

**HAWAI'I'S STRONGEST**

Presents

**2025 WABDL® -LLC- WORLD BENCH PRESS AND DEAD LIFT CHAMPIONSHIPS**

OUTRIGGER KONA RESORT AND SPA – 78-128 EHUKAI ST., KAILUA-KONA, HI 96740

**MONDAY, NOVEMBER 3, 2025 TO FRIDAY, NOVEMBER 7, 2025**

**PLEASE RETURN ONLY THE FIRST AND SECOND PAGES!**

<b>NAME:</b> _____		
<b>DATE OF BIRTH:</b> _____	<b>AGE:</b> _____	<b>WT. CLASS:</b> _____
<b>ADDRESS:</b> _____		
<b>CITY</b> _____	<b>STATE:</b> _____	<b>ZIP CODE:</b> _____
<b>PHONE:</b> _____	<b>CIRCLE ONE: MALE FEMALE</b>	
<b>EMAIL ADDRESS:</b> _____		

**Deadline for this entry is Friday, October 10, 2025**

**Late entries will be accepted up to Friday, October 17, 2025 (with a \$10 fee)**

<b><u>1. Bench Division(s):</u></b>	<b><u>Bench Ply:</u></b> <i>SINGLE, DOUBLE, RAW</i>	<b><u>ENTRY FEE(S):</u></b>  <b><u>1 division</u></b> - \$90 ADULT / \$70 TEEN (one of dead lift, bench press, or push-pull) <b><u>2 divisions</u></b> - \$160 ADULT / \$120 TEEN (two of these: dead lift, bench press or push-pull) This pattern applies for all multiple divisions. <b><u>3 divisions</u></b> - \$210 ADULT / \$170 TEEN <b><u>4 divisions</u></b> - \$240 ADULT / \$200 TEEN <b><u>5 divisions</u></b> - \$270 ADULT / \$220 TEEN <b><u>6 divisions</u></b> - \$300 ADULT / \$240 TEEN ***** <b>TEAM ENTRY - \$150.00</b>  <b>TEAM NAME:</b>								
<b><u>2. Bench Division(s):</u></b>	<b><u>Bench Ply:</u></b> <i>SINGLE, DOUBLE, RAW</i>									
<b><u>1. Dead Lift Division(s):</u></b>	<b><u>Dead Lift Ply:</u></b> <i>SINGLE, DOUBLE, RAW</i>									
<b><u>2. Dead Lift Division(s):</u></b>	<b><u>Dead Lift Ply:</u></b> <i>SINGLE, DOUBLE, RAW</i>									
<b><u>1. Push-Pull Division(s):</u></b>	<b><u>Push-Pull Ply:</u></b> <i>SINGLE, DOUBLE, RAW</i>									
<b><u>2. Push-Pull Division(s):</u></b>	<b><u>Push-Pull Ply:</u></b> <i>SINGLE, DOUBLE, RAW</i>									
<b><u>1. Band Shirt – Division 1</u></b>	<b><u>Band Shirt Ply:</u></b> <i>SINGLE, DOUBLE, TRIPLE</i>	<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td style="width:50%;"><b>SIZE:</b></td> <td style="width:50%;"><b>QTY:</b></td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> </table>	<b>SIZE:</b>	<b>QTY:</b>						
<b>SIZE:</b>	<b>QTY:</b>									
<b><u>2. Band Shirt – Division 2</u></b>	<b><u>Band Shirt Ply:</u></b> <i>SINGLE, DOUBLE, TRIPLE</i>	<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td style="width:50%;"><b>SIZE:</b></td> <td style="width:50%;"><b>QTY:</b></td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> </table>	<b>SIZE:</b>	<b>QTY:</b>						
<b>SIZE:</b>	<b>QTY:</b>									

1. You may enter either Bench Press or Deadlift or Push-Pull, but you do not have to do all the divisions.
2. You may lift in one (1) or two (2) divisions of the Bench Press or Deadlift or Push-Pull for a maximum of 6 divisions or a minimum of one (1) division.
3. YOU MUST INDICATE ON THIS ENTRY WHETHER YOU WILL BE LIFTING SINGLE-PLY, DOUBLE-PLY OR RAW IN THE BENCH PRESS AND/OR DEADLIFT AND/OR PUSH-PULL.
4. Band Shirt entries cannot enter Push Pull, but may enter Deadlift as a separate Division.
5. **\*\*If you are doing Push-Pull, all plies must be the same. If you are not doing Push-Pull, you may have a different ply for Bench Press and Deadlift.**

PLEASE SEND PAGES 1 AND 2 ONLY!  
 WITH APPLICABLE FEES (CHECK OR MONEY ORDER) TO:  
**Terri Aiwohi – Wabdl World’s**  
**P. O. BOX 4694**  
**HILO, HAWAI`I 96720**  
**(Please make checks payable to DARREN ELISAGA)**

APPLICATIONS ARE DUE ON OCTOBER 10, 2025

## OUTRIGGER KONA RESORT AND SPA HOTEL INFORMATION

78-128 Ehukai Street, Kailua-Kona, Hawai`i 96740

**WABDL SPECIAL ROOM RATE: \$225 PER NIGHT**  
**This special rate is available from October 31 – November 10, 2025 only**

Reservations can be made online at the hotel website:

<https://www.outrigger.com/hawaii/hawaii-big-island/outrigger-kona-resort-and-spa>

**ENTER THE GROUP CODE: 251103IPLF**

Online reservations are preferred, however, if you would like to call to make your reservations, please call 1.866.419.2601 and mention the **GROUP CODE: 251103IPLF**

**PLEASE COMPLETE THE HOTEL INFORMATION BELOW TO HELP US WITH EVENT PREPARATION.  
 WE WOULD APPRECIATE IT IF ANYONE YOU KNOW THAT WILL BE USING THE GROUP CODE TO BE LISTED.**

<b><u>LIFTER'S NAME (PLEASE PRINT):</u></b>		
<b><u>NUMBER OF NIGHTS AT HOTEL:</u></b>	<b><u>DATES OF YOUR STAY:</u></b>	
<b><u>NAME USED FOR HOTEL REGISTRATION:</u></b>		
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 HOTEL CODE: . Please list registration names of relatives/friends below. This will help with WABDL expenses, too.		
<b><u>GUEST NAME:</u></b>	<b><u># OF NIGHTS</u></b>	<b><u>DATES OF THEIR STAY:</u></b>

**PLEASE KEEP THE FOLLOWING PAGES FOR YOUR  
INFORMATION AND REFERENCE!  
(DO NOT SEND WITH YOUR APPLICATION)**

**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 Awards 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 Awards 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 Awards 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 Awards 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)

**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>.

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

**(Times below are approximate)**

<b>DAY 1 - MONDAY, NOVEMBER 3, 2025</b>		
<b>Bench Press:</b>	<b>9:00 A.M.</b>	All Master Women 61+
		All Master Men 75+
		All Master Men 61-74
	<b>1:00 P.M.</b>	<i>Trophy Presentation for Benchers of the Day</i>
<b>Dead Lift:</b>	<b>2:00 P.M.</b>	All Master Women 61+
		All Master Men 75+
		All Master Men 61-74
	<b>5:00 P.M.</b>	<i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i>
<b>DAY 2 - TUESDAY, NOVEMBER 4, 2025</b>		
<b>Bench Press:</b>	<b>9:00 A.M.</b>	Class 1 Women & Men
		All Master Women & Men 54-60
	<b>1:00 P.M.</b>	<i>Trophy Presentation for Benchers of the Day</i>
<b>Dead Lift:</b>	<b>2:00 P.M.</b>	Class 1 Women & Men
		All Master Women & Men 54-60
	<b>5:00 P.M.</b>	<i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i>
<b>DAY 3 - WEDNESDAY, NOVEMBER 5, 2025</b>		
<b>Bench Press:</b>	<b>9:00 A.M.</b>	All Teen Men & Women
		Special Olympians
		All Disabled 1 and 2 Men & Women
	<b>1:00 P.M.</b>	<i>Trophy Presentation for Benchers of the Day</i>
<b>Dead Lift:</b>	<b>2:00 P.M.</b>	All Teen Men & Women
		Special Olympians
		All Disabled 1 and 2 Men & Women
	<b>5:00 P.M.</b>	<i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i>

<b>DAY 4 - THURSDAY, NOVEMBER 6, 2025</b>		
<b>Bench Press:</b>	<b>9:00 A.M.</b>	Master Men & Women 47-53
		Submaster Men & Women
		All Law-Fire Men & Women
	<b>1:00 P.M.</b>	<i>Trophy Presentation for Benchers of the Day</i>
<b>Dead Lift:</b>	<b>2:00 P.M.</b>	Master Men & Women 47-53
		Submaster Men & Women
		All Law-Fire Men & Women
	<b>5:00 P.M.</b>	<i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i>
<b>DAY 5 - FRIDAY, NOVEMBER 7, 2025</b>		
<b>Bench Press:</b>	<b>9:00 A.M.</b>	Master Men & Women 40-46
		Open Men & Women
		Junior Men & Women
		Men & Women 20-32 (Band Shirts)
	<b>1:00 P.M.</b>	<i>Trophy Presentation for Benchers of the Day</i>
<b>Dead Lift:</b>	<b>2:00 P.M.</b>	Master Men & Women 40-46
		Open Men & Women
		Junior Men & Women
	<b>5:00 P.M.</b>	<i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i>

### **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 TERRI at [wabdlrecords@gmail.com](mailto:wabdlrecords@gmail.com) . We will appreciate your lifting on the assigned day if at all possible!!!

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

**WEIGH INS WILL BE IN THE KALEIOPAPA CONVENTION CENTER**

SUNDAY, NOVEMBER 2: 11AM – 6PM FOR LIFTERS COMPETING ON MONDAY, NOVEMBER 3  
 MONDAY, NOVEMBER 3: 11AM – 6PM FOR LIFTERS COMPETING ON TUESDAY, NOVEMBER 4  
 TUESDAY, NOVEMBER 4: 11AM – 6PM FOR LIFTERS COMPETING ON WEDNESDAY, NOVEMBER 5  
 WEDNESDAY, NOVEMBER 5: 11AM – 6PM FOR LIFTERS COMPETING ON THURSDAY, NOVEMBER 6  
 THURSDAY, NOVEMBER 6: 11AM – 6PM FOR LIFTERS COMPETING ON FRIDAY, NOVEMBER 7

### **WABDL MEMBERSHIPS!**

**IF YOU DO NOT HAVE A MEMBERSHIP OR IF YOURS WILL NOT BE CURRENT, PLEASE BE SURE TO PURCHASE/RENEW YOUR WABDL MEMBERSHIP IN ADVANCE OF WEIGH-INS.**

**If you are not sure when your card expires, please email Paul at [wabdlhq@gmail.com](mailto:wabdlhq@gmail.com)**

**\*\*Membership forms can be found on the WABDL website: <https://wabdl.org/listsforms/> or the “best way” is to include it with this entry form.**

## **OUTRIGGER KONA RESORT AND SPA**

### **HOTEL INFORMATION**

78-128 Ehukai Street, Kailua-Kona, Hawai`i 96740

**WABDL SPECIAL ROOM RATE: \$225 PER NIGHT**

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

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Mike Neely (individual sponsor)

Brian and Denise Welker of Welker Engineering and Welker's Competitive Edge Gym – [Brian@competitiveedgegym.com](mailto:Brian@competitiveedgegym.com)

Kevin Pitman of Anderson's Powerlifting – (972) 733-3717 – [www.andersonpowerlifting.com](http://www.andersonpowerlifting.com)

Suzette and Dan Swift of USANA products – [StrengthNutrition@usana.com](mailto:StrengthNutrition@usana.com) - (702) 302-3784

David R. Smith (individual sponsor)

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