

**Reid and Kelly Solar
Mike Neely and Welker Engineering
Present**

**WABDL^{®-LLC}-National Push-Pull Championships
Wyndham Airport Tempe – 1600 South 52nd Street, Tempe, AZ 85281
Saturday, April 22, 2023
(PLEASE PRINT)**

NEW DATE, NEW HOTEL DUE TO FIRE AT SHERATON CRESCENT

Name:	Last	First	Personal Info:	Male: _____ Female: _____	Age/DOB: _____	Wt Class: _____
Address:	Street	City		State	Zip	
Phone:			Email Address:			

DEADLINE FOR ROOM RESERVATIONS IS March 27, 2023

World Championship Qualifier: The top three finishers in every weight class of every division qualify for the World the location and dates TBA. You may enter either bench press or dead lift or push-pull, but you do not have to do all of them. You may lift in one or two divisions of the bench press, dead lift or push-pull. **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. NO CHANGES IN PLY, DIVISION, OR WEIGHT CLASS AFTER THE FINAL DATE April 3.** Please call Gus Rethwisch with questions: (503) 901-1622

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: adults/teens 1 division = \$70/55 (one of dead lift, bench press, or push-pull) 2 divisions = \$120/85 (two of these: dead lift, bench press or push-pull) This pattern applies for all multiple divisions. 3 divisions = \$155/105 4 divisions = \$185/125 5 divisions = \$215/145 6 divisions = \$240/165 Call Gus with Questions: (503) 901-1622
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 entry form must be in hand (April 3). Please note: NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after (April 3). No entries accepted after (April 3). 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)			Card Fees: Adults = \$45 Teens = \$30 Card fee: \$ _____ Total number of divisions _____ = \$ _____ 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 which may be purchased for \$45. (Teen cards are \$30) online. Please fill out the membership card application on the website. Cards will NOT be sold at the meet. You will need to present your receipt or card at weigh-ins.**

Entry Deadline: Entry fee and entry form must be in hand April 3rd. Please note: **NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after April 3rd.** Refunds are given up to eleven (11) days prior to the contest.

Teams: Please contact Gus Rethwisch for details or download the team roster from the website. Team fee is \$90. **The team roster and fees are due on April 3rd.** The roster needs to be sent along with the entry and fees. Please include alternates on your roster and verify that all the team members have entered the meet.

Send all forms and fees - **make checks payable to WABDL**- to the meet director; **mail page one of the entry with the forms and applicable fees to the following: Gus Rethwisch, Meet Director, P.O. Box 27499, Golden Valley, MN 55427**

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

ADDITIONAL INFORMATION or QUESTIONS: Gus Rethwisch at (503) 901-1622 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): Past records will remain, but 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, 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 Men: RAW 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 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) 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; TEENS 12-13 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. **(new divisions Disabled 1 60-74 and 75+)**

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 divisions Disabled 2 60-74 and 75+)**

HOTEL INFORMATION: The hotel address is Wyndham Airport Tempe – 1600 South 52nd Street, Tempe AZ 85281. **For reservations call the Wyndham (480) 967-6600 by March 27th** and mention the National Push-Pull Competition. Reservations may be accepted after this date, but there is no guarantee that you will receive the room type you want or the special room rate. Room rates are \$131 single or double. There is no resort fee, and there is a free shuttle from the airport to the hotel. You have to call the hotel for this service. Directions: Take exit 143 off interstate 10. Go south on Broadway and be in the middle lane. Breakfast is served at 6:30 A.M., dinner is from 4:00 P.M.-10:00 P.M. and the lounge is open until 11:00 P.M.

WEIGH-INS: Will be held on **Friday, April 21st from 1:00 – 7:30 P.M.** 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 April 22nd.** Every lifter will be required to have a current WABDL card to compete. **Please be sure your WABDL card is current on the day of the meet. If it is not, please send the card fee with the entry fee and entry form.** This will help weigh-ins run more smoothly.

SCHEDULE OF EVENTS: Rules briefing will be at 8:15 A.M. and the meet will begin at 9:00 A.M. **IF YOU ARE LIFTING IN MORE THAN ONE DIVISION, YOU MUST LIFT IN THE FIRST ONE CONTESTED.** A schedule 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.

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Mike Neely (individual sponsor)

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Kevin Pitman of *Anderson's Powerlifting*– (972) 733-3717 – www.andersonpowerlifting.com

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