



Presents

WABDL® - SOUTHWEST BENCHPRESS AND DEADLIFT CHAMPIONSHIPS
MONSTER GYM- 23810 EASTEX FWY KINGWOOD, TX. 77339
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. \_\_\_\_\_

AWARDS: AWARDED TO 1ST THRU 3RD PLACE. BEST LIFTER(MUST HAVE 6 LIFTERS IN DIVISION)
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).

ENTRY DEADLINE: Entry fee and entry form must be IN HAND by Friday AUGUST 16, 2010. No faxed or telephone entries will be accepted. Please Express Mail any entry that might be late. ANY ENTRIES RECEIVED AFTER AUGUST 16TH WILL PAY A LATE FEE OF \$45. IF YOU DON'T WANT TO PAY THE LATE FEE, THEN PLEASE GET YOU ENTRY IN ON TIME! ABSOLUTELY NO ENTRIES ACCEPTED AFTER AUGUST 23TH

ENTRY FEE: \$65 for either Bench or Dead lift or \$115 for both. If you do three divisions (two in Bench, one in Dead Lift, for example) the fee is \$145. 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 \$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 and card fee 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

MAJOR SPONSORS FOR TINY MEEKER'S MEETS:
GLC DIRECT, ZEUS MORTGAGE, INZER ADVANCE DESIGNS, & LABRADA NUTRITION

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, Aquavybe Water, Monster gym, Paul & Kim Smith, Tiny Meeker's Power Station, ZUES MORTGAGE, 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 will 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.

PLEASE SIGN AND RETURN THIS PAGE WITH APPROPRIATE FEES TO TINY MEEKER

\_\_\_\_\_ 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 I 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!**

The weigh-in will be Friday August 27th, 2010 from 5:00pm – 8:00pm at MONSTER GYM. This is for all contestants. **NO MORNING WEIGH-INS AND NO WEIGH-INS THE DAY OF THE MEET. ALL CONTESTANTS MUST HAVE EQUIPMENT CHECKED AT WEIGH-IN.** 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.

**DOORS WILL OPEN AT 9 AM. RULES MEETING WILL START AT 10:30AM WITH LIFTING STARTING AT 11:00AM**

**LIFTING TIMES WILL BE POSTED AT WEIGH-INS, BUT FINAL ORDER WILL BE POSTED THE MORNING OF THE MEET.**

**WEIGHT CLASS CHANGE:** You may change your weight class until AUGUST 18<sup>th</sup>. Call Tiny Meeker at (832) 423-7662 or email [pmtiny705@aol.com](mailto:pmtiny705@aol.com)

**HOTEL INFORMATION:** Homewood Suites by Hilton 281-358-5566 call and mention WABDL for special rates...King w/sleeper 99.00/ 2 Full w/sleeper 109.00/ 2 Bedroom Suite King/Double 139.00. LaQuinta Inns & Suites 281-359-6611 call and mention WABDL for special rate \$85 for King or Double Suite. Deluxe Continental Breakfast at both locations. Very Nice Hotels.

**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>

**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.

**COVER FOR ADULTS \$5.00 AND \$3.00 FOR STUDENTS**