

WABDL Team Roster

Team Name: _____ Captain: _____ Contact # _____

You may have **13 members on your team**. One person may lift in the dead lift and also in the bench press; but (s)he may not represent the team in two dead lifts or two bench presses. **You may have 9 benchers and 4 dead lifters or 9 dead lifters and 4 benchers, or 8 and 5, 7 and 6, but NOT 10 and 3.** The minimum number for a team is 8 lifters (7 doing both dead and bench and one doing either bench or dead.) **All lifters MUST BE FROM THE SAME STATE or two bordering states within a 100 miles radius. Check the entry for due date for team roster and fee.** Rosters must be verified (**not changed**) before the opening session of the contest with the WABDL Secretary at wabdl@bendbroadband.com or (541) 617-1949 telephone or (541) 312-3625 fax. **NO CHANGES MAY BE MADE AFTER VERIFICATION unless the director or secretary has entered something incorrectly from the original roster or unless there is a "no show" or an injury of a team member!!! TEAM ENTRIES WILL NOT BE ACCEPTED AT THE MEET OR AT WEIGH-INS!** Scoring is as follows: 1st = 20, 2nd = 16, 3rd = 12, 4th = 10, 5th = 8, and 6th = 5.

Team Member (Please Print)	Division	Wt. Class	Category (B or D)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
Alternate 1			
Alternate 2			