

WABDL_{LLC}-World Bench Press and Dead Lift Championships

Phoenix, Arizona - 2021

<u>Sunday, October 31: Day 1</u>		
Rules Briefing	8:15 A.M.	
Bench Press:		
B-1-1	9:00 A.M.	Teen Women, Teen Men 12-15, and Junior Women + Carrie Reese & Sherry Shellenberger & Laura Decanini
B-1-2	9:45 A.M.	Teen Men 16-17
B-1-3	10:30 A.M.	Teen Men 18-19 and Junior Men 20-25
B-1-4	11:15 A.M.	Open Men 114#-242# and Elite Open Men: 114#-242#
B-1-5	12:00 P.M.	Open Men: 259#-Super
	12:45 P.M.	Hall of Fame and Trophy Presentation for All Benchers of the Day
Dead Lift:		
D-1-6	2:00 P.M.	Teen Women, Teen Men 12-15, and Junior Women + Carrie Reese & Sherry Shellenberger & Laura Decanini
D-1-7	2:45 P.M.	Teen Men 16-17
D-1-8	3:30 P.M.	Teen Men 18-19 and Junior Men
D-1-9	4:15 P.M.	Open Men: 114#-220#
D-1-10	5:00 P.M.	Open Men: 242#-Super + Terry Putman
	5:45 P.M.	Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day
<u>Monday, November 1: Day 2</u>		
Rules Briefing	8:15 A.M.	
Bench Press:		
B-2-1	9:00 A.M.	Open Women (40-46): 123#-148#
B-2-2	9:45 A.M.	Open Women (40-46): 165#-Super
B-2-3	10:30 A.M.	Master Women 40-46 and Master Men 40-46 + Tom Morgan & JP Sullivan
B-2-4	11:15 A.M.	Submaster Men and Submaster Women
	12:00 P.M.	Hall of Fame and Trophy Presentation for All Benchers of the Day
Dead Lift:		
D-2-5	1:00 P.M.	Open Women (40-46): 123#-165#
D-2-6	1:45 P.M.	Open Women (40-46): 181#-Super
D-2-7	2:30 P.M.	Master Women 40-46 and Master Men 40-46 + Eddie Morgan & JP Sullivan
D-2-8	3:15 P.M.	Submaster Men and Submaster Women
	4:00 P.M.	Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day

(over)

<u>Tuesday, November 2: Day 3</u>		
Rules Briefing	8:15 A.M.	
Bench Press: B-3-1 B-3-2 B-3-3	9:00 A.M. 10:00 A.M. 11:00 A.M. 12:00 P.M.	Class 1 Men and Class 1 Women + Matthew Carpentier & Lamar Lewis Master Men 54-60 and Master Women 54-60 Master Men 47-53 and Master Women 47-53 Hall of Fame Trophy Presentation for All Benchers of the Day
Dead Lift: D-3-4 D-3-5 D-3-6	1:00 P.M. 1:45 P.M. 2:30 P.M. 3:15 P.M.	Class 1 Men and Class 1 Women + Matthew Carpentier & Lamar Lewis Master Men 54-60 and Master Women 54-60 Master Men 47-53 and Master Women 47-53 Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day
<u>Wednesday, November 3: Day 4</u>		
Rules Briefing	8:15 A.M.	
Bench Press: B-4-1 B-4-2 B-4-3 B-4-4	9:00 A.M. 9:45 A.M. 10:30 A.M. 11:15 A.M. 12:00 P.M.	All Disabled 1 and 2 Men and Women <u>and All Special Olympian Men and Women</u> All Law-Fire Men and <u>Law-Fire Women</u> Master Women 61+ and <u>Master Men 75+</u> Master Men 61-74 Hall of Fame and Trophy Presentation for All Benchers of the Day
Dead Lift D-4-5 D-4-6 D-4-7	1:00 P.M. 1:45 P.M. 2:30 P.M. 3:15 P.M.	All Disabled 1 and 2 Men and Women, <u>All Special Olympian Men and Women and All Law-Fire Men and Law-Fire Women</u> Master Women 61+ Master Men 75+ Master Men 61-74 Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day