

**KALAMA VALLEY ASSEMBLY OF GOD
PRESENTS**

**WABDL® Hawaii State Bench Press and Dead Lift Championships
Kamiloiki Elementary School– 7788 Hawaii Kai Drive, Honolulu, Hawaii 96825
Saturday, August 28, 2010**

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. _____

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, August 14th.** No faxed or telephone entries will be accepted. **NO ENTRIES ACCEPTED AFTER August 20th.** Please Express Mail any entry that might be late. There will be a \$20 late fee for all entries received between August 15 and August 20, 2010.

Entry fee: \$70 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 \$150 If you do two divisions in both Bench and Dead Lift, fee is \$180. (That is a total of four trophies.) Teenage entry fee is \$40for one event, \$70 for two divisions or one in Bench and one in Dead Lift, \$100 for three divisions, and \$130. for four divisions. **MAKE CHECKS OR MONEY ORDERS PAYABLE TO RAW POWER, NOT WABDL. Mail entry AND fee to P.O. Box 654, Waimanalo, Hawaii 96795.**

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: In consideration in the acceptance of the entry, I hereby waive, release and discard any and all claims for damages, death, personal injury or property damage which I may have or which may hereafter occur to me, as a result of my participation in the WABDL Kalama Valley Assembly of God, RAW POWER Bench Press and Dead Lift Championships. In signing this release, I intend to be legally bound, for not only myself but also for my heirs, my executors and my administrators, to this waiver. This release is intended to discharge in advance, WABDL, Gus Rethwisch, Keith Ward, Pastor Herb, Kalama Valley Assembly of GOD, Raw Power, sponsors, volunteers, referees, spotters-loaders and any and everyone connected with this competition, including any unnamed sponsors, officials, agents or representatives of these individual organizations from and against all liability arising out of or connected in any way with my participation in said event, even though liability may arise as a result of negligence or carelessness on the part of persons mentioned above. I understand that this event is a hazardous recreational activity. I understand that I am not covered for any personal injury and/or property damage under any medical or liability insurance policies of any of the aforementioned parties or unnamed sponsors. Knowing the risks of this activity, I hereby agree to assume those risks and to release and hold harmless all of the persons mentioned above who, in any way, might otherwise be liable to me, or his/her heirs or assigns for damage. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I understand that performing the bench press with a reverse-grip is illegal. I also understand that if I opt to perform the bench press with a "suicide grip," defined as grasping the bar with the thumbs not in the wrapped position or "thumb-less grip," that I am choosing to do so against the recommendations of WABDL and Kalama Valley Assembly of GOD. I understand that by using such a grip that I am voluntarily increasing the risk of personal injury or death. I also understand that all above-mentioned parties will not be held responsible for any lost, stolen or damaged items or properties while participating in this competition. I also give my permission to RAW POWER TO USE WITHOUT OBLIGATION ANY PHOTOGRAPHS, VIDEO FOOTAGE OR RECORDINGS FOR THE PURPOSE OF FUTURE EVENET PROMOTIONS. Moreover, I agree that any testing methods which Gus Rethwisch uses to detect the present of strength-inducing drugs, shall be conclusive.

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

Office use only: Received \$ _____ (covers: entry fee _____ ; card 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 no longer eligible to lift in Open Men: 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, August 27th at Kamiloiki Elementary School, 7788 Hawaii Kai Drive, Honolulu, HI 96825, from 6:00 P.M. to 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. Lifters are responsible, as always, for checking regularly on the progress of flights and being on time for their flights.

<u>CONTEST: AUGUST 28, 2010 - TENTATIVE SCHEDULE (DEPENDS ON NUMBER OF CONTESTANTS)</u>		
Bench Press:	9:30 A.M.	All Women Benchers, Youth and Teens
	10:30 A.M.	All Master Men, Junior and Submaster Men
	11:30 A.M.	Open Men, Elite Open Men, Class 1 Men and coach
Dead Lift:	12:00 P.M.	All Women Dead Lifters, Youth and Teens
	1:00 P.M.	All Master Men, Junior and Submaster Men
	2:00 P.M.	Open Men, Class 1 Men and coach
	3:00 P.M.	Trophy Presentation

AWARDS: Real sculptured trophies will be given for first through third places. All lifters will receive a free T-shirt at weigh-ins with entry.

WEIGHT CLASS CHANGE: You may **change your weight class until August 20th**. Call Keith Ward at (808) 259-9800 with questions or weight class changes and for information regarding available hotels in the area..