

KALAMA VALLEY ASSEMBLY OF GOD PRESENTS:

Saturday, August 29, 2009
HAWAII STATE Bench Press / Dead Lift Championships
KAMILOIKI ELEMENETARY SCHOOL
7788 HAWAII KAI DRIVE
HONOLULU, HAWAII 96825

This is a WABDL® - World Championship Qualifier: The top three finishers in every weight class of every division qualify for the World Championship October 27 – November 1, 2009 at the PepperMill Hotel in Reno, NV.

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. Be sure to write your division and weight class at the top of this entry!

Elite Open Men: (Bench Press Only): Any male lifter who has benched higher than the following in any and all sanctioned contests will be in the Elite Open Bench and will no longer be eligible to lift in any other divisions except Elite Open: 114#-303.0, 123#-363.7, 132#-407.7 148#-457.2, 165#-529.0, 181#-562.0, 198#-664.5, 220#-705.2, 242#-727.5 259#-747.5, 275#-788.0, 308#-826.5, SHW-846.5 Lifters may set state records in Elite Open.

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, AND UL (198+)

Class I Men:

Bench Press: Any male lifter who has lifted less than the following in any and all sanctioned contests: 105–242#, 114–275#, 123–314#, 132–352.5#, 148–385.7#, 165–418.7#, 181–440.7#, 198–468.0#, 220–485.0#, 242–507.0#, 259–525.7#, 275–540.0#, 308–556.0#, SHW–573.0#

Dead Lift: Any male lifter who has lifted less than the following in any and all sanctioned contests: 105–352#, 114–391#, 123–424#, 132–452#, 148–496#, 165–540#, 181–573#, 198–601#, 220–628#, 242–650#, 259–667#, 275–683#, 308–699#, SHW–711#

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+ 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, and Master 56+.

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.

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

WEIGH-INS: Please make arrangements to weigh-in on time. No morning weigh-ins. Weigh-ins will be at **Kamiloiki Elementary School**, 7788 Hawaii Kai Drive, Honolulu, HI, 96825. Weigh-ins will be held on **Friday, August 28, 2009 from 6PM-8PM** for all competitors lifting on Saturday. Approximate flight list and flight times will be posted in the weigh-in area. Lifters are responsible, as always, for checking regularly on the progress of flights and being on time for their flights. Call **KEITH WARD 259-9800** with questions or weight class changes.

ENTRY FORMS: WWW.KENKES.NET or WWW.WABDL.ORG

ENTRY DEADLINE: Entry fee and entry form must be **IN HAND by Wednesday, 13 August 09.** Send entry fees to **P.O. BOX 654, WAIMANALO, HAWAII, 96795. Makes checks or money orders payable to RAW POWER.**

ENTRY FEE: Adult Entry Fee: One Division - \$60.00, Two Divisions - \$100.00, Three Divisions - \$140.00 and Four Divisions - \$170.00 (i.e. four awards). **Teen Entry Fee:** One Division - \$40.00, Two Divisions - \$70.00, Three Divisions - \$100.00 and Four Divisions - \$130.00. Remember that all lifters must have a current WABDL card, see entry form for cost. **LATE FEE \$ 10.00.**

SCHEDULE: Saturday, 29 AUG, 2009 Rules briefing 8:30AM

Bench Press:

First Flight 9:30 A.M, All Youth, Teens, Men and **All Women.**

Second Flight 10:30 A.M. All Master, Junior and Submaster.

Third Flight Open, Elite, 1 class and coach

Dead Lift:

First Flight _____ All Youth, Teens, Men and **All Women.**

Second Flight _____ All Master, Junior and Submaster.

Third Flight _____ Open, Elite, 1 class and coach

AWARDS: **Real sculptured trophies** 1st-3rd place only, All lifters receive a free T-Shirt with entry at weigh-ins.

RECORDS: Records can be set and broken at this event. All records can be found on the WABDL website at www.wabdl.org

EQUIPMENT: Please see the website – www.wabdl.org for all official gear and equipment. **IF IT IS NOT ON THE LIST IT IS NOT LEGAL IN WABDL.**

PERSONAL INFORMATION:

Name _____ Male _____ Female _____

Address _____ Phone (____) ____ - _____ Email: _____

City _____ State/Country _____ Zip _____

Wt. Class _____ Birth Date: ____ / ____ / ____ Age: _____ (at contest, bring proof of age to weigh-ins)

Emergency Contact _____ Phone (____) ____ - _____

CONTEST:

You may enter bench press or dead lift or both, but you do not have to do both.

Bench Division 1: _____ 2: _____

Dead Lift Division 1: _____ 2: _____

WABDL® CARD: Every lifter must have a one-piece lifting suit that cannot be excessively loose. Every lifter will be **required** to have a current WABDL® Card that may be purchased for \$____. (Teen cards are \$____).

WAIVER AND RELEASE OF LIABILITY: No lifter will be accepted for this contest without signing the release.

Disclaimer: In consideration in the acceptance of the entry into the said competition, I hereby waive, release and discard any and all claims for damages, death, personal injury or property damage which I may have or which may hereafter occur to me as a result of my participation in the WABDL Kalama Valley Assembly of GOD, Raw Power, and Bench Press and Dead Lift Championships. In signing this release I intend to be legally bound, for not only myself but also for my heirs, my executors and my administrators, to this waiver. This release is intended to discharge in advance, WABDL, Gus Rethwisch, Keith Ward, Pastor Herb, Kalama Valley Assembly of GOD, Raw Power, sponsors, volunteers, referees, spotters-loaders and any everyone connected with this competition, including any unnamed sponsors, officials, agents or representatives of these individual organizations from and against all liability arising out of or connected in any way with my participation in said event, even though that liability may arise of the Negligence or carelessness on the part of persons mentioned above. It is further understood that this event is a hazardous recreation activity. I understand that I am not covered for any personal injury and/or property damage under any medical or liability insurance policies of any of the aforementioned parties or unmanned sponsors. I further understand that serious accidents occasionally occur during said activity and that participants sometimes sustain serious personal injuries including death and/or property damage as a consequence thereof. Knowing the risks of said activity, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons mentioned above who, in any way, might otherwise be liable to me, or his/her heirs or assigns for damage. It is further understood and agreed that this waiver, release and assumption or risk is to be binding on my heirs and assigns. I understand that performing the bench press with a reverse-grip is illegal. I also understand that if I opt to perform the bench press with a "suicide grip", defined as grasping the bar with the thumbs not in the wrapped position or thumb-less grip, that I am choosing to do so against the recommendations of WABDL and Kalama Valley Assembly of GOD. I understand that by using such grip that I am voluntarily increasing the risk of personal injury or death. I also understand that all above-mentioned parties will not be held responsible for any lost, stolen or damaged items or properties while participating in this competition. I also give my permission to Raw Power to use without obligation any photographs, video footage or recordings for the purpose of future event promotions. Moreover, I agree that any testing method, which Gus Rethwisch uses to detect the presence of strength-inducing drugs, shall be conclusive.

_____ (Signature of participant) _____ (date)

_____ (Signature of parent or guardian, if participant is under 21)

_____ (date)

Officials Use Only: Paid _____ Body Weight _____