

**WELKER ENGINEERING AND ROCKY MC CULLOUGH**

*Present the*

**WABDL® - GOODSON HONDA NATIONAL Bench Press and  
Dead Lift**

**Championships**

**June 13, 2009 - Shilo Inn Airport Hotel  
11707 NE Airport Way, Portland OR 97220**

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Address \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_  
City \_\_\_\_\_ State/Country \_\_\_\_\_ Zip \_\_\_\_\_  
Wt. Class \_\_\_\_\_ Birth Date: \_\_\_ / \_\_\_ / \_\_\_ Age: \_\_\_\_\_ (at contest) Email: \_\_\_\_\_

Note: You may enter either bench press or dead lift or both, but you do not have to do both. You may lift in one or two divisions of the bench press or dead lift or both.

Bench Division 1: \_\_\_\_\_ 2. \_\_\_\_\_

Dead Lift Division 1: \_\_\_\_\_ 2. \_\_\_\_\_

Programs are : I would like one \_\_\_ yes; \_\_\_ no

T-shirts: All shirts are \$15 (please indicate quantity of order)

4x \_\_\_ 3X \_\_\_ 2X \_\_\_ XL \_\_\_ L \_\_\_ M \_\_\_ S \_\_\_ - Black

4x \_\_\_ 3X \_\_\_ 2X \_\_\_ XL \_\_\_ L \_\_\_ M \_\_\_ S \_\_\_ - White

4X \_\_\_ 3X \_\_\_ 2X \_\_\_ XL \_\_\_ L \_\_\_ M \_\_\_ S \_\_\_ - Blue

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

## **LONG-TERM MAJOR SPONSORS OF WABDL®:**

Brian Welker of Welker's Competitive Edge Gym – [brian@competitiveedgegym.com](mailto:brian@competitiveedgegym.com)

Rocky McCullough of Goodson Auto Group – Honda – (832) 513-4803

Jon Doyle of USP Labs – [www.usplabsdirect.com](http://www.usplabsdirect.com)

Alan Thomas of *APT Inc. Pro Weight Lifting Gear* – [www.ProWristStraps.com](http://www.ProWristStraps.com) - [APT@ProWriststraps.com](mailto:APT@ProWriststraps.com) or Toll free 1-888- 236-1258

Shawn Madere of *GLC DIRECT* – (866) 452-3473 [www.glcdirect.com](http://www.glcdirect.com)

Brent Mikesell of *Iron Gladiator* – (509) 475-7341 - - [www.irongladiators.com](http://www.irongladiators.com)

Pete Alaniz and Ken Anderson of *Titan Support Systems* – (972) 250-4433 – [www.andersonpowerlifting.com](http://www.andersonpowerlifting.com)

Keith Lemm of *CSS Photo Design* – [cssphoto@sbcglobal.net](mailto:cssphoto@sbcglobal.net) – (916) 213-8273

Mike Lambert of *Powerlifting USA* - (800) 448-7693

Neal Spruce and Odd Haugen of *Dotfit* – [www.dotfit.com](http://www.dotfit.com) – (877) 436-8348

Chet Groskreutz of *IVANKO BARBELL* – (310) 514-1155 [www.ivankobarbell.com](http://www.ivankobarbell.com)

Grace Cloninger of *House of Pain – West* - (775) 674-0674

Crain's Muscle World- (800) 272- 0051 – [www.rcrain@allegiance.tv](http://www.rcrain@allegiance.tv)

**This contest will be drug-tested with 10% of the highest coefficients being selected. 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 \$35. (Teen cards are \$25).** Mail card fee to Gus Rethwisch, P.O. Box 27499, Golden Valley MN 55427

**ENTRY DEADLINE: Entry fee and entry form must be IN HAND by May 30<sup>th</sup>. No faxed or telephone entries will be accepted. NO ENTRIES ACCEPTED AFTER June 5<sup>th</sup>. Please Express Mail any entry that might be late. Send entry to Gus Rethwisch, P.O. Box 27499, Golden Valley MN 55427 Make checks payable to WABDL.**

**Entry fee:** The fee is \$60 for either Bench or Dead lift (one division); or \$105 for two divisions – one bench and one dead; or two bench or two dead). If you do three divisions (two in Bench, one in Dead Lift, for example) the fee is \$140. If you do two divisions in both Bench and Dead Lift, fee is \$165. (That is a total of four trophies.) Teenage entry fee is \$45 for one event, \$75 for two divisions or one in Bench and one in Dead Lift, \$110 for three divisions, and \$140 for four divisions

**Equipment:** See the website – [www.wabdl.org](http://www.wabdl.org) for specific details on official gear and equipment.

**Disclaimer Read Carefully:** When you sign, legal rights will be surrendered! I HEREBY, for myself and my heirs release any and all rights/claims for damages or injuries I may have against WABDL®, Gus Rethwisch, The Shilo Inn Airport Hotel, Portland OR, and any and all participating sponsors, supporters, referees, spotters-loaders, or any other authorized meet personal as a result of my traveling to, participating in, or traveling from this WABDL contest. I make this release and waiver claim will full knowledge of the hazards and inherent risks associated with the above mentioned competition. I expressly assume the risk of injury if using the thumb-less or "suicide" bench press grip and of any and all property damage/loss. Moreover, I agree that any testing method, which Gus Rethwisch uses to detect the presence of strength-inducing drugs, shall be conclusive.

\_\_\_\_\_ (Date) \_\_\_\_\_ (Participant's signature-if under 18, parent's signature)

Office use only:

Received \$ \_\_\_\_\_ (covers: entry fee \_\_\_\_\_ ; card fee \_\_\_\_\_ ; T-shirt fee \_\_\_\_\_ ;program fee \_\_\_\_\_)

Owes \$ \_\_\_\_\_

***Please return this page with your entry fee to the meet director***

## **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 IN ORDER TO WEIGH-IN ON TIME! NO MORNING WEIGH-INS! IF YOU ARE LIFTING IN MORE THAN ONE DIVISION, You must lift in the division that is contested first.**

**Friday, June 12 - 4:00 - 8:00 P.M.** for all contestants. Times are approximate and a final schedule of events, based on the number of contestants, will be posted in the weigh-in room and/or printed in the program. Lifters are responsible, as always, for checking regularly on the progress of flights and being on time for their flights.

**CONTEST: SATURDAY, JUNE 13<sup>TH</sup>:**

|                        |                   |   |
|------------------------|-------------------|---|
| <b>RULES BRIEFING:</b> | <b>8:15 A.M.</b>  | <b>All Lifters of the Day</b>                           |
| <b>Bench Press:</b>    | <b>9:00 A.M.</b>  | <b>All Women Benchers, Teen Men and Junior Men</b>      |
|                        | <b>9:45 A.M.</b>  | <b>Law/Firemen and Class 1 Men</b>                      |
|                        | <b>10:30 A.M.</b> | <b>Submaster Men and Open Men</b>                       |
|                        | <b>11:15 A.M.</b> | <b>Master Men and Special Olympian and Disabled Men</b> |
|                        | <b>12:15 P.M.</b> | <b>Trophy Presentations for Benchers of the Day</b>     |
| <b>Dead Lift:</b>      | <b>1:15 P.M.</b>  | <b>All Women Dead Lifters, Teen Men and Junior Men</b>  |
|                        | <b>2:00 P.M.</b>  | <b>Law/Firemen and Class 1 Men</b>                      |
|                        | <b>2:45 P.M.</b>  | <b>Open Men and Submaster Men</b>                       |
|                        | <b>3:30 P.M.</b>  | <b>Master Men and Special Olympian and Disabled Men</b> |
|                        | <b>4:30 P.M.</b>  | <b>Trophy Presentation</b>                              |

**WEIGHT CLASS CHANGE:** You may **change your weight class until June 5<sup>th</sup>**. Call Gus Rethwisch at (503) 901-1622.

**HOTEL INFORMATION:** The hotel address is 11707 NE Airport Way, Portland OR 97220. Call (503) 252-7800 for reservations. Rooms are \$99. Mention the WABDL National Bench Press and Dead Lift Championships for this special rate. There is an airport shuttle available. Directions from the South: From I-5 take a slight right at I-205 N (signs for I-205/Seattle/I-84). Take exit 24 B for Airport Way East. Merge onto NE Airport Way. Make a U-turn at NE Ainsworth Circle. Hotel will be on the right. Directions from the North: Take I-5 South. Slight right at I-205 South (signs for I-205/WA 14/Salem/I-84). Take exit 24 for Airport Way. Make a U-turn at NE Ainsworth Circle. Hotel will be on the right.

**For additional information contact:** Call Gus Rethwisch at (503) 901-1622