

WABDL® GOODSON HONDA NATIONAL Bench Press and Dead Lift Championships
Shilo Inn Airport– 11707 NE Airport Way, Portland, OR 97220
Saturday, March 13, 2010

Please note that there WILL NOT be a Pasco WA meet this year. Therefore, this meet or the Olympia meet July 17th are the only options for this area.

VERY IMPORTANT NOTICE:

- The results of the vote on single-ply versus double-ply bench shirts were 782 for single-ply and 148 for double-ply. The Executive Board has decided to separate out any records that would indicate a single-ply record when in fact it was done with a double-ply shirt. WABDL will keep single-ply and double-ply records in the future. The double-ply records will be up on the website soon. The divisions contested in double-ply bench press for men and women will be as follows: Teen 18-19, Junior, Open, Submaster, Master divisions 40-46, 47-53, 54-60, and 61-67 and all Law-Fire.
- WABDL card money will increase to \$40 for adults and \$30 for teens. Like other federations, the economy has affected WABDL. These prices won't change for many years to come.
- Next year's world championships will be at the Las Vegas Hilton Hotel, November 16-21st. We have a \$79 room rate. It is a world-class hotel with 3000 rooms and twelve restaurants. The coffee shop is like the one at the Peppermill with reasonable prices and great food.
- Please note the **qualifying weight changes in Class 1 bench press.**

Name _____ Male _____ Female _____
 Address _____ Phone (____) _____ - _____
 City _____ State/Country _____ Zip _____
 Wt. Class _____ Birth Date: ____ / ____ / ____ Age: _____ 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.



IMPORTANT CHANGE: WABDL will now be keeping both single-ply and double-ply records. YOU MUST INDICATE ON THIS ENTRY WHETHER YOU WILL BE LIFTING SINGLE-PLY OR DOUBLE-PLY IN THE BENCH PRESS. You must choose one or the other for the competition. You may not choose one for one division and the other for a second division.

Bench Division: one-ply two-ply 1 _____ 2. _____

Dead Lift Division 1: _____ 2. _____

PROGRAMS ARE \$5: I WOULD LIKE ONE ___ YES; ___ NO
 T-SHIRTS: ALL SHIRTS ARE \$15 PRE-ORDERED (PLEASE INDICATE QUANTITY OF ORDER); PURCHASED AT MEET, \$20

4x ___ 3X ___ 2X ___ XL ___ L ___ M ___ S ___ – BLACK

4x ___ 3X ___ 2X ___ XL ___ L ___ M ___ S ___ – WHITE

4X ___ 3X ___ 2X ___ XL ___ L ___ M ___ S ___ – BLUE

LONG-TERM MAJOR SPONSORS OF WABDL®:

- ROCKY McCULLOUGH OF GOODSON AUTO GROUP – HONDA – (832) 513-4803
- BRIAN WELKER OF WELKER'S COMPETITIVE EDGE GYM – BRIAN@COMPETITIVEEDGEGYM.COM
- JON DOYLE OF USP LABS – WWW.USPLABSDIRECT.COM
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- SHAWN MADERE OF GLC DIRECT – (866) 452-3473 WWW.GLCDIRECT.COM
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- GRACE CLONINGER OF HOUSE OF PAIN – WEST - (775) 674-0674
- CRAIN'S MUSCLE WORLD- (800) 272-0051 – WWW.RCRAIN@ALLEGIANCE.TV.COM

This is a World Championship Qualifier: The top three finishers in every weight class of every division qualify for the World Championship in 2010 in Las Vegas, NV.

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 \$40. (Teen cards are \$30). **Mail card fee to Gus Rethwisch at P.O. Box 27499, Golden Valley, MN 55427. Cards may also be purchased at weigh-ins.**

ENTRY DEADLINE: Entry fee and entry form must be IN HAND by Saturday, February 27, 2010. No faxed or telephone entries will be accepted. A late fee of \$25 will be charged at weigh-ins for all late entries. **NO ENTRIES ACCEPTED AFTER March 3, 2010** Please Express Mail any entry that might be late.

ENTRY FEE: \$60 for either Bench or Dead lift or \$105 for both. 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, \$105 for three divisions, and \$125 for four divisions. **MAKE CHECKS PAYABLE TO WABDL. Mail entry AND fee to Gus Rethwisch, P.O. Box 27499, Golden Valley, MN 55427.**

EQUIPMENT: See the website – www.wabdl.org for specific details on official gear and equipment. If it isn't on the list it is not legal.

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, 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 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 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. If it is determined that I have failed the drug test I agree to waive any claim for which legal relief is available. I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this release from liability. I understand that my agreement to pay attorney fees and litigation expenses is the sine qua non for the acceptance of my entry for this contest.

_____ (date) _____ (participant's signature-If under 18, parent's signature)

Office use only: Received \$ _____ (covers: entry fee _____ ; card fee _____ ; T-shirt fee _____ ;) Owes \$ _____ Late fee due _____

Please return this page with appropriate fees 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): (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#-634.5, 220#-683.2, 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 1 Men: (NOTE WEIGHT CHANGES IN BENCH PRESS FOR QUALIFYING FOR CLASS 1 MEN)

BENCH PRESS: Any male lifter who has lifted less than the following in any and all sanctioned contests: 105-242#, 114-286.5#, 123- 325#, 132 -369.2#, 148-409.9#, 165-435.2#, 181-473.7#, 198-507.0#, 220-523.5#, 242- 540.0#, 259- 556.5#, 275-573.0#, 308-595.0#, SHW-622.7#

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, 85-89 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 (new divisions) 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: Friday, March 12, 2010- 3:00 P.M. - 8:00 P.M. **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**

Times are approximate on the following flight schedule; 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: MARCH 13, 2010 - TENTATIVE SCHEDULE (DEPENDS ON NUMBER OF CONTESTANTS)		
Bench Press:	8:30 A. M.	Class 1 Men
	9:15 A.M.	All Women Benchers EXCEPT MASTER WOMEN
	10:00 A.M.	Master Women
	11:00 A.M.	Open Men
	11:45 A.M.	Master Men
	12:45 P.M.	Submaster Men and Junior Men
	1:30 P.M.	Teen Men and Law-Firemen
	2:15 P.M.	Trophy Presentation
Dead Lift:	3:00 P.M.	All Women Dead Lifters
	3:45 P.M.	Teen Men, Class 1 Men and Law-Firemen
	4:30 P.M.	Master Men
	5:15 P.M.	Open Men and Submaster Men
	6:15 P.M.	Junior Men
	7:00 P.M.	Trophy Presentation

WEIGHT CLASS CHANGE: You may **change your weight class until March 3, 2010.** Call Gus Rethwisch at (503) 901-1622

HOTEL INFORMATION: The hotel address is 11707 NE Airport Way, Portland, OR, 97220. Rooms are \$95. Mention the NATIONAL BENCH PRESS AND DEAD LIFT CHAMPIONSHIPS for this special rate. For reservations call the Shilo Inn Airport at (503) 252-7500.

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. An airport shuttle is available.

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