

**World Association of Benchers and Deadlifters (WABDL)
2010 National Collegiate Bench
Press and Deadlift Championships**

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

February 6, 2010



NAME _____ MALE _____ FEMALE _____

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____

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

EMAIL _____

COLLEGE or **UNIVERSITY** _____

YEAR IN SCHOOL _____ **MAJOR** _____

Please check the events in which you wish to compete. **NOTE: Only the Collegiate 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 enrolled at least half time for the spring semester of 2010

Declaration: I certify that the above named lifter is enrolled at least half-time for the fall semester of 2008 at the 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 at least half-time (6 credit hours) in an accredited credit-bearing undergraduate, graduate, or professional program of study at a U.S. college or university, to include institutions located in U.S. territories and possessions.
2. Lifters must not have reached the age of 26 by February 6, 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.
- Both undergraduate AND graduate/professional students are eligible.
- Lifters who are unable to attend school full time ARE eligible.
- Lifters are eligible until the age of 26, no matter when they began their college or university study.
- There is NO qualifying total required.
- First-time competitors in sanctioned competition ARE WELCOME.

Entry Fees

\$60 for one event (either Bench Press or Deadlift)

\$100 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 January 22. NO ENTRIES WILL BE ACCEPTED AFTER January 31!

Every lifter will be required to have a current WABDL card that may be purchased for \$40.00 (Teen cards are \$30.00). 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.

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 Collegiate program is single-ply only! Beginning with this meet, no double-ply bench shirts of any kind are allowed for WABDL Collegiate 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 Wes Zunker about ground transportation: 210-317-8245.

Meet Hotel Information

There is no designated meet hotel for this event. We have provided a list of nearby hotels with reasonable rates on the event website:

www.wabdlcollegiatenationals.info

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, February 6 from 3:00 p.m. to 9:00 p.m. Absolutely no Saturday weigh-ins! PLEASE MAKE ARRANGEMENTS TO WEIGH-IN ON TIME.

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 COLLEGIATE STATE AND NATIONAL RECORDS—WITHOUT HAVING TO PAY ADDITIONAL TEEN OR JUNIOR ENTRY FEES.

Weight Class Change: You may change your weight class until January 31. Call Wes Zunker at 210-317-8245.

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
PLEASE CALL JOHN OR WES IF YOU HAVE ANY QUESTIONS!

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