

# WABDL TEAM ROSTER

**Team Name:** \_\_\_\_\_

Captain: \_\_\_\_\_ Contact Number: \_\_\_\_\_

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, 8 and 5, or 7 and 6, but **NOT** 10 and 3. Please note that ALL TEAM MEMBERS must be from the same state or two bordering states with all team members within a 100 mile radius. The minimum number of lifters for a team is seven. **Team lists and the team fee** of \$95 are **due to the meet director by DATE STATED ON ENTRY.** Rosters must be verified (not changed) before the opening session of the contest with the WABDL Secretary at [wabdl@bendbroadband.com](mailto:wabdl@bendbroadband.com) or (541) 617-1949 telephone or (541) 312-3625 fax. NO CHANGES MAY BE MADE unless the secretary has entered a team member incorrectly!!! **TEAM ENTRIES WILL NOT BE ACCEPTED AT THE MEET OR AT WEIGH-INS!**

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