WABDL Southern Nationals
Saturday, February 6, 2027
Trumann, Arkansas

(PLEASE PRINT)

Name:	Last			First		
Personal Info:	Male / Female	Age / DOB	WT CLASS		Membership Number(if available):	
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 November, 2027.** 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 January 30, 2027. 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**: **Everyone** **1 division = $65** (one of dead lift, bench press, or push-pull) **2 divisions = $110** (two of these: dead lift, bench press or push-pull) This pattern applies for all multiple divisions. **3 divisions = $145** **4 divisions = $170** **5 divisions = $195** **6 divisions = $215** **Call with Questions: DIRECTOR INFO**
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 the paper entry form must be in hand January 23, 2027. Please note: NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after January 30, 2076. Any lifter who cancels January 30th or after WILL NOT receive a refund but will receive a credit to a future meet by the same meet director. Any lifter who cancels before January 30th and asks for a refund will be handled on a case by case basis. Send completed entry form and applicable fees to:			**Card Fees:** **Adults = $55** **Teens = $40** **Card fee: $_____** **Total number of divisions _____ = $_____** **Total fees due $_____**

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.**

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, F8, or Metal that is secured at the neck. The neckline has to be one complete circle, not split. The Inzer, Titan, F8, 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.

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 _____

DIVISI0NS/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 I 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 ONLY be held on Friday, February 5, 2026 at The Trumann Sports Complex 16179 Pecan Grove Rd, Trumann, AR 72472 from 9:00 - 12:00p.m. & 3:00 - 6:00 p.m. PLEASE MAKE ARRANGEMENTS 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.

RULES BRIEFING will be held Saturday morning February 6, 2027 at 8:30 A.M. at The Trumann Sports Complex

LIFTING to start at 9:30 A.M. Saturday morning February 6, 2027 at The Trumann Sports Complex.

HOTEL INFORMATION: You can use your favorite resorvation website for any of the local hotels. There are several nice hotels in Jonesboro which is approximately 15-20 minuted north of Trumann.

Spectator Admission: Person's 12 and over are $10.00. 11 and under are free.

ADDITIONAL INFORMATION or QUESTIONS:

For questions about the meet contact: Meet Director: Eddie Morgan - (870) 219-1452 or email him eddiemorgan61@icloud.com

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