

WABDL TEAM ROSTER FOR Local Meets

Team Name _____ Captain _____

Contact # _____ Email: _____

On team rosters for local meets, There may be a total of 13 members or spots on the team. All lifters must be from the same state. 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. Seven (7) is the minimum number of lifters to submit a team: six (6) doing both bench and dead lift and one doing either bench or dead lift. **There may be no more than eleven (11) raw, seven (7) double-ply and seven (7) single-ply spots. There may not be more than nine (9) benchers or nine (9) dead lifters. No more than two (2) disabled lifters per team. **PUSH PULL DIVISIONS CANNOT BE ON A TEAM!!!!!!!**. 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: 1st = 20, 2nd = 16, 3rd = 12, 4th = 10, 5th = 8, and 6th = 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!

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