

**Reid and Kelly Solar**

Present the


**WABDL®-LLC-WORLD BENCH PRESS AND DEAD LIFT CHAMPIONSHIPS**


**HORSESHOE HOTEL (FORMERLY BALLY'S) – 3645 Las Vegas Blvd. South, Las Vegas, NV 89109**

**Wednesday– Sunday, November 29 – December 3, 2023**

<b>Name:</b>	Last		First	
<b>Personal Info:</b>	Male	Age	WT CLASS	Membership Number(if available):
	Female	DOB		
<b>Address:</b>	Street		City	State
				Zip
<b>Phone:</b>			<b>Email Address:</b>	

**FOR RESERVATIONS:** For reservations call the hotel at **1-800-358-8777** and **mention WABDL or the World Association of Benchers and Dead Lifters**, group code **SBWAB3**, or use this link: <https://book.passkey.com/go/SBWAB3> The resort fee is waived. **Room reservation DEADLINE is November 12<sup>th</sup>**. The meet site is in the Jubilee Tower. **Deadline for entry in hand is Friday, November 3<sup>rd</sup>**. **Under no circumstances will entries be accepted after Friday, November 3<sup>rd</sup>**. **Checks may be post-dated**. You may enter either bench press or dead lift or push pull, but you do not have to do all of the divisions. 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 plies must be the same. If you are not doing push-pull, you may have different ply for bench press and dead lift. NO CHANGES AFTER THE FINAL DATE – FRIDAY, NOVEMBER 3. DUE TO THE PANDEMIC, YOU DO NOT NEED TO GO TO A QUALIFIER FOR THIS YEAR'S WORLDS.**

1. Bench Division(s): _____	<b>Bench Ply:</b> _____	<b>OFFICE USE:</b> B 1: CSR _____ B 1: CWR _____ B 2: CSR _____ B 2: CWR _____	<b>Please note the fee configuration: Adults/Teens</b> <b>1 division = \$86/65</b> (one of dead lift, bench press, or push-pull) <b>2 divisions = \$155/115</b> (two of these: dead lift, bench press or push-pull) This pattern applies for all multiple divisions. <b>3 divisions = \$205/160</b> <b>4 divisions = \$235/190</b> <b>5 divisions = \$260/205</b> <b>6 divisions = \$285/225</b> <b>Team Entries are \$100</b> <b>(Use the world team roster on website; due November 3rd)</b> <b>Call Gus with Questions: (503) 901-1622</b>
2. Bench Division(s): _____	SINGLE, DOUBLE, OR RAW		
1. Dead Lift Division(s): _____	<b>Dead Lift Ply:</b> _____	<b>OFFICE USE:</b> D 1: CSR _____ D 1: CWR _____ D 2: CSR _____ D 2: CWR _____	
2. Dead Lift Division(s): _____	SINGLE, DOUBLE, OR RAW		
1. Push-Pull Division(s): _____	<b>Push-Pull Ply:</b> _____	<b>OFFICE USE:</b> PP 1: PPSR _____ PP 1: PPWR _____ PP 2: PPSR _____ PP 2: PPWR _____	<b>Card Fees:</b> <b>Adults = \$45</b> <b>Teens = \$30</b> <b>Card fee: \$ _____</b> <b>T-Shirts \$ _____</b> <b>Team entry \$ _____</b> <b>Total number of divisions _____ =</b> <b>\$ _____</b> <b>Total fees due</b> <b>\$ _____</b>
2. Push-Pull Division(s): _____	(must be same as Bench and Dead) SINGLE, DOUBLE, OR RAW		
<b>(Push pull division must be same as B or D division)</b>			
<b>T-shirts: Sizes 5x through 5:</b> Color: _____ Size: _____ # _____ Color: _____ Size: _____ # _____ Color: _____ Size: _____ # _____		<b>T-shirt colors:</b> Black, white, blue, pink and red. <b>T-shirts prices: (Please indicate quantity of order)</b> <b>1 = \$20, 2 = \$37,</b> <b>3 = \$50, 4 = \$60) At the meet TY-shirt prices:</b> <b>1 = \$25, 2 = \$45,</b> <b>3 = \$57, 4 = \$70</b>	
<b>Please use the following links if you are entering a team.</b> <b>World Adult Roster:</b> <a href="https://wabdl.org/documents/2022/04/adult-world-roster.pdf/">https://wabdl.org/documents/2022/04/adult-world-roster.pdf/</a> <b>World Teen Roster:</b> <a href="https://wabdl.org/documents/2022/04/teen-world-roster.pdf/">https://wabdl.org/documents/2022/04/teen-world-roster.pdf/</a>			

<p><b>Entry Deadline: Entry fee and entry form must be in hand November 3<sup>rd</sup>.</b> Please note: <b>NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after November 3<sup>rd</sup>.</b> <b>No entries accepted after November 3<sup>rd</sup>.</b> Refunds are given up to eleven (11) days prior to the contest. Send completed entry form and applicable fees to:</p> <p> Gus Rethwisch, Meet Director P.O. Box 27499 Golden Valley, MN 55427 (Please make checks payable to WABDL)</p>	<p>For Office Use:</p> <p>Received \$ _____</p> <p>Owes \$ _____</p> <p>Notes: _____</p>	
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**EXTREMELY IMPORTANT!** (Please complete this form.) WABDL meet expenses are dependent to some extent on the number of lifters staying at the hotel meet site. (It definitely affects the cost of the ballroom.) In order to have an accurate check of this, please fill out the following:

Lifter's Last Name: <b>(PLEASE PRINT)</b>	Lifter's First Name	Lifter's Address
City	State	Number of Nights at Meet Site Hotel
Name used for Hotel Registration: _____		
<p>If you have relatives or friends staying at the meet hotel site during competition, they are eligible for the discount rate if they mention the WABDL World Championships. Please list registration names of relatives/friends below. This will help with WABDL expenses, too.</p>		
Relative/Friend's Last Name <b>(PLEASE PRINT)</b>	First Name	Address
City	State	Number of Nights at Meet Site Hotel
Name used for Hotel Registration: _____		

**PLEASE BE SURE TO PURCHASE YOUR WABDL MEMBERSHIP CARD IN ADVANCE OF WEIGH-INS IF YOU DO NOT HAVE ONE OR IF YOURS WILL NOT BE CURRENT DURING THE CONTEST DATES. It will help make weigh-ins go more smoothly and efficiently and thereby be less bother for lifters.**

**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 1 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: 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 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; **(two new age groups in Disabled 1 are 60-74 and 75+)**

**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; **(two new age groups in Disabled 2 are 60-74 and 75+)**

### **IMPORTANT: SCHEDULE OF EVENTS:**

**IF YOU ARE LIFTING IN MORE THAN ONE DIVISION, YOU MUST LIFT IN THE ONE CONTESTED FIRST. Times listed on entry 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. If you have a special problem for lifting on your scheduled day or weighing in at the proper time, please EMAIL THE SECRETARY (Terri) at [wabdlrecords@gmail.com](mailto:wabdlrecords@gmail.com) AND WE WILL WORK OUT A SOLUTION. You may, of course, call Gus Rethwisch at (503) 901-1622. **We will appreciate your lifting on the assigned day if at all possible!!!**

### **WEIGH-INS: PLEASE MAKE ARRANGEMENTS IN ORDER TO WEIGH-IN ON TIME! NO MORNING WEIGH-INS!**

**Tuesday, November 28: 11:00 A.M.–6:00 P.M. for lifters competing on Wednesday, November 29**

**Wednesday, November 29: 11:00 A.M.–6:00 P.M. for lifters competing on Thursday, November 30**

**Thursday, November 30: 11:00 A.M.–6:00 P.M. for lifters competing on Friday, December 1**

**Friday, December 1: 11:00 A.M.–6:00 P.M. for lifters competing on Saturday, December 2**

**Saturday, December 2: 11:00 A.M.–6:00 P.M. for lifters competing on Sunday, December 3**

**Lifters arriving on late flights will be accommodated at weigh-ins. Please call Gus Rethwisch at (503) 901-1622 in advance.**

**PLEASE RETURN THE FIRST AND SECOND PAGES TO THE MEET DIRECTOR**

**PLEASE NOTE THAT DUE TO THE PANDEMIC AND ALL SUBSEQUENT RESTRICTIONS, THE WABDL WORLDS 2023 WILL CONSIST OF ONLY FIVE DAYS!**

The following schedule is subject to time changes depending on the number of lifters. Days and divisions will remain as listed.

**Rules briefings will be held at 8:15 A. M. each day**

**Wednesday, November 29: Day 1**

<b>Bench Press:</b>	9:00 A.M. 10:00 A.M. 11:00 A.M. <b>12:00 P.M.</b>	All Master Women 61+ All Master Men 75+ All Master Men 61-74 <b>Trophy Presentation for Benchers of the Day</b>
<b>Dead Lift:</b>	1:00 P.M. 2:00 P.M. 3:00 P.M. <b>4:00 P.M.</b>	All Master Women 61+ All Master Men 75+ All Master Men 61-74 <b>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</b>

**Thursday, November 30: Day 2**

<b>Bench Press:</b>	9:00 A.M. 10:00 A.M. 11:00 A.M. <b>12:00 P.M.</b>	All Disabled 1 Men and Women and <b><u>All Disabled 2 Men and Women and All Disabled 2 Men and Women and Special Olympians</u></b> All Master Women 54—60 All Master Men 54-60 <b>Trophy Presentation for All Benchers of the Day</b>
<b>Dead Lift:</b>	1:00 P.M. 2:00 P.M. 3:00 P.M. <b>4:00 P.M.</b>	All Disabled 1 Men and Women and <b><u>All Disabled 2 Men and Women and All Disabled 2 Men and Women and Special Olympians</u></b> All Master Women 54—60 All Master Men 54-60 <b>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</b>

**Friday, December 1: Day 3**

<b>Bench Press:</b>	9:00 A.M. 10:00 A.M. 11:00 A.M. 12:00 P.M. <b>1:00 P.M.</b>	Master Women 47-53 and <b><u>Submaster Women</u></b> Master Men 47-53 All Law-Fire Women and <b><u>Submaster Men</u></b> All Law-Firemen <b>Trophy Presentation for All Benchers of the Day</b>
<b>Dead Lift:</b>	2:00 P.M. 2:45 P.M. 3:30 P.M. 4:15 P.M. <b>5:00 P.M.</b>	Master Women 47-53 and <b><u>Submaster Women</u></b> Master Men 47-53 All Law-Fire Women and <b><u>Submaster Men</u></b> All Law-Firemen <b>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</b>

**Saturday, December 2: Day 4**

<b>Bench Press:</b>	9:00 A.M. 10:00 A.M. 11:00 A.M. 12:00 P.M. <b>1:00 P.M.</b>	Master Women 40-46 and <b><u>Junior Women</u></b> Open Women and <b><u>Junior Men</u></b> Master Men 40-46 Open Men <b>Trophy Presentation for All Benchers of the Day</b>
<b>Dead Lift:</b>	2:00 P.M. 2:45 P.M. 3:30 P.M. 4:15 P.M. <b>5:00 P.M.</b>	Master Women 40-46 and <b><u>Junior Women</u></b> Open Women and <b><u>Junior Men</u></b> Master Men 40-46 Open Men <b>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</b>

**Sunday, December 3: Day 5**

<b>Bench Press:</b>	9:00 A.M. All Teen Women and <b><u>Teen Men 12-15</u></b> 10:00 A.M. Teen Men 16-19 11:00 A.M. Class 1 Men and <b><u>Class 1 Women</u></b> 12:00 P.M. <b><i>Trophy Presentation for All Benchers of the Day</i></b>
<b>Dead Lift</b>	1:00 P.M. All Teen Women and <b><u>Teen Men 12-15</u></b> 2:00 P.M. Teen Men 16-19 3:00 P.M. Class 1 Men and <b><u>Class 1 Women</u></b> 4:00 P.M. <b><i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i></b>

**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. **There are no fourth attempts allowed for push-pull, and they don't count toward push-pull totals if taken for bench press and/or dead lift; and no fourth attempts allowed in bench press or dead lift IN RAW unless the third attempt is good.** Rules can be found at: <http://wabdl.org/rules.php>.

**ADDITIONAL INFORMATION or QUESTIONS:** Call Gus Rethwisch at (503) 901-1622 with your question.

**HOTEL INFORMATION:** The Horseshoe Hotel rooms are \$109 except Friday and Saturday when they are \$119. Call the **Horseshoe Hotel at 1-800-358-8777 for reservations.** Mention the WABDL or WORLD ASSOCIATION OF BENCHERS AND DEAD LIFTERS, group code SBWAB3 or use this link: <https://book.passkey.com/go/SBWAB3>. The \$40 resort fee will be waived. You need to make your room reservations no later than **November 12<sup>th</sup>** to guarantee the special rate. To ensure you get a room in the Jubilee Tower where the meet will be held, the earlier you make your reservations the better. The hotel address is 3645 Las Vegas Blvd. South, Las Vegas, NV 89109.

**PLEASE SUPPORT OUR VALUABLE SPONSORS OF WABDL®-LLC**

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