



# World Association of Benchers & Deadlifters Presents



## Sonny's 4th Hawai'i Island WABDL Edith Kanaka'ole Stadium Sunday, February 18, 2018

This contest will be drug-tested with 10% of the highest coefficients being selected. Every lifter is required to have a one-piece lifting suit that cannot be excessively loose. Review official rules at [www.wabdl.org](http://www.wabdl.org). **Every lifter is required to have a current WABDL membership card (adult \$45 / teen \$30) because this is a sanctioned competition, which means State, National, and World Records can be set. Mail card application and fee to GUS no later than 3 weeks prior to weigh-ins: GUS RETHWISCH PO Box 515 Willard, UT 84340. WABDL membership application can be found at [www.wabdl.org](http://www.wabdl.org).** The top 3 finishers in every weight class of every division qualifies for the WABDL World Championships. Date and location to be announced.

**ENTRY DEADLINE: POSTMARKED JANUARY 20, 2018**  
**\$30 LATE FEE FOR ENTRIES POSTMARKED JANUARY 22, 2018 – JANUARY 27, 2018**  
**ABSOLUTELY NO ENTRIES ACCEPTED AFTER JANUARY 27, 2018**

### THERE IS A MAXIMUM OF 140 LIFTERS FOR THIS MEET

PLEASE DO NOT SUBMIT A WEIGHT YOU CAN'T MAKE. Any lifter that does not make weight will not receive a trophy, but may lift as a guest lifter and set records. **No changes to weight, ply, division, or teams after JANUARY 27, 2018.**

**QUESTIONS:** Meet Promoter: Jocelyn Ronolo (808) 387-8776 / Meet Director: Mike Saito (808) 221-0129  
Changes in weight, ply, division, or teams – contact Jocelyn Ronolo via email: [jocelynrnolo@gmail.com](mailto:jocelynrnolo@gmail.com)

**WEIGH-INS:** Saturday February 17, 2018, 11:00am - 3:00pm | Edith Kanaka'ole Stadium  
No morning weigh-ins and you **MUST** bring: 1) Equipment for inspection; and 2) Current WABDL card

**NOTE:** You may enter bench press, deadlift, or both. You do not have to enter both. You may also enter 1 division or 2 divisions of push-pull totals. You do not have to enter the push-pull part of this competition.

**ADMISSION:** General \$6 (Lifters excluded) / Children 11 & under FREE

**SCHEDULE TIMES ARE APPROXIMATE. A schedule of events, based on the number of contestants, will be posted at the weigh-ins and at the meet. Lifters are responsible for checking regularly on the progress of the flights and being on time for their flights.**

BENCH PRESS		
SESSION 1	9:00 - 10:00am	Master Men / Master Women
SESSION 2	10:00 - 11:00am	Submaster Men Submaster Women Law & Fire Men Law & Fire Women
SESSION 3	11:00 - 12:00pm	Junior Men / Junior Women Class 1 Men / Class 1 Women Open Women Special Olympian / Disabled
SESSION 4	12:00 - 1:00pm	Teen Men / Teen Women
SESSION 5	1:00 - 2:00pm	Open Men / Elite Open Men
	2:00 - 3:00pm	Trophy Presentation

DEADLIFT		
SESSION 1	3:00 - 4:00pm	Master Men / Master Women
SESSION 2	4:00 - 5:00pm	Submaster Men Submaster Women Law & Fire Men Law & Fire Women
SESSION 3	5:00 - 6:00pm	Junior Men / Junior Women Class 1 Men / Class 1 Women Open Women Special Olympian / Disabled
SESSION 4	6:00 - 7:00pm	Teen Men / Teen Women
SESSION 5	7:00 - 8:00pm	Open Men / Elite Open Men
	8:00 - 9:00pm	Trophy Presentation

**AWARDS GIVEN**  
**1ST, 2ND, 3RD PLACE OF EACH DIVISION**  
**1ST, 2ND, 3RD PLACE IN TEAM DIVISION**

**SINGLE PLY – DOUBLE PLY – RAW DIVISION**

## DIVISIONS

**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.**

**OPEN MEN:** Male lifters will compete in the following weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 259, 275, 308, SHW. 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. **Current limits for Open Men bench:** 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#.

**CLASS 1 MEN:** Bench: Any male lifter who has lifted less than the following *in any and all sanctioned contests in any federation:* 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#: 523.0, 259#: 540.0, 275#: 551.0, 308#: 573.0, SHW: 595.0

Deadlift: Any male lifter who has lifted less than the following *in any and all sanctioned contests in any federation:* 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: 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

Deadlift: 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

**OPEN WOMEN:** Female lifters compete in the following weight classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 221+

**JR MEN AND WOMEN:** Any lifter age 20-25 will compete in all weight classes as specified in Open Men & Open Women.

**MASTER MEN:** Age groups 40-46, 47-53, 54-60, 61-67, 68-74, 75-79, 80-84, 85-89, and 90+ will compete in all weight classes as specified in Open Men.

**MASTER WOMEN:** Age groups 40-46, 47-53, 54-60, 61-67, 68-74, 75-79, 80-84, 85-89, and 90+ will compete in all weight classes as specified in Open Women.

**LAW ENFORCEMENT/FIRE MEN AND 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

**TEENAGE MEN AND WOMEN:** Age groups 12-13, 14-15, 16-17, 18-19, will be contested in all weight classes **including 97 lbs. and 105 lbs. Teens 16-19 and 97 lbs. & 105 lbs. TEENS AGES 12-15 MAY ONLY LIFT IN TEEN DIVISIONS. (Proof of age required; include copy of birth certificate with entry form. We may have proof of age on file if you sent one in before. Please check before mailing another.)**

**SUBMASTER MEN/WOMEN:** Men & women ages 33-39 will compete in all weight classes.

**SPECIAL OLYMPIAN MEN/ SPECIAL OLYMPIAN 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.), 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

**PUSH-PULL COMPETITION:** You may enter 1 or 2 divisions **in both bench and dead lift; there is an additional fee of \$45 or \$80 to enter the push-pull part of the competition. You do not have to enter this in order to participate in the regular part of the competition. Both divisions MUST BE IN SAME PLY (ie: Single/Single, Double/Double, Raw/Raw)**

## EQUIPMENT & RULES:

PLEASE VISIT [WWW.WABDL.ORG](http://WWW.WABDL.ORG) FOR THE UPDATED OFFICIAL RULES AND APPROVED GEAR LIST.

→→→ **MUST BE 16 OR OLDER TO COMPETE IN ANY DOUBLE PLY DIVISION(S)** ←←←

# World Association of Benchers & Deadlifters Presents

Sonny's 4th Hawai'i Island WABDL

Edith Kanaka`ole Stadium

Sunday, February 18, 2018

Name: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State or Country: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email to confirm receipt of application: \_\_\_\_\_

DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (age on 2/18/18) \_\_\_\_\_ Weight Class: \_\_\_\_\_ For Office Use: *Postmarked Date* \_\_\_\_\_

**\*\*\*\*\* MUST BE 16 OR OLDER TO COMPETE IN ANY DOUBLE PLY DIVISION(S) \*\*\*\*\***

Bench #1 Division: \_\_\_\_\_ Bench #2 Division: \_\_\_\_\_ Single  Double  Raw

Deadlift #1 Division: \_\_\_\_\_ Deadlift #2 Division: \_\_\_\_\_ Single  Double  Raw

**OPTIONAL:**

Push-Pull #1 Division: \_\_\_\_\_ Push-Pull #2 Division: \_\_\_\_\_ Single  Double  Raw

1 Division (i.e. Open Bench and Open Deadlift, Junior Women Bench and Junior Women Deadlift, etc...) There is an additional fee to participate in the PUSH-PULL Division. Please see website for official rules.

ADULT ENTRY FEES		TEEN ENTRY FEES: (ages 12-19 w/ proof of age *birth certificate, State ID, or driver's permit/license)	
\$75	1 Division Bench or Deadlift	\$50	1 Division Teen (age12-19) Bench or Deadlift
\$125	2 Divisions Bench & Deadlift (or 2 Bench or 2 Deadlift)	\$90	2 Divisions Teen (age12-19) Bench & Deadlift (or 2 Bench or 2 Deadlift)
\$155	3 Divisions Bench and/or Deadlift (2 Bench & 1 Deadlift)	\$115	3 Divisions Teen (age12-19) (1 Bench & 2 Deadlift)
\$180	4 Divisions (2 Bench & 2 Deadlift)	\$140	4 Divisions Teen (age12-19) (2 Bench & 2 Deadlift)
\$45	1 Division for Push - Pull Total *Includes Teen Division - OPTIONAL		
\$80	2 Divisions for Push - Pull Total *Includes Teen Division - OPTIONAL		
<b>TEAM ENTRY FEE: \$125 Roster limited to 10 lifters (not including alternates); no more than 6 benchers or deadlifters to a team.</b> <b>TEAM CAPTAINS, PLEASE SUBMIT YOUR TEAM ROSTER AND FEE WITH YOUR ENTRY FORM</b>			

Make checks or money orders payable to: SONNY'S WABDL | Mail to: PO Box 31332 Honolulu, HI 96820

\*\*\* There will be a \$20.00 service charge for returned checks \*\*\*

**DO NOT SEND WABDL CARD FEE WITH ENTRY FORM. SEND CARD FEE TO GUS RETHWISCH**

T-SHIRT ORDER: S - L \$14, XL - 2XL \$15, 3XL \$16	
T-Shirt Size(s):	Quantity:

CALCULATE FEES	
Entry Fee:	
LATE Entry Fee:	
Push - Pull Fee: (optional)	
T-Shirt Fee:	
Team Entry Fee: (optional)	
<b>TOTAL FEES DUE:</b>	

**DISCLAIMER READ CAREFULLY: WHEN YOU SIGN, LEGAL RIGHTS WILL BE SURRENDERED! I HEREBY, FOR MYSELF AND FOR MY HEIRS, RELEASE ANY AND ALL RIGHTS/CLAIMS FOR DAMAGES AND/OR INJURIES THAT MAY OCCUR TO ME AT THIS CONTEST. I RELEASE JOCELYN RONOLO, EDITH KANAKA`OLE STADIUM, WABDL, AND ALL OTHER SPONSORS & PERSONNEL ASSOCIATED WITH THIS CONTEST. I UNDERSTAND THAT POWERLIFTING CAN BE A DANGEROUS SPORT AND THERE IS A CHANCE OF INJURY. I AGREE THAT ANY TESTING METHOD WHICH GUS RETHWISCH 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 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/OR LITIGATION EXPENSES IS THE SINE QUA NON FOR ACCEPTANCE OF MY ENTRY FOR THIS CONTEST. I UNDERSTAND ALL WABDL RULES AND UNDERSTAND I AM RESPONSIBLE FOR KNOWING MY WEIGH IN AND FLIGHT TIMES.**

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Legal Guardian Signature (IF A MINOR): \_\_\_\_\_ Date: \_\_\_\_\_

**PLEASE SEND IN ONLY THIS PAGE WITH PAYMENT**