



TINY MEEKER AND BODY BY VI PRESENTS
WABDL® - TEXAS STATE BENCHPRESS AND DEADLIFT
CHAMPIONSHIPS
MONSTER GYM- 23810 EASTEX FWY
KINGWOOD, TX. 77339
SATURDAY FEBRUARY 18, 2012



Name		Phone		Male	Female
Address		City		Age	
State		Zip		Weight Class	
Email address			Birth Date		

This is a World Championship Qualifier: The top three finishers in every weight class of every division qualify for the World Championship, November 13-18 at Ballys in Las Vegas, NV.

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(s):	1		2		Single	or	Double
Dead Lift Division(s):	1		2				

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 Tiny Meeker with the entry fee.

Entry fee and Entry form must be IN HAND by Friday Jan. 28th. No faxed or telephone entries accepted.

ENTRY FEES

ENTRY FEE: \$65 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 **\$140**. If you do two divisions in both Bench and Dead Lift, fee is **\$160**. (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. **ANY ENTRIES RECEIVED AFTER JAN. 28th WILL PAY A LATE FEE OF \$25. ABSOLUTELY NO ENTRIES ACCEPTED AFTER FEB. 4TH.** Please Express Mail any entry that might be late.

For guaranteed receipt of payment simply pay via Paypal with email pmtiny705@aol.com.

SEND ENTRY TO

Send completed entry form, entry fee(s), and WABDL 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 Form with your fees to Tiny Meeker or email if fees paid via Paypal.

ONLY ACCEPTING 150 ENTRIES

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, Monster gym, Paul & Kim Smith, Tiny Meeker's Power Station, Body by Vi, Zeus 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 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 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.

Participant's Signature:		Date:	
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If under 18, parent or legal guardian's signature required

Office use only: Received \$ _____ (covers: entry fee ____ ; card ____; Adult ____; Student __) Owes \$ _____ Late fee due: _____

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: PLEASE MAKE ARRANGEMENTS IN ORDER TO WEIGH-IN ON TIME! Weigh-ins will be at MONSTER GYM . IF YOU ARE LIFTING IN MORE THAN ONE DIVISION, You must lift in the division that is contested first. FRIDAY, FEB. 17TH - 5pm to 8pm. **Lifters must bring all equipment to be checked at weigh-in. NO WEIGH-INS ON SATURDAY FEB. 18TH.** 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.

WEIGHT CLASS CHANGE: You may change your weight class until FEB. 4th. Call Tiny Meeker at (832) 423-7662 or email pmtiny705@aol.com

HOTEL INFORMATION: LaQuinta Inns & Suites 281-359-6611 call and mention wabdl for special rates for King or Double Suite. Comfort Suites Kingwood 281-359-4448. Deluxe Continental Breakfast at both locations. Very Nice Hotels.

EQUIPMENT & RULES: See the website – 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>

FOR ADDITIONAL INFORMATION: Call first Tiny Meeker at (832) 423-7662 or email pmtiny705@aol.com.



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MORTGAGE
Ask Zeus. We're Smarter.
Low Cost Refinancing
Call Us Today at 713-275-9387 or
visit www.askzeus.com
for your **FREE INSTANT DECISION**
online application

GO TO <http://tiny1100.myvi.net> and join the challenge promoted by Bench Press World Champion Tiny Meeker. Lose weight and make easy money. Zeus Mortgage is strongly promoted by Tiny Meeker. If you're looking for a mortgage partner that understands big ARMS and can do the heavy lifting then let Zeus spot you on your next mortgage.

Spectator Tickets: \$7.00 Adult and \$3.00 student, if purchased with application. Tickets at door will be \$10.00 Adult and \$5.00 student.

INZER ADVANCE DESIGNS PRODUCTS WILL BE AVAILABLE FOR PURCHASE AT THE MEET

