

2025 WABDL ADULT TEAM ROSTER FOR WORLDS

TEAM NAME:	CAPTAIN:
CONTACT #:	EMAIL:
MEET LOCATION: KAILUA-KONA, HAWAII	MEET DATE: NOVEMBER 3 - 7, 2025

For the World Championships, there may be a total of **15 members** or spots on a team. All lifters must be from the same state or international country. One person may lift in the dead lift and in bench press (two spots); but (s)he may not represent the team in two dead lifts or two bench presses. EIGHT (8) is the minimum number of lifters to submit a team: SEVEN (7) doing both bench and dead lift and one (1) doing either bench or dead lift. There may not be more than TEN (10) benchers or TEN (10) dead lifters. **PUSH PULL DIVISIONS CANNOT BE ON A TEAM!!!**. Rosters must be verified (not changed) before the opening session of the contest with the WABDL president/secretary/meet director.

NO CHANGES MAY BE MADE AFTER VERIFICATION UNLESS THE DIRECTOR OR SECRETARY HAS ENTERED SOMETHING INCORRECTLY FROM THE ORIGINAL ROSTER OR UNLESS THERE IS A "NO SHOW" OR AN INJURY OF A TEAM MEMBER. TEAM ENTRIES WILL NOT BE ACCEPTED AT THE MEET OR WEIGH-INS.

Scoring is as follows: 1st = 20, 2nd = 16, 3rd = 12, 4th = 10, 5th = 8, and 6th = 5

Captains, please verify that all team members on your list have entered the meet before submitting your roster and also please use correct spelling of names!

	Team Member (please print clearly!)	Division	Weight Class	B or D	Ply
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
ALTERNATE 1:					
ALTERNATE 2:					

NOTE: ALTERNATES WILL BE USED ONLY IF THERE IS A "NO SHOW" OR AN INJURY OF A TEAM MEMBER