

**Mike Neely and Reid Solar present the**  
**WABDL®- Midwest Regional Bench Press and Dead Lift Championships**  
**Fry's Family Fitness LLC – 275 Southridge Blvd., - Reedsburg, WI 53959**  
**Saturday, August 28, 2021**

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

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 1 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 August 15<sup>th</sup>. PLEASE MARK THIS CAREFULLY**

1. Bench Division(s): _____ 2. Bench Division(s): _____	<b>Bench Ply:</b> SINGLE, DOUBLE, OR RAW	<b>OFFICE USE:</b> B 1: CSR _____ B 1: CWR _____ B 2: CSR _____ B 2: CWR _____	<b>Please note the new fee configuration:</b> <b>Adults/Teens</b> <b>1 division = \$60/45</b> (one of dead lift, bench press, or push-pull) <b>2 divisions = \$105/80</b> (two of these: dead lift, bench press or push-pull) <b>This pattern applies for all multiple divisions.</b> <b>3 divisions = \$140/105 4 divisions = \$170/130</b> <b>5 divisions = \$190/150</b> <b>6 divisions = \$205/170</b> <b>Questions: Call</b> <b>Randy Fry -</b> <b>(608) 381-0581</b> <b>or</b> <b>Gus Rethwisch</b> <b>(503) 901-1622</b>
1. Dead Lift Division(s): _____ 2. Dead Lift Division(s): _____	<b>Dead Lift Ply:</b> SINGLE, DOUBLE, OR RAW	<b>OFFICE USE:</b> D 1: CSR _____ D 1: CWR _____ D 2: CSR _____ D 2: CWR _____	<b>Card Fees:</b> Adults = \$45 Teens = \$30 Card fee: \$ _____ Total number of divisions _____ = \$ _____ <b>Total fees due \$ _____</b> ←
1. Push-Pull Division(s): _____ 2. Push-Pull Division(s): _____ (must be the same as one of the bench or dead)	<b>Push-Pull Ply:</b> (must be same as B and D) <b>SINGLE, DOUBLE, OR RAW</b>	<b>OFFICE USE:</b> PP 1: PPSR _____ PP 1: PPWR _____ PP 2: PPSR _____ PP 2: PPWR _____	
<b>Entry Deadline: Entry fee and entry form MUST BE IN HAND by August 15<sup>th</sup>. Please note: NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after August 15<sup>th</sup>. No entries accepted after August 15<sup>th</sup>. Refunds are given up to eleven (11) days prior to the contest. Send completed entry form and applicable fees to:</b> <b>Gus Rethwisch, WABDL Meet Director</b> <b>P. O. Box 27499 Golden Valley MN 55427</b> <b>(Make checks payable to WABDL)</b>			
<b>Office Use:</b> Received: \$ _____ Owes: \$ _____ Notes:			

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 Gus Rethwisch***

**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 must 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 must buy a stock double-ply shirt from Inzer, Titan, or Metal that is secured at the neck. The neckline must 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#

**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 ONLY TEENS 14 AND OLDER MAY 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:**  
There is no meet hotel. Lifters will need to find accommodations on their own.

**WEIGH-INS:**  
Will be held ONLY on **Friday August 27<sup>th</sup> from 1:00 – 7:00 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. Final Lifting Schedule will be posted at weigh-ins.**

<b>➡ RULES BRIEFINGS FOR ALL LIFTERS OF THE DAY WILL BE AT 8:15 A.M. ⬅</b>		
Bench Press: 1	9:00 A.M.	All Women Benchers, Special Olympians, and Disabled
Bench Press: 2	10:00 A.M.	Teen Men, Submaster Men and Open Men
Bench Press: 3	11:00 A.M.	Master Men
Bench Press: 4	12:00 P.M.	Law-Firemen, Class 1 Men and Junior Men
Dead Lift: 5	1:00 P.M.	All Women Dead Lifters, Special Olympians, Disabled, and Teen Men
Dead Lift: 6	1:45 P.M.	Class 1 Men, Open Men and Submaster Men
Dead Lift: 7	2:30 P.M	Junior Men, Master Men and Law-Firemen
	3:15 P.M	Trophy Presentation for Lifters of the Day

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