florida State

BENCHPRESS, DEADLIFT, PUSH-PULL CHAMPIONSHIPS

Saturday, June 26, 2021

Name _____ Male___ Female___ Birthdate___/___/___
 Address _____ City _____ State _____
 Zip _____

Email _____ Phone _____ cell/home

Wt. Class _____ NOTE: YOU MAY ENTER EITHER BENCH PRESS, DEADLIFT, AND/OR PUSH-PULL; YOU DO NOT HAVE TO ENTER ALL THREE.

YOU MAY ENTER ONE OR TWO DIVISIONS IN BENCH PRESS, DEADLIFT, AND PUSH-PULL OR ALL THREE

| | | | | |
|------------------------|---|---|--------------------------|-----|
| BENCH DIVISION(S): | 1 | 2 | Single-ply Double-ply | Raw |
| DEADLIFT DIVISION(S): | 1 | 2 | Single-ply Double-ply | Raw |
| PUSH-PULL DIVISION(S): | 1 | 2 | Single-ply Double-ply | Raw |

Note: If you lift in a single-ply in the bench press and are also lifting in the deadlift, you may lift in a double-ply suit in the deadlift or use a single-ply or vice versa. (Double-ply shirt in the bench press and single-ply suit in deadlift.) If lifting in the push-pull, you have to lift in either a single-ply in both lifts or a double-ply in both lifts. You cannot switch to another ply. This means if you are lifting in the Push-pull division as well as either the bench press division, or deadlift division, or both, you have to lift in the same ply material in all of the divisions. This applies to RAW lifters too. Please check the box(es) above for single-ply, double-ply, or RAW.

THIS IS A DRUG-FREE MEET! THAT INCLUDES CONTESTANTS, COACHES, AND SPECTATORS! THIS CONTEST WILL BE DRUG TESTED, WITH THE TOP 10% OF COEFFICIENT BEING TESTED. Every lifter must have a one-piece lifting suit, which cannot be excessively loose. Every lifter will be required to have a current WABDL card that may be purchased at the contest for adult \$45.00/teenage \$30.00.

EQUIPMENT: No canvas shirts or three-ply shirts allowed. Double denims and double polyester are okay. Double-ply deadlift suits are allowed. Erector shirts and grooved briefs are okay. Bring your gear

to weigh-in for equipment check. Any lifter who sets a world record will have his or her equipment checked again at that time. All bench shirts must have a continuous neckline. The neckline cannot be cut. Check rules at www.WABDL.org.

BENCHPRESS: No more than two divisions!!! You have to lift in the division that is contested first. **Be sure to write your division and weight class at the top of this entry!**

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 Unlimited.

Class 1 Women: Any female lifter who has lifted less than the following in any contest: 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#, SHWT-236.7#.

CLASS 1 MEN: Any male lifter who has lifted less than the following in any contest: 114-275#, 123-308#, 132-336#, 148-369#, 165-391#, 181-418#, 198-435#, 220-451#, 242-473#, 259-485#, 275-501#, 308-523#, SHW-535#.

JUNIOR MEN & JUNIOR WOMEN: Any lifter age 20-25 will compete in all weight classes.

SUBMASTER MEN & SUBMASTER WOMEN: Any lifter age 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 as specified in open division.

LAW/FIRE MEN – LAW/FIRE WOMEN: All weight classes will be contested for open, sub-master 33-39, master 40-47, and master 48-55, 56-63, 64+.

TEEN MEN & TEEN WOMEN: Age groups 12-13, 14-15, 16-17, 18-19 will compete in all weight classes - including 97 & 105#.

DEADLIFT: No more than two divisions!!! You have to lift in the division that is contested first. **Be sure to write your division and weight class at the top of this entry!**

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 Unlimited.

CLASS 1 WOMEN: Any female lifter who has lifted less than the following in any contest: 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#, SHWT-404.4#.

CLASS 1 MEN: Any male lifter who has lifted less than the following in any contest: 114-391#, 123-424#, 132-452#, 148-496#, 165-540#, 181-573#, 198-601#, 220-628#, 242-650#, 259-667#, 275-683, 308-699#, SHW-711#.

JUNIOR MEN & JUNIOR WOMEN: Any lifter age 20-25 will compete in all weight classes.

SUBMASTER MEN & SUBMASTER WOMEN: Any lifter age 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 as specified in open division.

LAW/FIRE MEN – LAW/FIRE WOMEN: All weight classes will be contested for open, sub-master 33-39, master 40-47, and master 48-55, 56-63, 64+.

TEEN MEN & TEEN WOMEN: Age groups 12-13, 14-15, 16-17, 18-19 will compete in all weight

classes - including 97 & 105#.

SAME WEIGHT CLASSES AND DIVISIONS FOR PUSH-PULL

CLASS 1 FOR PUSH-PULL: If you no longer qualify for class 1 in either the bench press or the deadlift in your weight class, then you cannot lift in the class 1 division for the push-pull.

WEIGH-IN will be at All American Gym, 12 PM-8 PM, Friday June 25, Saturday, June 26, 10:00 AM-11:00 AM, 12:00p, lifting starts for the bench-press. **No Exceptions.**

ENTRY DEADLINE: Entry fee and form must be in no later than June 19, 2021, not postmarked by June 19, 2021. Entries received past this date will be charged a \$25.00 late fee. No Exceptions, this means you! The WABDL website is: www.WABDL.org

ENTRY FEE: \$60.00 for either bench-press or deadlift or \$100.00 for both. If you do two divisions in both bench and deadlift, the fee is \$160.00. That is a total of four trophies. If you do three divisions (for example, two in bench and one in deadlift), the fee is \$135.00. Teenage entry is \$40.00 for one event, \$70.00 for two divisions or one in bench and one in deadlift, \$100.00 for three, and \$125.00 for four divisions. Push-pull fees are \$60.00 (Adult)/\$40 (Teen) for one division and \$100 (adult)/\$70(Teen) for two divisions. Fees for regular meet and push-pull meet are separate. For example, two divisions of regular meet are \$100.00, and if you do one division of push-pull, it is an additional \$60.00 for a total of \$160.00. Four divisions of a regular meet are \$160.00, and two divisions of push-pull is an additional \$100.00 for a total of \$260.00. (That is a total of six trophies!) **MAKE CHECKS PAYABLE TO: ALL AMERICAN GYM** and send to: 1245 George Jenkins Blvd, Lakeland, FL 33815----- (863) 687-6268.

NO REFUNDS

AWARDS: 1st-3rd in each division – full weight classes and age groups per division.

TENTATIVE SCHEDULE OF EVENTS (these times are subject to change): Check regularly to make sure where you line up since some divisions or flights may progress faster or slower than others. Be ready to lift when your name is called. Lifting will begin at 12:00 PM promptly.

DEADLIFT: The deadlift competition will begin approximately 30 minutes after the bench press competition.

DISCLAIMER: EACH COMPETITOR AGREES that this contest involves strenuous physical activity that could possibly result in personal injury to the competitor. Expressly releases LOUIS BALTZ, the ALL AMERICAN GYM, the Facilities Sponsors, its employees and agents, Gus Rethwisch, WABDL, and any and all other sponsors and affiliated individuals or corporations from any claim of any kind whatsoever for any personal injury, property damage loss, or claim of any kind or nature arising out of or in any way connected with their participation in an the operation of this contest. Each competitor expressly waives any right he or she may have to sue for negligence, compensatory and punitive damages, or contract damages of any kind whatsoever as to any claim which may or does arise from participation in or the operation of this contest.

I have read and understand the above Release. I agree with all of the terms of the Release, and I certify that I am over the age of 18 years.

COMPETITOR

I CERTIFY that I am the parent or guardian of the above-named competitor if said competitor is under the age of 18, and I agree with and expressly adopt all of the terms of the Release.

PARENT/GUARDIAN

Make check or money order payable to: **All American Gym**
Send completed entry form to: **All American Gym, 1245 George Jenkins Blvd, Lakeland, FL 33815**
For More Information Call: **All American Gym --- (863) 687-6268**

Directions to Meet:

Take I-4 to Exit 31 FL-539 S./Kathleen Road. Take Kathleen road South to George Jenkins Blvd, turn right and you will see 1245 George Jenkins Blvd approximately one mile on the Right.