

World Association of Benchers and Deadlifters (WABDL) 2010 National High School Bench Press and Deadlift Championships

University of Texas—San Antonio
Recreation Center
One UTSA Circle
San Antonio, Texas 78249

April 10, 2010



NAME _____ MALE _____ FEMALE _____

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____

WT. CLASS _____ BIRTH DATE _____ AGE _____ (at contest)

Women's Wt. Classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

Men's Wt. Classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 259, 275, 308, SHW

EMAIL _____

HIGH SCHOOL _____

YEAR IN SCHOOL _____ MAJOR _____

Please check the events in which you wish to compete. NOTE: Only the High School Division will be contested at this meet.

BENCH PRESS ONLY _____ DEADLIFT ONLY _____ BOTH BENCH PRESS AND DEADLIFT _____

Note: Lifters doing both bench and deadlift will automatically be entered in the Push/Pull event at no extra charge!

Disclaimer: 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®, John Hudson, Gus Rethwisch, the University of Texas—San Antonio, Roadrunner Powerlifting, Texas Strength Systems, Wes Zunker 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 with 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.

Participant's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

Parent signature required if participant is under 18 years of age.

Enrollment Verification: Have an appropriate official of your school sign below to verify that you are currently enrolled for the spring semester of 2010

Declaration: I certify that the above named lifter is currently enrolled for the Spring semester of 2010 at the high school named above.

Name of School Official _____

Title of School Official _____

Email Address of Official _____ Phone _____

Signature of Official _____

Date _____

IMPORTANT ELIGIBILITY CRITERIA FOR THIS MEET

1. Lifters must be enrolled fulltime in high school or a home school equivalent (9th grade through 12th grade).
2. Lifters must not have reached the age of 20 by April 10, 2010.

Special Notes About Eligibility:

- International students studying at U.S. institutions who meet the criteria above ARE eligible to compete and will be able to set national records for their home countries in addition to applicable U.S. records.
- Lifters are eligible until the age of 20, no matter what grade they are currently enrolled.
- There is NO qualifying total required.
- First-time competitors in sanctioned competition ARE WELCOME.

Entry Fees

\$50 for one event (either Bench Press or Deadlift)

\$75 for two events (Bench Press AND Deadlift) Those who enter both events will automatically be entered in the Push/Pull Total event. Separate trophies are awarded for each event.

A STRICT \$15.00 LATE FEE WILL BE CHARGED FOR ALL ENTRIES RECEIVED AFTER March 27. NO ENTRIES WILL BE ACCEPTED AFTER April 5!

Every lifter will be required to have a current WABDL card that may be purchased for \$30.00 (Cards for those 20 and over are \$40). Send card fee with entry fee or you may purchase your card at the meet.

THERE IS NO TEAM ENTRY FEE! Every school represented will automatically be entered in the team competition. Teams who can fill a 13-place roster should download the collegiate team roster from www.wabdlcollegiatenationals.info. The collegiate team roster is for both the National Collegiate Championships *and* the National High School Championships.

Payment Instructions

Complete page one and mail with all applicable fees. Make MONEY ORDER, CASHIER'S CHECK, or PERSONAL CHECK payable to:

Roadrunner Powerlifting Club

Mail to:

Wes Zunker

13119 Regency Bend

San Antonio, Texas 78249

DO NOT make check payable to WABDL.

Equipment

Every lifter must have a one-piece lifting suit or singlet 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 or her equipment re-checked.

NOTE: The WABDL High School program is single-ply only! No double-ply bench shirts of any kind are allowed for WABDL High School records or competition.

Specially designed meet t-shirts will be available at the meet site.

**This is a WABDL World Championship Qualifier:
The top five finishers in each weight class automatically qualify for the
2010 WABDL World Championships in Las Vegas, Nevada!**

Flying in to San Antonio? Call Chris Owens about ground transportation: 512-228-2498.

Meet Hotel Information

The designated meet hotel is the Comfort Inn Fiesta—San Antonio, located at 6755 North Loop 1604 West, San Antonio, TX 78249. We have a special rate of \$55.00 for the meet on Friday, April 9 under Group Code 4829. Call 210-696-4766 for reservations, or visit the hotel website at www.comfortinnfiesta.com. We have provided a list of other nearby hotels with reasonable rates on the event website,

ROOMS GO FAST!

BOOK EARLY!!

WEIGH INS

Weigh-ins will take place at the UTSA Recreation Center (address at the top of page 1) on Friday, April 9 from 5:00 p.m. to 9:00 p.m. Morning weigh-ins on Saturday, April 10 will take place from 7:00 a.m. to 8:00 a.m. **PLEASE MAKE ARRANGEMENTS TO WEIGH-IN ON TIME.**

NOTE: LIFTERS WHO WISH TO WEIGH-IN ON SATURDAY MORNING MUST EMAIL INITIAL OPENING ATTEMPTS TO HUDSONJ@UHD.EDU NO LATER THAN 10 P.M. ON FRIDAY, APRIL 9.

DRUG TESTING

This contest will be drug tested by urinalysis, with up to 10% of the highest coefficients being selected for testing.

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. The reverse grip will NOT be allowed.

Trophies: Medals will be awarded for 1st through 5th places in Bench Press, Deadlift, and Push/Pull Total; Best Lifters will receive special awards; the top five teams will receive trophies.

IMPORTANT NOTE

FOR THIS MEET ONLY LIFTERS WILL BE ABLE TO SET APPLICABLE TEEN AND JUNIOR STATE, NATIONAL, AND WORLD RECORDS—IN ADDITION TO ESTABLISHING WABDL HIGH SCHOOL STATE AND NATIONAL RECORDS—WITHOUT HAVING TO PAY ADDITIONAL TEEN OR JUNIOR ENTRY FEES.

Weight Class Change: You may change your weight class until April 2. Call Wes Zunker at 210-317-8245 or email Dr. John Hudson: HUDSONJ@UHD.EDU

Meet Directors:

Dr. John Hudson
217-377-4640 (cell), 713-223-7902 (office)
HUDSONJ@UHD.EDU
and
Wes Zunker
210-317-8245, ROADRUNNERPOWERLIFTING@YAHOO.COM

TENTATIVE MEET SCHEDULE

MANDATORY RULES BRIEFING	8:00 A.M.
WOMEN'S BENCH, 97-148	9:00 A.M.
WOMEN'S BENCH, 165-UNL	10:00 A.M.
MEN'S BENCH, 105—148	11:00 A.M.
MEN'S BENCH, 165-198	12:00 P.M.
MEN'S BENCH, 220-259	1:00 P.M.
MEN'S BENCH, 275-SHW	2:00 P.M.
WOMEN'S DEADLIFT	3:00 P.M.
MEN'S DEADLIFT 105-165	4:00 P.M.
MEN'S DEADLIFT 181-220	5:00 P.M.
MEN'S DEADLIFT 242-SHW	6:00 P.M.
TROPHY PRESENTATION	7:00 P.M.

THIS SCHEDULE IS TENTATIVE ONLY!

WWW.WABDLCOLLEGIATENATIONALS.INFO
Follow the Link for the WABDL High School Nationals!