

THE WORLD ASSOCIATION OF BENCHERS AND DEAD LIFTERS
PRESENT:

The 10th Annual
WABDL Monster ENERGY Southeastern Record Breakers

SPONSORED BY:

Monster ENERGY Drinks
Gold's Gym / Quality Inn / Titan Support Systems / ngbb
Kennesaw, Georgia, SATURDAY July 25, 2009 – 8:30 A.M.

NAME _____ MALE _____
FEMALE _____
ADDRESS _____ PHONE _____
CITY _____ STATE _____
ZIP _____
WT. CLASS _____ BIRTH DATE ____/____/____ AGE _____ E-
MAIL _____

BENCH DIVISION 1. _____ 2. _____
Team Name

DEAD LIFT DIVISION 1. _____ 2. _____

T-SHIRTS: Meet t-shirts will be available to purchase at the meet.

DISCLAIMER: I hereby release Brant Bishop, Ken Millrany, Wayne Watts Gus Rethwisch, WABDL, Quality Inn , all sponsors and personnel associated with this contest from any claims for damages or injuries that my occur to me at this contest. I understand that weightlifting contest can be a dangerous sport and that there is a chance for injury.

_____ (Date) _____ (parent signature if participant is
under 18 years of age)

OFFICE USE ONLY:

Received \$ _____ (covers: entry fee _____, card fee _____)
Return this portion of this page with your entry fee to the meet director.

Due to the current state of our economy, we have LOWERED the cost of the entry fees. Since this meet began in 2000 the entry fees have never been increased. This year we are lowering them to help out people who want to compete but need the most for their money.

ENTRY FEE: \$45.00 for one division in Bench or Dead Lift. \$75.00 for two divisions. Three divisions (example, two in bench, one in dead lift.) are \$100.00. Four divisions, two bench and two deadlift, are \$120.00. (That is a total of four trophies.) Teenage entry fee is \$30.00 for one division, \$50.00 for two divisions, \$65.00 for three divisions, and \$75.00 for four divisions. You may enter either Bench Press or Deadlift. You do not have to do both. You may lift in one or two divisions of each lift.

Team Entries are \$50.00. We are doing a modified rule for THIS MEET ONLY to encourage more teams. Teams may be a maximum of 10 and as few as 5, but 10 lifts still have to be contested in the form of a bench press and deadlift. If only 5 lifters, each lifter has to bench press and deadlift. If 10 lifters the breakdown is 7 & 3 bench press to deadlift with either one being the great number. All other WABDL team rules apply. Print a team entry from and see the rest of the team rules at www.wabdl.org

Every lifter will be required to have a current WABDL card that may be purchased for \$35.00. (Teen cards are \$25.00).

PAYMENT: Personal checks, money orders, cashier's checks are payable to Ken Millrany.

This is a World Championship Qualifier: The top three finishers in every weight class of each contested division qualify for the World Championships at the Peppermill, Reno, NV October 27 – Nov. 1, 2009.

HOTEL INFORMATION:

Quality Inn Room Rate: \$69.99 for all rooms
750 Cobb Place
Kennesaw, GA, US, 30144
Reservations: 1-770-419-1530 77-424-6423 1-877-424-6423

When calling for reservations mention “WABDL powerlifting competition” for the meet rate.

WEIGH-INS: The weigh-in will be Friday July 24th, 2009 from 1:00 – 7:00 at Quality Inn. This is for all contestants. **NO MORNING WEIGH-INS AND NO WEIGH-INS THE DAY OF THE MEET.**

THIS CONTEST WILL BE DRUG TESTED, with up to 10% of the highest coefficients being selected for testing.

EQUIPMENT: Every lifter must have a one-piece lifting suit that cannot be excessively loose. See the approved gear page at www.wabdl.org **Bring your gear to weigh-ins for equipment check.** Any lifter who sets a World Record will have his/ her equipment checked again at that time.

Special Note on the Suicide Grip

The suicide grip on the bench press WILL be accepted at this meet. However, no personnel associated with this contest will be responsible for any damages or injuries that may occur. Reverse grip not allowed.

BENCH PRESS: Enter no more than TWO divisions of the bench press. 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 form.

Elite Open Men: Lifts more than the following. 114#-303, 123#-363.7, 132#-407.7, 148#-457.2, 165#-529, 181#-562, 198#-635.9, 220#-705.2, 242#-722, 259#-744, 275#-778.1, 308#-815.5, SHW-832

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, & UNLIMITED (198 +)

Class 1 Men: Any male lifter who has lifted less than the following in any contest: 105 – 242#, 114 - 275#, 123 - 308#, 132 - 336#, 148 - 369#, 165 - 391#, 181 - 418#, 198 - 435#, 220 - 451#, 242 - 473#, 259 – 485#, 275 - 501#, 308 - 523#, SHW - 540#

Junior Men & Junior Women: Any lifter age 20 – 25 will compete in all weight classes.

Submaster Men & Submaster Women: Men & Women ages 33 – 39 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+ will compete in all weight classes

Law/Fire Men & Law/Fire Women: All weight classes will be contested for Open, Submaster 33 – 39, Master 40 – 47, 48 – 55 & 56+.

Teen Men & Teen Women: Age groups 12-13, 14-15, 16-17 & 18-19 will be contested in all classes including 105# for Teen 16 – 19 and 97# & 105# for Teen 12 – 15.

Special Olympian Men & Women – Disabled Men & Women: men & women will compete in all weight classes as specified in the Open class

DEAD LIFT: Enter no more than TWO divisions of the 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 form.

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, & UNLIMITED (198 +)

Class 1 Men: Any male lifter who has lifted less than the following in any contest: 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 & Junior Women: Any lifter age 20 – 25 will compete in all weight classes.

Submaster Men & Submaster Women: Men & Women ages 33 – 39 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+ will compete in all weight classes

Law/Fire Men & Law/Fire Women: All weight classes will be contested for Open, Submaster 33 –39, Master 40 –47, 48 – 55 & 56+.

Teen Men & Teen Women: Age groups 12–13, 14-15 and 16–19 will be contested in all classes including 105# for Teen 16 –19 and 97# & 105# for Teen 12–15.

Special Olympian Men & Women – Disabled Men & Women: men & women will compete in all weight classes as specified in the Open class

Saturday, July 25th, 2009: Times are approximate and a final schedule of events will be posted in the warm-up area. Lifters are responsible for checking the progress of the flights and for being on time for there flights.

RULES BRIEFING will occur at approximately 7:15 a.m. Saturday morning July 25th.

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| Bench Press: | 8:00A.M. | All Women, Special Olympian / Disabled |
| | 9:00 A.M. | Teen Men |
| | 10:00 A.M. | Class 1 |
| | 11:00 A.M. | Law/Firemen |
| | 12:00 NOON | Junior Men & Master Men |
| | 1:00 P.M. | Open & Submaster Men |
| Dead Lift: | 2:00 P.M. | All Women, Special Olympian / Disabled |
| | 3:00 P.M. | Teen Men |
| | 4:00 P.M. | Class 1 |
| | 5:00 P.M. | Law/Firemen |
| | 6:00 P.M. | Junior Men & Master Men |
| | 7:00 P.M. | Open & Submaster Men |
| | 8:00 P.M. | Trophy Presentation |

Weight Class Change: You may change your weight class till July 10th, 2009. Call Ken Millrany.

Meet directors:

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| Ken Millrany 7495 Old Tullahoma Hwy Estill Springs, Tennessee 37330 Phone # 931-308-4224 | Wayne Watts 7648 Cole Lane College Park, Georgia 30349 Phone # 404-803-0097 e-mail – wattss@bellsouth.net | Brant Bishop 8361 Section Line Rd. Guntersville, AL 35976 Phone # 256-390-4436 e-mail - bswbishop@charter.net |
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See the official rules at www.wabdl.org