

**WABDL® Great Lakes Regional Bench Press and Dead Lift Championships**  
**Causeway Bay Hotel– 6820 South Cedar, Lansing, MI 48911**  
**Saturday, June 5, 2010**

[www.wabdl.org/lansing](http://www.wabdl.org/lansing)

**SPECIAL NOTE:** Anyone lifting “raw” please indicate here:  WABDL does not have separate records or divisions for “raw” lifters, but at this meet trophies will be given for raw lifters so they don’t compete against those lifters using bench shirts.

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 (PLEASE INDICATE QUANTITY OF ORDER)

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](mailto:BRIAN@COMPETITIVEEDGEGYM.COM)

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CRAIN’S MUSCLE WORLD- (800) 272-0051 – [WWW.RCRAIN@ALLEGIANCE.TV.COM](http://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, May 22, 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 May 26, 2010** Please Express Mail any entry that might be late.

**Entry fee:** \$55 for either Bench or Dead lift or \$90 for both. If you do three divisions (two in Bench, one in Dead Lift, for example) the fee is \$115. If you do two divisions in both Bench and Dead Lift, fee is \$135. (That is a total of four trophies.) Teenage entry fee is \$40 for one event, \$70 for two divisions or one in Bench and one in Dead Lift, \$95 for three divisions, and \$120 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](http://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 Gus Rethwisch, WABDL®, the Causeway Bay Hotel, Lansing MI 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#-664.5, 220#-705.2, 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 I Men:**

**BENCH PRESS:** Any male lifter who has lifted less than the following in any and all sanctioned contests: 105-242#, 114-275#, 123- 314#,132 - 352.5#, 148-385.7#, 165-418.7#, 181-440.7#, 198-468.0#, 220-485.0#, 242- 507.0#, 259- 525.7#, 275-540.0#, 308-556.0#, SHW-573.0#

**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, June 4, 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. If you are bench pressing, YOU MUST INDICATE IF YOU ARE USING A 1-PLY OR 2-PLY SHIRT. If you are lifting raw, choose 1 –ply.**

**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.**

<b><u>CONTEST: JUNE 5, 2010 - TENTATIVE SCHEDULE (DEPENDS ON NUMBER OF CONTESTANTS)</u></b>		
Bench Press:	9:00 A.M.	All Women Benchers, Law/Firemen, and Teen Men
	10:00 A.M.	Class 1 Men and Junior Men
	11:00 A.M.	Submaster Men and Open Men
	12:00 P.M.	Master Men
	1:00 P.M.	Trophy Presentation
Dead Lift:	2:00 P.M.	All Women Dead Lifters and Law/Fire, Class 1 Men, and Teen Men
	3:00 P.M.	Open Men and Submaster Men, and Junior Men
	3:45 P.M.	Master Men
	4:15 P.M.	Trophy Presentation

**WEIGHT CLASS CHANGE:** You may **change your weight class until May 26, 2010.** Call Gus Rethwisch at (503) 901-1622

**HOTEL INFORMATION:** The hotel address is 6820 South Cedar, Lansing, MI, 48911. (This hotel was formerly known as the Holiday Inn.) Rooms are \$79.99 for single and double. \$89.99 for a triple. Please mention the WABDL® Great Lakes Regional Bench Press and Dead Lift Championships for this special rate. For reservations call the **Causeway Bay Hotel at 517-694-8123.**

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

