

**WABDL®-Southern National Bench Press and Dead Lift Championships**  
**Sheraton Birmingham Hotel – 2101 Richard Arrington Jr. Blvd. - North Birmingham, AL 35201**  
**Saturday, June 30, 2012**

(PLEASE PRINT)

➔ <u>Name</u>	(Last)		(First)	
	<u>Address</u>		<u>City</u>	
<u>State</u>		<u>Zip</u>	<u>Weight Class</u>	
<u>Email address</u>		<u>Birth Date</u>	<u>Age:</u>	
<u>Telephone</u>	(area code)	<u>Gender</u>		Male _____ Female _____
	( )	Office Use Only:		__ CC __ OFC __ PFD

This is a World Championship Qualifier: All lifters who participate in the Southern Nationals qualify for the **World Championship in Las Vegas, NV at Bally's, 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. If ply is not indicated, single-ply will be entered and that may not be changed after the final due date for changes.*

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

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).** **Please send in the card fee with the entry fee; cards may be purchased at the meet.** If possible, please purchase your card when you send in your entry in order to make weigh-ins go more smoothly and quickly.

➔ <u>Spectator Tickets</u>	<b>Please include ticket money with entry; \$5.00 w/application, \$7.00 at door</b> <b>Yes _____ ( Indicate # of tickets if yes) NO _____</b>
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**ENTRY DEADLINE:** Entry fee and entry form must be IN HAND by **June 16, 2012.** No faxed or telephone entries accepted. **No entries accepted after June 16, 2012 unless you include a \$25 late fee. Absolutely no entries accepted after June 23, 2012. Express mail any entries that may be late.**

**ENTRY FEE** is \$60 for either Bench or Dead Lift (one division) or \$110 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 \$150. If you do two divisions in both Bench and Dead Lift, fee is \$175. (That is a total of four trophies.) Teenage entry fee is \$30 for one event, \$50 for two divisions or one in Bench and one in Dead Lift, \$80 for three divisions, and \$100 for four divisions.

**Team:** Please contact Al Stork for details or download the team roster from the website at [www.wabdl.org](http://www.wabdl.org). Team fee is \$100. The team roster and fee are due by **June 23, 2012.**

**Send completed entrv form. entrv fee(s). and WABDL card fee to**  
**Al Stork**  
**71 Goshen Road.**  
**Winterport, ME 04496**

**and please mail PAGE 1 of this Entry Form with your fees to Al Stork. PLEASE MAKE CHECKS PAYABLE TO AL STORK, NOT TO WABDL.**

**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®, Al Stork, Gus Rethwisch, the Sheraton Birmingham Hotel, 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.

➔ <u>Participant's signature</u> _____ <u>Date</u> _____
(If under 18, parent or other responsible adult's signature)

<b><u>Office use only:</u></b> Received \$ _____ (Covers: entry fee _____; card fee _____; spectator tickets _____ Owes \$ _____ Refund owed \$ _____
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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 (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 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#-821.0#, 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, June 29, 2012 from 4:00 – 8:00 P.M.** PLEASE MAKE ARRANGEMENTS IN ORDER TO WEIGH-IN ON TIME and bring all your equipment with you. Be sure you make the weight for which you signed up!!! **THERE WILL BE NO WEIGH-INS ON JUNE 30<sup>TH</sup>**

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

**➡ RULES BRIEFINGS FOR ALL LIFTERS OF THE DAY WILL BE AT 8:15 A.M. ⬅**

Bench Press: 1	9:00 A.M.	All Women Benchers, Law-Firemen, Special Olympians, Disabled Lifters, and Teen Men
Bench Press: 2	10:00 A.M.	Class 1 Men and Junior Men,
Bench Press: 3	11:00 A.M.	Submaster Men and Open Men
Bench Press: 4	12:00 P.M.	Master Men
	1:00 P.M.	<i>Trophy Presentation for Benchers of the Day/ Lunch Break</i>
Dead Lift: 5	2:30 P.M.	All Women Dead Lifters, Law-Firemen, Disabled Lifters, and Special Olympians, Class 1 Men, and Teen Men
Dead Lift: 6	3:15 P.M.	Open Men, Submaster Men, and Junior Men
Dead Lift: 7	4:00 P.M.	Master Men
	4:45 P.M.	<i>Trophy Presentation for Dead Lifters of the Day</i>

**WEIGHT CLASS CHANGE OR QUESTIONS:** Call Al Stork – (207) 356-9946 or email him at [storkspower@aol.com](mailto:storkspower@aol.com) if you need to change weight or if you have questions. If you email, please use the meet name in the subject.

**HOTEL INFORMATION:** The hotel address is Sheraton Birmingham – 2101 Richard Arrington Jr. Blvd., North Birmingham, AL 35201. A block of 50 rooms have been reserved at a special rate of \$109 for lifters and guests. **Please call the Sheraton Birmingham at (205) 307-3084 to make reservations and mention WABDL for room discount. Reservations MUST be made by May 29<sup>th</sup> to receive the discounted rate.**

**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>.

We look forward to seeing you and having you participate in a fabulous meet!