

WABDL LLC - Arkansas Southern National Bench Press and Dead Lift Championships
Trim Gym – 1916 Race Street, Jonesboro, AR 72401
Saturday, February 17, 2018



<u>Name</u>	(Last)	(First)	<u>Gender</u>	Male _____ Female _____
<u>Address</u>			<u>City</u>	
<u>State</u>	<u>Zip</u>	<u>Phone:</u>	<u>Weight Class</u>	
<u>Email address</u>	<u>Birth Date</u>		<u>Age:</u>	

This is a World Championship Qualifier: The top three finishers in every weight class of every division qualify for the **World Championship in 2018, location to be announced**. 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 BENCH PRESS. 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 state records. In 2019, the highest state raw records will become the new world raw records. NO CHANGES IN PLY, DIVISION, OR WEIGHT CLASS AFTER THE FINAL DATE – February 10th. PLEASE MARK THIS CAREFULLY** **Please call Eddie Morgan at (870) 219-1452 or email otho1950@hotmail.com with questions.**

1. Bench Division(s): _____	Bench Ply: _____ SINGLE, DOUBLE, OR RAW	OFFICE USE: B 1: CSR _____ B 1: CWR _____ B 2: CSR _____ B 2: CWR _____	Entry Fee: adults/teens, disabled, & Special Olympians 1 div (\$60/50) 2 div (\$110/75) 3 div (\$150/100) 4 div (\$175/130) # of divisions _____ Entry Fee \$ _____ Team fee \$ _____ (\$50) Card fee: Please purchase if yours won't be valid on the day of the meet or if you are a new lifter. \$ _____ adult fee \$45 \$ _____ teen fee \$30
2. Bench Division(s): _____			
1. 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 _____	
2. Dead Lift Division(s): _____			
1. Push-Pull Division(s): _____	Push-Pull Ply: _____ (Must be same as B and D) SINGLE, DOUBLE, OR RAW Push Pull fees are separate from dead lift and bench fees. Do not count 1 bench, 1 dead and 1 push-pull as 3 divisions. It is 2 divisions + 1 push-pull fee.	OFFICE USE: PP 1: PPSR _____ PP 1: PPWR _____ PP 2: PPSR _____ PP 2: PPWR _____	Push-Pull Fee 1 div = \$60 adult /\$50-teen, disabled, & Special Olympians 2 div = \$110 adults/\$75-teen, disabled, & Special Olympians Number of divisions _____ Push-Pull Fee \$ _____
2. Push-Pull Division(s): _____			
Spectator Ticket(s): Please include ticket money with entry and other fees. \$5 with application and \$10 at the door.	_____ (indicate number of tickets if you wish to purchase them with the entry.	Number of tickets purchased with entry: \$5 x _____ Total ticket fee: \$ _____	Spectator tickets \$ _____ Total fees due \$ _____

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 \$45. (Teen cards are \$30).** Please send in the card fee with the entry fee; cards may be purchased at the meet, but if possible please send in fee with entry to make weigh-ins go more smoothly and quickly.

Entry Dead Line: THERE IS ONLY ONE FINAL DATE FOR ACCEPTING ENTRIES. IF YOU DON'T HAVE THE FEES BY THE DUE DATE, CONTACT THE MEET DIRECTOR AND MAKE SPECIAL ARRANGEMENTS TO PAY, BUT FILL IN THE APPLICATION AND MAIL BEFORE THE FINAL DEADLINE. **Entry fee and entry form must be in hand by February 10th. Please note: NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after February 10th.**

Teams: Please contact Eddie Morgan for details or download the team roster from the website – www.wabdl.org Team fee is \$50. The team **roster and fees are due on February 10th**. Please include alternates on your roster and verify that all the team members have entered the meet.

Send all forms and applicable fees Eddie Morgan- the meet director; mail page one of the entry with the forms and applicable fees to Eddie Morgan, 191 CR 470, Jonesboro, AR 72404. Make checks payable to Eddie Morgan, not WABDL.

DISCLAIMER: Read carefully. When you sign, legal rights will be surrendered. I HEREBY, for myself and my heirs, release any and all claims for damages or injuries I have against WABDL, Gus Rethwisch, Eddie Morgan, Tom Morgan, Trim Gym, and any and all authorized meet personnel. _____ Lifter's signature or if under 18, parent or responsible adult's signature. Date **February 17, 2018.**

EQUIPMENT & RULES: For the new “raw” division in dead lift, the following may be worn: singlet, groove briefs (absolutely no power pants of any kind), knee wraps or knee sleeves including those with Velcro straps, wrist wraps and belt. For the new “raw” division in bench press, the following may be worn: singlet, T-shirt, groove briefs, knee wraps or knee sleeves, including those with Velcro straps, wrist wraps and belt. For single and double-ply lifters: See the website – www.wabdl.org for specific details on official gear and equipment. **If it isn't on the list, then it is not legal. Double-ply squat suits or double-ply dead lift suits are legal.** Rules can be found at: <http://wabdl.org/rules.php>.

ADDITIONAL INFORMATION or QUESTIONS: Call Eddie Morgan (870) 219-1452 or email otho1950@hotmail.com with your phone number included.

DIVISIONS/WEIGHT CLASSES for Both Bench Press and Dead Lift: YOU MAY ENTER EITHER BENCH PRESS OR DEAD LIFT, OR BOTH, BUT YOU DO NOT HAVE TO DO BOTH. You may enter one or two divisions in bench and/or one or two divisions in dead lift. **You must lift in the division that is contested first.**

Elite Open Men (Single-ply Bench Press Only): Any male lifter who has benched higher than the following in any and all sanctioned contests in any federation will be in the Elite Open Men division: 114 – 303.0#, 123 – 381.3#, 132 – 413.2#, 148 – 473.7#, 165 – 529.0#, 181 – 567.5#, 198 – 626.0#, 220 – 694.2#, 242 – 744.0#, 259 – 751.7#, 275 – 788.0#, 308 – 826.5#, SHW – 840.8#. Lifters may set state records in Elite Open Men and lift in other divisions **EXCEPT Open Men**. CURRENT LIMITS FOR OPEN MEN DIVISION: 114 – 303.0#, 123 – 381.3#, 132 – 413.2#, 148 – 473.7#, 165 – 529.0#, 181 – 567.5#, 198 – 626.0#, 220 – 694.2#, 242 – 744.0#, 259 – 751.7#, 275 – 788.0#, 308 – 826.5#, SHW – 840.8#. If an Open lifter breaks the Open limit by the **smallest** margin, he may stay in the Open division and will get an Open record. **These limits evolve depending on records set. Call Gus Rethwisch at (503) 901-1622 if you have any questions**

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#

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#

Class 1 Women: Bench Press: Any female lifter who has lifted less than the following in any and all sanctioned contests IN ANY FEDERATION: 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#

Class 1 Women: Dead Lift: Any female lifter who has lifted less than the following in any and all sanctioned contests IN ANY FEDERATION: 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#

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 Men – Law/Fire Women: All weight classes will be contested for Open, Submaster 33-39, Master 40-47, Master 48-55, Master 56-63, Law-Fire 64 Men

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# for Teen 16-19 and 97# & 105# for Teen 12-15. **TEENS AGES 12-15 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 Men and Women: All weight classes will be contested.

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

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

HOTEL INFORMATION: The Comfort Inn and Suites, 3404 Access Road, Jonesboro, AR 72401. Room rates are \$114 plus tax. The rooms are two single or one king size bed. Hotel is less than one mile from the Trim Gym, the meet site.

Phone (870) 336-2280 for reservations. Please mention WABDL for these special rates. Since rooms are limited, it is best to make reservations now. Cancel within 24 hours before check-in for full refund.

WEIGH-INS: Will be held on Friday, February 16th from 1:00 – 10:00 P.M at the Comfort Inn. 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 February 17th**