

Bovine Strength Systems Presents the
WABD LLC-Monterey Push/Pull Championships
Bodyworx Martial Arts – 2024 Del Monte Ave, Monterey, CA 93940
Saturday, August 5th, 2023

PLEASE NOTE THERE IS A 50 LIFTER MAXIMUM FOR THIS MEET

| | |
|---------------------------------------|--------------------------------------|
| MEET DIRECTOR: DANIEL SISNEROS | MEET ORGANIZER: MATT LAMARQUE |
|---------------------------------------|--------------------------------------|

This is a World Championship Qualifier: The top three finishers in every weight class of every division qualify for the World Championships. You may enter either bench press or dead lift or both, but you do not have to do both. You may lift in one or two divisions of the bench press or dead lift or both. 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 DUE DATE July 17th PLEASE MARK THIS CAREFULLY

Please call Matt Lamarque or Daniel Sisneros with questions, (831) 277-4766

Or email: bovinestrengthsystems@gmail.com

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). Please send in the card fee with the entry fee; cards may be purchased at the meet.

Entry Dead Line: Entry fee and entry form must be in hand by July 10th. Entries received after July 10th must be accompanied by a \$25 late fee. Please note: **NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS, and NO REFUNDS after July 10th. No entries accepted after July 17th .**

Teams: Team fee is \$80. The team roster (not the roster for worlds) is **due on or before July 17.** The roster needs to be sent to the meet organizer (Matt Lamarque). Please include alternates on your roster and verify that all the team members have entered the meet.

Download the team roster from the website – www.wabdl.org

Make checks payable to Matt Lamarque and send all forms / applicable fees to :

Matt Lamarque, 524 Fremont Street, Monterey, CA 93940

EQUIPMENT & RULES: 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>

(PLEASE PRINT)

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

| | | | |
|--|--|--|--|
| 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 _____ | FINANCIAL STRUCTURE From now on, push-pull will not be separated from fees for bench press and dead lift. Please note the fee configuration: Adults/Teens 1 division = \$100/80 (one of dead lift, bench press, or push-pull) 2 divisions = \$175/140 (two of these: dead lift, bench press or push-pull) This pattern applies for all multiple divisions. 3 divisions = \$250/190 4 divisions = \$310/240 5 divisions = \$350/280 6 divisions = \$390/320 Call Matt with Questions: (831) 277-4766 |
| 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 Team fee: \$ _____ Card fee: \$ _____ Total number of divisions _____ = \$ _____ Total fees due \$ _____ |

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 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/FIREMEN –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 12-13 MAY ONLY LIFT IN TEEN DIVISIONS and 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.) or 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

WEIGH-INS: Will be held on Friday **August 4, 2023, from 12: 00 P.M. – 5:00 P.M** at the meet site (2024 Del Monte Ave, Monterey CA 93940). 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 August 5th.**

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 8:15 A.M.

| | | |
|-----------------------|------------|---|
| Bench Press: 1 | 9:00 A.M. | All Women Benchers, Special Olympians, and Disabled |
| Bench Press: 2 | 10:15 A.M. | Teen Men, Junior Men, Law-Firemen, and Class1 Men |
| Bench Press: 3 | 11:30 A.M. | Master Me , submaster, Open, Elite Open |
| | | |
| | 12:30 P.M. | Platform Change and Best Lifters for Bench Presentation |
| DeadLift: 4 | 1:30 P.M. | All Women Benchers, Special Olympians, and Disabled |
| DeadLift: 5 | 2:30 P.M. | Teen Men, Junior Men, Law-Firemen, and Class1 Men |
| DeadLift: 6 | 3:30 P.M. | Master Men |
| DeadLift: 7 | 4:30 P.M. | Submaster Men and Open Men |
| | | <i>Trophy Presentation for Dead Lifters and Push-Pull Lifters of the Day</i> |