

Welker Engineering
Reid and Kelly Solar and Mike Neely Present
WABDL[®]-LLC-National Push-Pull Championships
Sheraton Crescent Hotel – 2620 West Dunlap Avenue Phoenix, AZ 85021
Saturday, June 12, 2021
(PLEASE PRINT)

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

DEADLINE FOR ROOM RESERVATIONS IS May 12, 2021

World Championship Qualifier: The top three finishers in every weight class of every division qualify for the **World Championship at the Peppermill Hotel in Reno, NV, November 9-14, 2021**. You may enter either bench press or dead lift or push-pull, but you do not have to do all of them. You may lift in one or two divisions of the bench press, dead lift or push-pull. **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. NO CHANGES IN PLY, DIVISION, OR WEIGHT CLASS AFTER THE FINAL DATE May 27th.** 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 _____	Adults/Teens 1 division = \$65/45 (one of dead lift, bench press, or push-pull) 2 divisions = \$115/85 (two of these: dead lift, bench press or push-pull) This pattern applies for all multiple divisions. 3 divisions = \$155/110 4 divisions = \$190/135 5 divisions = 215/155 6 divisions = 235/175 (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 _____	
		OFFICE USE ONLY: Received: \$ _____ Owes \$ _____ Notes: _____	Card Fees: Adults = \$45 Teens = \$30 Card 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) online. Please fill out the membership card application on the website (www.wabdl.org).** Cards will NOT be sold at the meet. You will need to present your receipt or card at weigh-ins.

Entry Dead Line: Entry fee and entry form must be in hand by **May 27, 2021th**. Please note: **NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after May 27, 2021.** 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 Team fee is \$90. The **team roster and fees are due on May 27th**. 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 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 "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 "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>

ADDITIONAL INFORMATION or QUESTIONS: Gus Rethwisch at (503) 901-1622 or email wabdl@comcast.net 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 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#

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 (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 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 Sheraton Crescent Hotel – 2620 West Dunlap Avenue, Phoenix AZ 85021. **For reservations call the Sheraton Crescent Hotel (602) 943-8200 or (888) 236-2427 by May 12th** and mention the National Push-Pull Competition. Reservations may be accepted after this date, but there is no guarantee that you will receive a non-smoking room, or the room type you want or the special room rate. Room rates are \$89 for single and double.

WEIGH-INS: Will be held on **Friday, June 11, from 1:00 – 7:30 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 June 12th.** **Every lifter will be required to have a current WABDL card to compete.**

WABDL Membership Cards MUST be purchased at www.wabdl.org prior to the meet. Membership cards are NO longer available on the entry form. You must present your card or purchase receipt at weigh-ins to be allowed to lift.

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 11:15 A.M. ← PLEASE NOTE STARTING TIME!		
Bench Press: 1	12:00 P.M.	All Women Benchers, Special Olympians, and Disabled
Bench Press: 2	1:00 P.M.	Teen Men, Submaster Men and Open Men
Bench Press: 3	2:00 P.M.	Master Men
Bench Press: 4	3:00 P.M.	Law-Firemen, Class 1 Men and Junior Men
	4:00 P.M.	<i>Trophy Presentation for Benchers of the Day</i>
Dead Lift: 5	5:00 P.M.	All Women Dead Lifters, Special Olympians, Disabled, and Teen Men
Dead Lift: 6	5:45 P.M.	Class 1 Men, Open Men and Submaster Men
Dead Lift: 7	6:30 P.M.	Junior Men, Master Men and Law-Firemen
	7:15 P.M.	<i>Trophy Presentation for Dead Lifters and Push Pull Lifters of the Day</i>

PLEASE SUPPORT OUR VALUABLE SPONSORS OF WABDL^{®-LLC}:

Brian Welker of *Welker Engineering* and *Welker's Competitive Edge Gym* – Brian@competitiveedgegym.com

Reid and Kelly Solar (individual sponsors)

Mike Neely and Steve Johnson (individual sponsors)

Coby Washburn and David R. Smith (individual sponsors)

Suzette and Dan Swift-USANA products - StrengthNutrition.usana.com - svsuzette@yahoo.com (702) 302- 3784 or (309) 642-0424

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

Ken Anderson and Kevin Pitman of *Anderson's Powerlifting*– (972) 733-3717 – www.andersonpowerlifting.com

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

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

Sig Sandstrom – Individual sponsor