

**Welker Engineering  
and Reid and Kelly Solar**

Present the

**WABDL® -LLC- WORLD BENCH PRESS AND DEAD LIFT CHAMPIONSHIPS**

The Peppermill Hotel - 2707 S. Virginia Street, Reno, NV 89502

**Note Days:** Sunday, October 30 through Thursday, November 3, 2022

<b>Name:</b>	Last	First		
<b>Personal Info:</b>	Male	Age	WT CLASS	Membership Number(if available):
	Female	DOB		
<b>Address:</b>	Street	City	State	Zip
<b>Phone:</b>	<b>Email Address:</b>			

**IMPORTANT INFORMATION: Entry fee and entry form must be in hand by September 28<sup>th</sup>.**

Please note: **NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after September 28<sup>th</sup>. No entries accepted after October 3<sup>rd</sup>.**

The ballroom is on the Peppermill Tower side of the hotel, right off the casino which is three times larger than any we have had in the past. Rooms are **\$100 for King in Peppermill Tower and \$120 for double queen**. Amenities include a free airport shuttle which leaves every half hour on the hour from 4:00 A.M. until 11:45 P.M., free wireless internet, health club, and in-room refrigerators. Parking is free, and the resort fee is reduced from \$35 (for reservations made other than with the Peppermill) to \$20 for our event. There is room service for all meals and the Coffee Shop is open 24/7. The hotel has 7 fine restaurants and 1850 rooms. **Call the Peppermill Hotel at 1-800-282-2444 –Mention the code LWBP22 and the World Bench Press and Dead Lift Championships. You need to make your reservations no later than October 7<sup>th</sup> to guarantee the special rates. To insure you get a non-smoking reservation the earlier you make your reservations the better. It is very important to use code LWBP22.** The hotel address is 2707 S. Virginia Street, Reno, NV 89502. Take Exit 64 off Hwy. 395 (Moana Lane) and go west to Virginia Street. Turn right and travel 4 - 5 blocks. **We appreciate your patronizing the hotel that is acting as the venue host for this contest of champions. We guarantee a certain number of nights in exchange for the use of the ballroom at a specific fee. If we don't meet our quota, the fee for the ballroom goes up, and consequently, so do the WABDL expenses. PLEASE BOOK RESERVATIONS THROUGH THE 800 NUMBER, (800) 282-2444 and code LWBP22.) or online at <https://book.passkey.com/e/50277638> and code LWBP22.**

1. Bench Division(s): _____ 2. Bench Division(s): _____	<b>Bench Ply:</b> _____ SINGLE, DOUBLE, OR RAW	<b>OFFICE USE:</b> B 1: CSR _____ B 1: CWR _____ B 2: CSR _____ B 2: CWR _____	<b>Please note the new fee configuration: Adults/Teens</b> <b>1 division = \$82/62</b> (one of dead lift, bench press, or push-pull) <b>2 divisions = \$150/110</b> (two of these: dead lift, bench press or push-pull) This pattern applies for all multiple divisions. <b>3 divisions = \$200/160</b> <b>4 divisions = \$230/190</b> <b>5 divisions = \$255/205</b> <b>6 divisions = \$280/225</b> <b>Team Entries are \$100</b> (Use the world team roster on website; due September 28 <sup>th</sup> ) Call Gus with Questions: (503) 901-1622
1. Dead Lift Division(s): _____ 2. Dead Lift Division(s): _____	<b>Dead Lift Ply:</b> _____ SINGLE, DOUBLE, OR RAW	<b>OFFICE USE:</b> D 1: CSR _____ D 1: CWR _____ D 2: CSR _____ D 2: CWR _____	
1. Push-Pull Division(s): _____ 2. Push-Pull Division(s): _____ <b>(Push pull division must be same as B or D division)</b>	<b>Push-Pull Ply:</b> _____ (must be same as Bench and Dead) <b>SINGLE, DOUBLE, OR RAW</b>	<b>OFFICE USE:</b> PP 1: PPSR _____ PP 1: PPWR _____ PP 2: PPSR _____ PP 2: PPWR _____	
<b>T-shirts: Sizes 5x through 5:</b> Color: _____ Size: _____ # _____ Color: _____ Size: _____ # _____ Color: _____ Size: _____ # _____ <b>Programs _____ #</b> <b>Please use the following links if you are entering a team.</b> <b>World Adult Roster:</b> <a href="https://wabdl.org/documents/2022/04/adult-world-roster.pdf/">https://wabdl.org/documents/2022/04/adult-world-roster.pdf/</a> <b>World Teen Roster:</b> <a href="https://wabdl.org/documents/2022/04/teen-world-roster.pdf/">https://wabdl.org/documents/2022/04/teen-world-roster.pdf/</a>	<b>T-shirt colors:</b> <b>Black, white, blue, pink, and red.</b> <b>T-shirts prices:</b> <b>1 = \$20, 2 = \$35,</b> <b>3 = \$45, 4 = \$55</b> <b>Programs: \$15</b>		<b>Card Fees:</b> <b>Adults = \$45</b> <b>Teens = \$30</b> <b>Card fee: \$ _____</b> <b>T-Shirts \$ _____</b> <b>Program fee \$ _____</b> <b>Team entry \$ _____</b> <b>Total number of divisions _____ =</b> <b>\$ _____</b> <b>Total fees due</b> <b>\$ _____</b>
<b>Entry Deadline: Entry fee and entry form must be in hand by September 28<sup>th</sup>. Please note: NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after September 28<sup>th</sup>. No entries accepted after October 3<sup>rd</sup>.</b> Refunds are given up to eleven (11) days prior to the contest. Send completed entry form and applicable fees to: Gus Rethwisch, Meet Director P.O. Box 27499 Golden Valley, MN 55427 (make checks payable to WABDL)			<b>For Office Use:</b> Received \$ _____ Owes \$ _____ Notes:

**EXTREMELY IMPORTANT!** (Please complete this form.) WABDL meet expenses are dependent to some extent on the number of lifters staying at the hotel meet site. (It definitely affects the cost of the ballroom.) In order to have an accurate check of this, please fill out the following:

Lifter's Last Name: <b>(PLEASE PRINT)</b> _____ City _____	Lifter's First Name _____ State _____	Lifter's Address _____ Number of Nights at Meet Site Hotel _____
Name used for Hotel Registration: _____		
<b>If you have relatives or friends staying at the meet hotel site during competition, they are eligible for the discount rate if they mention the WABDL World Championships. Please list registration names of relatives/friends below. This will help with WABDL expenses, too.</b>		
Relative/Friend's Last Name <b>(PLEASE PRINT)</b> _____ City _____	First Name _____ State _____	Address _____ Number of Nights at Meet Site Hotel _____
Name used for Hotel Registration: _____		

**PLEASE BE SURE TO PURCHASE YOUR WABDL MEMBERSHIP CARD IN ADVANCE OF WEIGH-INS IF YOU DO NOT HAVE ONE OR IF YOURS WILL NOT BE CURRENT DURING THE CONTEST DATES. It will help make weigh-ins go more smoothly and efficiently and thereby be less bother for lifters.**

**DIVISIONS/WEIGHT CLASSES for Both Bench Press and Dead Lift: Just push-pull category does not qualify for a team spot.**  
Elite Open Men (Single-ply Bench Press Only): Records for this division are frozen and this division will no longer be contested.  
**Open Men:** Male lifters will compete in the following weight classes: 114#, 123#, 132#, 148#, 165#, 181#, 198#, 220#, 242#, 259#, 275#, 308#, and 309+ (Super)  
**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#  
**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 Men: Bench:** Any male lifter who has lifted less than the following in any and all sanctioned contests: 105-185#, 114- 214.7#, 123-242.5#, 132-264.5#, 148-308.5#, 165-341.5#, 181-363.7#, 198-385.0#, 220-402.2#, 242-418.7#, 259-435.2#, 275-446.2#, 308-468.2#, Super -487.2#  
**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, 90-94 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/Women  
**Teen Men and Teen Women:** Age groups 12-13, 14-15, 16- 17, and 18-19 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/Disabled Men - Special Olympian/Disabled 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. **New age divisions for both men and women: Disabled 1 Men/Women 60-74, Disabled 1 Men/Women 75+, Disabled 2 Men/Women 60-74, Disabled 2 Men/Women 75+**

**IMPORTANT: SCHEDULE OF EVENTS:**

IF YOU ARE LIFTING IN MORE THAN ONE DIVISION, YOU MUST LIFT IN THE ONE CONTESTED FIRST. Times listed on entry are approximate and a final schedule of events, based on the number of contestants, will be posted in the weigh-in room. Lifters are responsible, as always, for checking regularly on the progress of flights and being on time for their flights. If you have a special problem for lifting on your scheduled day or weighing in at the proper time, please EMAIL THE SECRETARY (Terri Aiwohi) at [wabdlrecords@gmail.com](mailto:wabdlrecords@gmail.com) AND STAFF WILL WORK OUT A SOLUTION. You may, of course, call Gus Rethwisch at (503) 901-1622. We will appreciate your lifting on the assigned day if at all possible!!!

**WEIGH-INS: PLEASE MAKE ARRANGEMENTS IN ORDER TO WEIGH-IN ON TIME! NO MORNING WEIGH-INS!**

Saturday, October 29: 1:30 P.M.–8:00 P.M. for lifters competing on Sunday, October 30  
 Sunday, October 30: 1:30 P.M.–8:00 P.M. for lifters competing on Monday, October 31  
 Monday, October 31: 1:30 P.M.-8:00 P.M. for lifters competing on Tuesday, November 1<sup>st</sup>  
 Tuesday, November 1: 1:30 P.M.–8:00 P.M. for lifters competing on Wednesday, November 2<sup>nd</sup>  
 Wednesday, November 2: 1:30 P.M.–8:00 P.M. for lifters competing on Thursday, November 3<sup>rd</sup>

**Lifters arriving on late flights will be accommodated at weigh-ins. Please call Gus Rethwisch at (503) 901-1622 in advance.**

**PLEASE RETURN THE FIRST AND SECOND PAGES TO THE MEET DIRECTOR**

**PLEASE NOTE THAT DUE TO THE PANDEMIC AND ALL SUBSEQUENT RESTRICTIONS, THE WABDL WORLDS 2022 WILL CONSIST OF ONLY FIVE DAYS!**

The following schedule is subject to time changes depending on the number of lifters. Days and divisions will remain as listed.

**Rules briefings will be held at 8:15 A. M. each day**

**Sunday, October 30: Day 1**

<b>Bench Press:</b>		
B-1-1	9:00 A.M.	Teen Women, <u>Teen Men 12-15, and Junior Women</u>
B-1-2	9:45 A.M.	Teen Men 16-17
B-1-3	10:30 A.M.	Teen Men 18-19 and <u>Junior Men 20-25</u>
B-1-4	11:15 A.M.	Open Men 114#-242#
B-1-5	12:00 P.M.	Open Men: 259#-Super
	<b>12:45 P.M.</b>	<b><i>Trophy Presentation for All Benchers of the Day</i></b>
<b>Dead Lift:</b>		
D-1-6	1:45 P.M.	Teen Women, <u>Teen Men 12-15, and Junior Women</u>
D-1-7	2:30 P.M.	Teen Men 16-17
D-1-8	3:15 P.M.	Teen Men 18-19 and <u>Junior Men 20-25</u>
D-1-9	4:00 P.M.	Open Men: 114#-220#
D-1-10	4:45 P.M.	Open Men: 242#-Super
	<b>5:30 P.M.</b>	<b><i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i></b>

**Monday, October 31: Day 2**

<b>Bench Press:</b>		
B-2-1	9:00 A.M.	Open Women : 123#-148#
B-2-2	9:45 A.M.	Open Women: 165#-Super
B-2-3	10:30 A.M.	Master Women 40-46 and <u>Master Men 40-46</u>
B-2-4	11:15 A.M.	Submaster Men and <u>Submaster Women</u>
	<b>12:00 P.M.</b>	<b><i>Trophy Presentation for All Benchers of the Day</i></b>
<b>Dead Lift:</b>		
D-2-5	1:00 P.M.	Open Women : 123#-165#
D-2-6	1:45 P.M.	Open Women: 181#-Super
D-2-7	2:30 P.M.	Master Women 40-46 and <u>Master Men 40-46</u>
D-2-8	3:15 P.M.	Submaster Men and <u>Submaster Women</u>
	<b>4:00 P.M.</b>	<b><i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i></b>

**Tuesday, November 1: Day 3**

<b>Bench Press:</b>		
B-3-1	9:00 A.M.	Class 1 Men and <u>Class 1 Women</u>
B-3-2	10:00 A.M.	Master Men 54-60 and <u>Master Women 54-60</u>
B-3-3	11:00 A.M.	Master Men 47-53 and <u>Master Women 47-53</u>
	<b>12:00 P.M.</b>	<b><i>Trophy Presentation for All Benchers of the Day</i></b>
<b>Dead Lift:</b>		
D-3-4	1:00 P.M.	Class 1 Men and <u>Class 1 Women</u>
D-3-5	1:45 P.M.	Master Men 54-60 and <u>Master Women 54-60</u>
D-3-6	2:30 P.M.	Master Men 47-53 and <u>Master Women 47-53</u>
	<b>3:15 P.M.</b>	<b><i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i></b>

### Wednesday, November 2: Day 4

<b>Bench Press:</b>		
B-4-1	9:00 A.M.	All Disabled 1 and 2 Men and Women <u>and All Special Olympian Men and Women</u>
B-4-2	9:45 A.M.	All Law-Fire Women
B-4-3	10:30 A.M.	Law-Fire Men
	<b>11:15 A.M.</b>	<b>Trophy Presentation for All Benchers of the Day</b>
<b>Dead Lift</b>		
D-4-5	12:15 P.M.	All Disabled 1 and 2 Men and Women <u>and All Special Olympian Men and Women</u>
D-5-6	1:00 P.M.	All Law-Fire Women
D-5-7	1:45 P.M.	Law-Fire Men
	<b>2:30 P.M.</b>	<b>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</b>

### Thursday, November 3: Day 5

<b>Bench Press:</b>		
B-5-1	9:00 A.M.	Master Women 61+
B-5-2	9:45 A.M.	Master Men 75+
B-5-3	10:30 A.M.	Master Men 61-74
	<b>11:15 A.M.</b>	<b>Trophy Presentation for All Benchers of the Day</b>
<b>Dead Lift</b>		
D-5-4	12:15 P.M.	Master Women 61+
D-5-5	1:00 P.M.	Master Men 75+
D-5-6	1:45 P.M.	Master Men 61-74
	<b>2:30 P.M.</b>	<b>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</b>

**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, or Metal that is secured at the neck. The neckline has to be one complete circle, not split. The Inzer, Titan, 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; geared lifters must be successful on either the second or third lift and be no more than within 35.2 lbs./16 kilos of a record to get a fourth.**

Rules can be found at: <http://wabdl.org/rules.php>.



**ADDITIONAL INFORMATION or QUESTIONS:** Call Gus Rethwisch at (503) 901-1622 with your question.

**HOTEL INFORMATION:** The ballroom is on the Peppermill Tower side of the hotel, right off the casino which is three times larger than any we have had in the past. Rooms are \$100 for King in Peppermill Tower and \$120 for double queen. Amenities include a free airport shuttle which leaves every half hour on the hour from 4:00 A. M. until 11:45 P.M., free wireless internet, health club, and in-room refrigerators. Parking is free, and the resort fee is reduced from \$35 (for reservations made other than with the Peppermill) to \$20 for our event. There is room service for all meals and the Coffee Shop is open 24/7. The hotel has 7 fine restaurants and 1850 rooms. **Call the Peppermill Hotel at 1-800-282-2444 –Mention the code LWBP22 and the World Bench Press and Dead Lift Championships. You need to make your reservations no later than October 7<sup>th</sup> to guarantee the special rates. To insure you get a non-smoking reservation the earlier you make your reservations the better. It is very important to use code LWBP22.** The hotel address is 2707 S. Virginia Street, Reno, NV 89502. Take Exit 64 off Hwy. 395 (Moana Lane) and go west to Virginia Street. Turn right and travel 4 - 5 blocks. **We appreciate your patronizing the hotel that is acting as the venue host for this contest of champions. We guarantee a certain number of nights in exchange for the use of the ballroom at a specific fee. If we don't meet our quota, the fee for the ballroom goes up, and consequently, so do the WABDL expenses. PLEASE BOOK RESERVATIONS THROUGH THE 800 NUMBER, (800) 282-2444 and code LWBP22.)** or online at <https://book.passkey.com/e/50277638> and **code LWBP22.**

#### **PLEASE SUPPORT OUR VALUABLE SPONSORS OF WABDL®-L.L.C.**

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