


# WABDL **ADULT TEAM** ROSTER FOR WORLDS


**DO NOT USE THIS ROSTER FOR REGULAR LOCAL MEETS!**

Team Name \_\_\_\_\_ Captain \_\_\_\_\_

Contact # \_\_\_\_\_ Email: \_\_\_\_\_

**There may be 15 spots on your team.** One person may lift in the dead lift and in bench press (two spots); but (s)he **may not** represent the team in two dead lifts or two bench presses. **You may have no more than twelve (12) raw, eight (8) double-ply or eight (8) single-ply SPOTS.** Eight (8) is the minimum number of lifters to submit a team: seven (7) doing both bench and dead and one (1) doing either bench or dead lift. There may be no more than ten (10) benchers or ten (10) dead lifters on the team. **PUSH PULL DIVISIONS CANNOT BE ON A TEAM!!!!!!!** All lifters **MUST BE FROM THE SAME STATE OR INTERNATIONAL COUNTRY.**

 **YOU MAY NOT EARN TEAM POINTS IF YOU CHANGE WEIGHT OR DIVISION AFTER THE FINAL DUE DATE.** Check the entry for due date and for team roster and fee. **Rosters must be verified (not changed)** before the opening session of the contest with the WABDL president/ secretary/meet director. **NO CHANGES MAY BE MADE AFTER VERIFICATION UNLESS THE DIRECTOR OR SECRETARY HAS ENTERED SOMETHING INCORRECTLY FROM THE ORIGINAL ROSTER OR UNLESS THERE IS A "NO SHOW" OR AN INJURY OF A TEAM MEMBER. TEAM ENTRIES WILL NOT BE ACCEPTED AT THE MEET OR AT WEIGH-INS.** Scoring is as follows: 1<sup>st</sup> = 20, 2<sup>nd</sup> = 16, 3<sup>rd</sup> = 12, 4<sup>th</sup> = 10, 5<sup>th</sup> = 8, and 6<sup>th</sup> = 5.

 **Captains, please verify that all team members on your list have entered the meet before submitting your roster and also please use correct spelling of names!**

Team Member (please print clearly)	Division	Wt. Class	B or D	Ply
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
Alternate 1:				
Alternate 2:				