

Bovine Strength Systems Presents the

**WABDLLLL- Bovine Bench Press and Deadlift Championships
Bodyworx Martial Arts – 2024 Del Monte Ave, Monterey, CA 93940**

Saturday March 15th, 2025

PLEASE NOTE THERE IS A 80 LIFTER MAXIMUM FOR THIS MEET

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 February 17th .

Please call Matt Lamarque 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 \$50. (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 February 17th. Entries received after February 17th must be accompanied by a \$25 late fee. Please note: **NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS, and NO REFUNDS after February 17th. No entries accepted after February 24th .**

Teams: Team fee is \$100. The team roster (not the roster for worlds) is **due on or before February 24th**. The roster needs to be sent to the meet director (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>

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

Meet Organizer: Matt Lamarque

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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 = \$50 Teens = \$30 Team fee: \$ _____ Card fee: \$ _____ Total number of divisions _____ = \$ _____ Total fees due \$ _____

Send this page **correctly** filled out with payment.

DO NOT send the other pages of the entry form.

ADDITIONAL INFORMATION or QUESTIONS: Please call Matt Lamarque with questions, (831) 277-4766 or email at:

bovinestrengthsystems@gmail.com

DIVISIONS/WEIGHT CLASSES for Both Bench Press and Dead Lift
(Please note! Just push-pull category does not qualify for a team spot)

ELITE OPEN HAS BEEN RETIRED AS OF MAY 1, 2022. Records for this division will stand, but the division is no longer active. Records for Elite will count if it surpasses the open limit

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# (PLEASE NOTE: There are no World Records for the Class 1 division)

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#

(PLEASE NOTE: There are no World Records for the Class 1 division)

Class 1 Women: Bench Press: Any female 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: 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# (PLEASE NOTE: There are no World Records for the Class 1 division)

Class 1 Women: Dead Lift: Any female 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: 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# (PLEASE NOTE: There are no World Records for the Class 1 division)

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/Military Men – Law/Fire/Military Women **NEW MILITARY DIVISION****:** All weight classes will be contested for Open, Submaster 33-39, Master 40-47, Master 48-55, Master 56-63,

****NEW MASTER AGE GROUPS**:** Master 64-71, Master 72-79, Master 80-85, Master 86+

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. **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 & Women: All weight classes will be contested (PLEASE NOTE: There are no World Awards for the Special Olympian division)

****NEW AGE GROUPS** 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; ****New Age groups for Men & Women: 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-85, & 85+**

****NEW AGE GROUPS** 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; ****New Age groups for Men & Women: 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-85, & 85+**

Band Shirts (Single, Double, Triple ply only) – Open Men & Women, Men & Women 20-32, Submaster Men & Women 33-39, Master Men & Women 40-46, Master Men & Women 47-53, Master Men & Women 54-60, Master Men & Women 61-69, Teen Men & Women 17-19* (*CLOSED BACK SINGLE PLY ONLY)

WEIGH-INS: Will be held on **Friday March 14th, 2025**, from 12: 00 P.M. – 5:00 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 March 15th.**

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.

BRIEFINGS FOR ALL LIFTERS OF THE DAY WILL BE AT 8:15AM

First flight will start @ 9AM unless posted differently @ weigh-ins