

WABDL_{LLC} – North American Bench Press and Deadlift Championships

When: Saturday, August 10, 2024

Where: Locals Crossfit, 2031 196th St SW, Lynnwood, WA, 98036

(PLEASE PRINT)

Name:	Last _____	First _____
Personal Info:	Male Age _____	Membership Number(if available): _____
	Female DOB _____	
Address:	Street _____	City _____
	State _____	Zip _____
Phone: _____	Email Address: _____	

This is a World Championship Qualifier: The top three finishers in every weight class of every division qualify for the **World Championships at Horseshoe Hotel and Casino, Las Vegas, Nevada**. 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. Please note we do have a "raw" division where you may set world records. NO CHANGES IN PLY, DIVISION, OR WEIGHT CLASS AFTER THE FINAL DATE July 25, 2024. PLEASE MARK THIS CAREFULLY**

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 Please note the new fee configuration: adults/teens 1 division = \$75/60 (one of dead lift, bench press, or push-pull) 2 divisions = \$125/85 (two of these: dead lift, bench press or push-pull) This pattern applies for all multiple divisions. 3 divisions = \$160/110 4 divisions = \$190/130 5 divisions = \$220/150 6 divisions = \$245/170
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 _____	
Entry Deadline: Entry fee and entry form must be in hand July 25, 2024. Please note: NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after July 25, 2024. No entries accepted after July 25, 2024. Refunds are given up to eleven (11) days prior to the contest. Send completed entry form and applicable fees to: Gus Rethwisch PO Box 27499 Golden Vally, MN, 55427 (Make checks payable to WABDL)		OFFICE USE ONLY: Received: \$ _____ Owes \$ _____ Notes: FOR MORE INFORMATION OR QUESTIONS: PLEASE CALL OR TEXT GUS RETHWIWSCH 503-901-1622 OR JOE MICKELSON: 206-391-8047	

This contest will be drug-tested with the highest coefficients selected. **Every lifter will be required to have a current WABDL card. Please purchase a card in advance if yours will not be current on the day of the meet.**



Disclaimer-Read Careful: When you sign, legal rights will be surrendered. I, _____, hereby for myself and my heirs release any and all rights/claims for damages or injuries I may have against, WABDL_{LLC}, the WABDL president, the meet director, meet site, and any and all participating sponsors, supporters, referees, spotters-loaders, or any other authorized meet personal as a result of my traveling to, participating in, or traveling from this WABDL contest. I make this release and waiver claim with full knowledge of the hazards and with the understanding I inherent all risks associated with the above-mentioned competition. I expressly, assume the risk of injury if using the thumb-less or "suicide" bench press grip and any and all property damage/loss. Moreover, I agree that any testing method, which the WABDL president uses to detect the presence of strength-inducing drugs shall be conclusive. If it is determined that I have failed the drug test I agree to waive any claim for which legal relief is available. I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this release from liability. I understand that my agreement to pay attorney fees and litigation expenses is the *sine qua non* for the acceptance of my entry for this contest.

Signature _____ (Guardian if under 18) Date _____

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. Rules can be found at: <http://wabdl.org/rules.php>

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 HAS BEEN RETIRED AS OF MAY 1, 2022. RECORDS WILL STILL STAND, BUT THE DIVISION IS NO LONGER ACTIVE

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 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 12-13 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.

***Effective Oct 2021- New age bracket for disabled divisions to include :60-74 and 75+**

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

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: Holiday Inn Express

515 196th St SW

Lynwood, WA, 98036

866-306-0942

Rate: \$130/night for Single or Double

Mention Room rates for North Americans

Weigh-Ins: Will be held **ONLY** on **Friday, August 9th from 1:00 P.M. to 8:00 P.M. at the meet site. 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.****

Schedule will be posted at weigh-ins.

Sponsors of WABDL_{LLC}

Reid and Kelly Solar (individual sponsors)

Kevin Pitman of *Anderson's Powerlifting*– (972) 733-3717 – www.andersonpowerlifting.com

Amy Rudder (individual sponsor)

Suzette and Dan Swift-USANA products - StrengthNutrition.usana.com - svsuzette@yahoo.com 702-302-3784

Mike Neely (individual sponsors)

Brian and Denise Welker of *Welker Engineering and Welker's Competitive Edge Gym* –

Brian@competitiveedgegym.com or 309-642-0424

David R. Smith and Coby Washburn (individual sponsors)

Tom & Eddie Morgan

Mike Frizzell

Teresa Plowman (individual sponsor)

Jill Porter (individual sponsor)

Ivanko: (310)514-1155

Forza: (503)901-1622

Dotfit: Odd Haugen (805)514-1155