



## HELLO WABDL FAMILY!

**BAND SHIRTS** - Many of my inner circle want the band shirt, they think it will be good for WABDL, many don't. Half the meet directors are ok with it, half aren't.

However, I'm willing to take a chance. Therefore, anyone who wants to lift in a band shirt at the **2024 WABDL World's** will be required to complete a **HARD COPY ENTRY** (no online entries).

**MUST BE POSTMARKED BY AUGUST 15,**  
**IN GUS' HAND BY AUGUST 25!**

If 45-50 entries are received by this due date, then all systems are a go for the Band Shirts. No checks will be cashed until a final decision is made on September 1, 2024. Since these are new WABDL Divisions, there will be no World Records this time around, only State Records.

### **BAND SHIRT ENTRY INSTRUCTIONS:**

Entry fees are as follows:

One (1) Division - \$140

Two (2) Divisions - \$240

Your **HARD COPY ENTRY** (same form as the World's application) needs to be completed as follows:

**BENCH DIVISION** section – Enter only the Approved Divisions listed below

**BENCH PLY** section - BAND SHIRT - Only Single, Double, or Triple Ply, Open or Closed back (NO inserts allowed) along with your **highest anticipated attempt**.

1. <b>Bench Division(s):</b> _____		<b>Bench Ply:</b> _____
2. <b>Bench Division(s):</b> _____		<b>SINGLE, DOUBLE, OR RAW</b>  <b>SINGLE, DOUBLE OR TRIPLE PLY ONLY!</b> <b>HIGHEST ANTICIPATED ATTEMPT:</b>

### **APPROVED BAND SHIRT DIVISIONS FOR 2024 WABDL WORLDS:**

**WEDNESDAY, NOVEMBER 6 – BAND SHIRT DIVISION**

MASTER MEN & WOMEN 61-69

**THURSDAY, NOVEMBER 7 – BAND SHIRT DIVISION**

MASTER MEN & WOMEN 54-60

**FRIDAY, NOVEMBER 8 – BAND SHIRT DIVISIONS**

MASTER MEN & WOMEN 47-53

SUBMASTER MEN & WOMEN 33-39

**SATURDAY, NOVEMBER 9 – BAND SHIRT DIVISIONS**

MASTER MEN & WOMEN 40-46

MEN & WOMEN 20-32

OPEN MEN & WOMEN

**SUNDAY, NOVEMBER 10 – BAND SHIRT DIVISION**

TEEN MEN & WOMEN 17-19 – CLOSED BACK SINGLE PLY ONLY\*

\*Texas High School Powerlifting Association

**BAND SHIRT PLY  
& HIGHEST  
ANTICIPATED  
ATTEMPT HERE**

**These are the ONLY DIVISIONS approved to lift with a Band Shirt.**

Band shirt lifters will have to lift on the day they are assigned. You are also allowed to enter Deadlift(s) Divisions, but there will be no Push-Pull.

You must supply your own spotters should you decide to attempt weight 800lbs and over.

There were 3 surveys on band shirts conducted: Wisconsin Dell on June 1<sup>st</sup> – out of 65 lifters, 55 no, 10 yes. Second survey online – 145 responses, 98% were yes. Third survey – from WABDL's most accomplished benchers, meet directors (60% no – 40% yes), state chairmen & judges, 37 no, 25 yes.

Get your entries to me early! USPS has not been too reliable with their services lately, so the earlier the better.

Gus