

**WABDL®- North American Bench Press and Dead Lift Championships**  
 Shilo Inn Airport – 11707 NE Airport Way, Portland, OR 97220  
 Saturday, March 24, 2012

(PLEASE PRINT)

Name	(Last)			(First)	
	Address			City	
State		Zip		Weight Class	
Email address		Birth Date	__/__/____	Age:	
Telephone	(area code) ( )	Gender		Male _____ Female _____	
	Office Use Only:		__ CC __ OFC __ PFD Orders __ yes __ no		

This is a World Championship Qualifier: The top three finishers in every weight class of every division qualify for the **World Championship in Las Vegas, NV at Bally's (middle of the Strip), November 13-18, 2012.**

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. WABDL is now 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. All divisions may set records in double-ply. WABDL doesn't keep "raw" records, but you may lift "raw." Any records count as single-ply records. If no ply is indicated, single-ply will be recorded and that may not be changed after the final date for changes.*

BENCH DIVISION(S):	1	2	Single-ply <input type="checkbox"/>
			Double-ply <input type="checkbox"/>
			Raw <input type="checkbox"/>
DEAD LIFT DIVISION(S):	1	2	Single-ply

Programs are \$7: I would like one	__ yes __ no						
T-shirts are \$15 if preordered (Please indicate quantity and size); purchased at meet, they are \$20							
Black	__ 4X	__ 3X	__ 2X	__ XL	__ L	__ M	__ S
White	__ 4X	__ 3X	__ 2X	__ XL	__ L	__ M	__ S
Blue	__ 4X	__ 3X	__ 2X	__ XL	__ L	__ M	__ S

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). Cards may be purchased at the meet. If possible and if your card will not be valid at the contest, please purchase your card when you send in your entry in order to make weigh-ins go more smoothly and quickly.**

**ENTRY DEADLINE:** Entry fee and entry form must be IN HAND by March 12, 2012. No faxed or telephone entries accepted. **Entries mailed after March 12 must be accompanied by a \$25 late fee. Absolutely no entries accepted after March 16, 2012. Express mail any entries that may be late.**

**ENTRY FEE** is \$60 for either Bench or Dead Lift (one division) or \$105 for two divisions – one bench and one dead; or two bench or two dead). If you do three divisions (two in Bench, one in Dead Lift, for example) the fee is \$135. If you do two divisions in both Bench and Dead Lift, fee is \$155. (That is a total of four trophies.) Teenage entry fee is \$40 for one event, \$75 for two divisions or one in Bench and one in Dead Lift, \$100 for three divisions, and \$120 for four divisions.

**Team:** Please contact Gus Rethwisch for details or download the team roster from the website at [www.wabld.org](http://www.wabld.org). Team fee is \$90. **The team roster and fee are due by March 16, 2012.**

**PLEASE MAKE CHECKS PAYABLE TO WABDL** and send completed entry form, entry fee(s), and WABDL card fee to  
 Gus Rethwisch, P.O. Box 27499, Golden Valley, MN 55427.

**Please return page 1 of this entry with your completed application and fees!**

**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 WABDL 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.

Office use only: Received \$ _____ (Covers: entry fee _____; card fee _____; T-Shirts _____; program _____;) Owes \$ _____
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**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 (Single-ply Bench Press Only):** Any male lifter who has benched higher than the following in any and all sanctioned contests will be in the Elite Lifters may set state records in Elite Open and lift in other divisions **EXCEPT Open Men:** 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#-734.1#, 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, 220 and 220+ (Super)

**Class I Men: Bench Press:** 105 – 242.5#, 114 – 275.5#, 123 – 314.0#, 132 – 352.5#, 148 – 385.7#, 165 – 424.2#, 181 – 448.4#, 198 – 479.5#, 220 – 501.5#, 242 – 523.0#, 259 – 540.0#, 275 – 551.0#, 308 – 573.0#, SHW – 595.0# - **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:** Will be held on **Friday, March 23, 2012 from 2:00 – 7:30 P.M.** PLEASE MAKE ARRANGEMENTS IN ORDER TO WEIGH-IN ON TIME and bring all your equipment with you. Please be sure you make the weight for which you signed up!!! **THERE WILL BE NO WEIGH-INS ON March 24<sup>th</sup>.**

**SCHEDULE OF EVENTS:** IF YOU ARE LIFTING IN MORE THAN ONE DIVISION YOU MUST LIFT IN THE FIRST ONE CONTESTED. Times listed here 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.

<div style="text-align: center;"> <span style="font-size: 2em;">➔</span> <b>RULES BRIEFINGS FOR ALL LIFTERS OF THE DAY WILL BE AT 8:15 A.M.</b> <span style="font-size: 2em;">➔</span> </div>		
Bench Press: 1	9:00 A.M.	Class 1 Men and Law-Firemen
Bench Press: 2	10:00 A.M.	All Women Benchers <b>EXCEPT Master Women</b>
Bench Press: 3	11:00 A.M.	Master Women
Bench Press: 4	12:00 P.M.	Open Men and Submaster Men
Bench Press: 5	1:00 P.M.	Master Men
Bench Press: 6	2:00 P.M.	Junior Men and Teen Men
	3:00 P.M.	<i>Trophy Presentation for Benchers of the Day</i>
Dead Lift: 7	4:00 P.M.	All Women Dead Lifters
Dead Lift: 8	4:45 P.M.	Teen Men, Class 1 Men, and Law-Firemen
Dead Lift: 9	5:30 P.M.	Master Men
Dead Lift: 10	6:15 P.M.	Open Men, Submaster Men, and Junior Men
	7:00 P.M.	<i>Trophy Presentation for Dead Lifters of the Day</i>

**WEIGHT CLASS CHANGE OR QUESTIONS:** Call Gus Rethwisch – (503) 901-1622 or email him at [wabdl@comcast.net](mailto:wabdl@comcast.net) if you need to change weight or if you have questions. **If you email, please use the meet name in the subject.** No changes after March 16<sup>th</sup>.

**HOTEL INFORMATION:** The hotel address is 11707 NE Airport Way, Portland, OR, 97220. Rooms are \$84. Mention the NORTH AMERICAN 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.

**EQUIPMENT & RULES:** 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, then it is not legal.** Rules can be found at: <http://wabdl.org/rules.php>.

**PLEASE SUPPORT OUR VALUABLE SPONSORS OF WABDL®:**

***THESE COMPETITIONS ARE ONLY POSSIBLE BECAUSE OF THEIR BACKING!!!***

Brian Welker of Welker's Competitive Edge Gym – [Brian@competitiveedgegym.com](mailto:Brian@competitiveedgegym.com)

Jon Doyle of USP Labs – [www.usplabsdirect.com](http://www.usplabsdirect.com) 1-888- 236-1258

Shawn Madere of GLC DIRECT – (866) 452-3473 [www.glcdirect.com](http://www.glcdirect.com)

Pete Alaniz and Ken Anderson of Titan Support Systems – (972) 250-4433 – [www.andersonpowerlifting.com](http://www.andersonpowerlifting.com)

Keith Lemm of CSS Photo Design – [cssphoto@sbcglobal.net](mailto:cssphoto@sbcglobal.net) – (916) 213-8273

Rick Brewer of House of Pain – (888) 463-7246 – [www.houseofpain.com](http://www.houseofpain.com)

Mike Lambert of Powerlifting USA - (800) 448-7693

Neal Spruce and Odd Haugen of Dotfit – [www.dotfit.com](http://www.dotfit.com) – (877) 436-8348

Chet Groskreutz of IVANKO BARBELL – (310) 514-1155 [www.ivankobarbell.com](http://www.ivankobarbell.com)

Grace Cloninger of House of Pain – West - (775) 674-0674

Coby Washburn and David R. Smith