



PRESENTS

WABDL - TEXAS STATE BENCHPRESS AND DEADLIFT CHAMPIONSHIPS
MONSTER GYM- 23810 EASTEX FWY, KINGWOOD, TX 77339
SATURDAY, MARCH 27, 2010

VERY IMPORTANT NOTICE:

- 1. 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.
2. WABDL card money will increase to \$40 for adults and \$30 for teens.
3. Next year's world championships will be at the Las Vegas Hilton Hotel, November 16-21st.
4. Please note the qualifying weight changes in Class 1 bench press.

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, at the Las Vegas Hilton Hotel, November 16-21.

Name Address 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. 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.

Bench Division: one-ply two-ply 1 2. Dead Lift
Division 1: 2.

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 Tiny Meeker at 18031 Overlook Park Court, Humble, TX 77346.

ENTRY DEADLINE: Entry fee and entry form must be IN HAND by Friday MARCH 5, 2010. No faxed or telephone entries will be accepted. Express Mail any entry that might be late. ANY ENTRIES RECEIVED AFTER MARCH 5TH WILL PAY A LATE FEE OF \$25. ABSOLUTELY NO ENTRIES ACCEPTED AFTER MARCH 19TH.

ENTRY FEE: \$65 for either Bench or Dead lift or \$110 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 \$160. (That is a total of four trophies.) Teenage entry fee is \$50 for one event, \$90 for two divisions or one in Bench and one in Dead Lift, \$120 for three divisions, and \$135 for four divisions

Send entry to Tiny Meeker at 18031 Overlook Park Court, Humble, TX 77346. Make MONEY ORDER (NO CHECKS) payable to Tiny Meeker, NOT WABDL PLEASE MAIL PAGE 1 OF THIS ENTRY WITH YOUR FEES TO TINY MEEKER



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, Paul 'Tiny' Meeker, Rocky McCullough, Goodson Honda, Monster gym, Paul & Kim Smith, Tiny Meeker's Power Station 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.

(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: (yes)

**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: PLEASE MAKE ARRANGEMENTS IN ORDER TO WEIGH-IN ON TIME! Weigh-ins will be at MONSTER GYM . IF YOU ARE LIFTING IN MORE THAN ONE DIVISION, You must lift in the division that is contested first. FRIDAY, MARCH 26<sup>th</sup> - 5 P.M. to 8 P.M. must have equipment checked at weigh-in 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. Lifters are responsible, as always, for checking regularly on the progress of flights and being on time for their flights.**

RULES BRIEFING: 10:30 A.M.		All Lifters of the Day
Bench Press:	11:00 A.M.	Law/Firemen and Class 1 Men
	11:45 A.M.	All Women Benchers, Teen Men and Junior Men
	12:30 A.M.	Master Men and Special Olympians and Disabled Men
	1:15 P.M.	Submaster Men and Open Men
LUNCH	1:45	LUNCH
Dead Lift:	2:30 P.M.	Law/Firemen and Class 1 Men
	3:15 P.M.	All Women Benchers, Teen Men and Junior Men
	4:00 P.M.	Master Men and Special Olympians and Disabled Men
	5:45 P.M.	Submaster Men and Open Men
<b>CONTEST: SATURDAY, MARCH 27, 2010: (Flights and times are estimates only!)</b>		
	6:30 P.M.	Trophy Presentation ALL AWARDS AT THE END.

**WEIGHT CLASS CHANGE:** You may change your weight class until MARCH 17<sup>th</sup>. Call Tiny Meeker at (832) 423-7662 or email [pmtiny705@aol.com](mailto:pmtiny705@aol.com)

**HOTEL INFORMATION:** <http://www.hotels-rates.com/Kingwood/TX/usa/#visited=true> or call me for more hotel discounts

**FOR ADDITIONAL INFORMATION:** Call first Tiny Meeker at (832) 423-7662 or email [pmtiny705@aol.com](mailto:pmtiny705@aol.com)

Rules can be found at: <http://wabdl.org/rules.php>