

Welker Engineer and Rocky Mc Cullough
 present the
**The Goodson Honda WABDL®- WORLD BENCH PRESS AND
 DEAD LIFT CHAMPIONSHIPS**
November 16-21, 2010
At the Fabulous Las Vegas Hilton Hotel

SCHEDULE OF EVENTS

The days are accurate, but the **times are tentative**, depending on the number of contestants for each day. If you are entered in more than one division, you **MUST** lift in the first division contested.

NOTE: both the Class 1 Men and Junior Men divisions have been divided by weight classes into two separate days!

Tuesday, November 16th: Day 1.		
Bench	9:00 A.M. 9:45 A.M. 10:30 A.M. 11:15 A.M. 12 NOON 12:45 P.M. 1:30 P.M. 2:15 P.M.	Master Men 61-67: 114#-220# Master Men 61-67: 242#-Super Master Men 68-74: 123#-181# Master Men 68-74: 198#-Super Master Men 75+ Master Women 61+ All Disabled Men and Women and All Special Olympian Men and Women Trophy Presentation for All Benchers of the Day
Dead Lift	3:15 P.M. 4:00 P.M. 4:45 P.M. 5:30 P.M. 6:15 P.M.	Master Men 61-67 Master Men 68+ Master Women 61+ All Disabled Men and Women and All Special Olympian Men and Women Trophy Presentation for All Dead Lifters of the Day
Wednesday, November 17th : Day 2.		
Bench	9:00 A.M. 9:45 A.M. 10:30 A.M. 11:15 A.M.	Class 1 Men: 114#-181# (higher weight classes lift on Thursday) Law-Firemen 48-55 Masters and Law-Firemen 56+ Masters Law-Firemen 40-47 Masters and All Law-Firewomen Trophy Presentation for Benchers of the Day
Dead Lift:	12:15 P.M. 2:30 P.M. 3:15 P.M. 4:00 P.M.	Class 1 Men: 114#-181# (higher weight classes lift on Thursday) Law-Firemen 48-55 Masters and Law-Firemen 56+ Masters Law-Firemen 40-47 Masters and All Law-Firewomen Trophy Presentation for Dead Lifters of the Day
Thursday, November 18th: Day 3.		
Bench	9:00 A.M. 9:45 A.M. 10:30 A.M. 11:15 A.M. 12 NOON 12:45 P.M. 1:30 P.M.	Class 1 Men: 198#-242# (lower weight classes lift on Wednesday) Class 1 Men: 259#-Super Master Men 54-60:123#-181# Master Men 54-60:198#-Super Master Women 54-60 Law-Firemen Submaster Men and Law-Firemen Open Men Trophy Presentation for Benchers of the Day
Dead Lift:	2:30 P.M. 3:15 P.M. 4:00 P.M. 4:45 P.M. 5:30 P.M.	Class 1 Men: 198#-Super (Lower weight classes lift on Wednesday) Master Men 54-60 Master Women 54-60 Law-Firemen Open Men and Law-Firemen Submaster Men Trophy Presentation for Dead Lifters of the

Friday, November 19th : Day 4.		
Bench	9:00 A.M. 9:45 A.M. 10:30 A.M. 11:15 A.M. 12 NOON 12:45 P.M. 1:30 P.M. 2:15 P.M.	Master Men 47-53: 114# - 198# Master Men 47-53: 220#- Super Master Women 47-53 Submaster Women Open Women Submaster Men: 123#-198# Submaster Men: 220#-Super Trophy Presentation for Benchers of the Day
Dead Lift:	3:15 P.M. 4:00 P.M. 4:45 P.M. 5:30 P.M. 6:15 P.M. 7:00 P.M.	Master Men 47-53: 123# - 220# Master Men 47-53: 242# - Super Master Women 47-53 and Submaster Women Open Women Submaster Men Trophy Presentation for Dead Lifters of the Day
Saturday, November 20th : Day 5.		
Bench	9:00 A.M. 9:45 A.M. 10:30 A.M. 11:15 A.M. 12 NOON 12:45 P.M. 1:30 P.M. 3:15 P.M.	Master Women 40-46 and Junior Women Junior Men: 198#-Super Master Men 40-46: 123#-181# Master Men 40-46: 198#-Super Open Men 123#-181# and Elite Open Men: 123#-181# Open Men: 198#-220# and Elite Open Men: 198#-220# Open Men: 242#- Super and Open Men: 242#- Super Trophy Presentation for All Benchers of the Day
Dead Lift:	2:30 P.M. 3:15 P.M. 4:00 P.M. 4:45 P.M. 5:30 P.M. 6:15 P.M.	Master Women 40-46 and Junior Women Junior Men: 198#-Super Master Men 40-46 Open Men: 123#-181# Open Men: 198#-Super Trophy Presentation for All Dead Lifters of the Day
Sunday, November 21st: Day 6.		
Bench	9:00 A.M. 9:45 A.M. 10:30 A.M. 11:15 A.M. 12:00 NOON 12:45 P.M. 1:30 P.M.	All Teen Women All Teen Men 12-15 Teen Men 16-17 Teen Men 18-19: 114#-181# Teen Men 18-19: 198#-SHW Junior Men: 114#-181# Trophy Presentation for All Benchers of the Day
Dead Lift:	2:30 P.M. 3:15 P.M. 4:00 P.M. 4:45 P.M. 5:30 P.M. 6:15 P.M. 7:00 P.M.	Teen Women All Teen Men 12-15 Teen Men 16-17 Teen Men 18-19: 114#-181# Teen Men 18-19: 198#-SHW Junior Men: 114#-181# Trophy Presentation for All Dead Lifters of the Day

ROOM INFORMATION:

- Room rates are \$79 for a single or double; \$35 for third person; room may or may not have a plasma television but will not have a refrigerator
- Premium room is \$89 and includes refrigerator and plasma television
- Club Resort rooms are \$129 and are on 24th, 25th, and 26th floors and you have free access to power breakfast (not hot) in the lounge; coffee etcetera is available from 6:00 A.M-8:00 P.M.
- One bedroom Central Power Suite is \$169 that is a 975 sq. ft. – 400 square foot bedroom with either a king or two doubles and a 575 square foot parlor with refrigerator. Parlor has a double fold-away bed.

Dates available are November 13-23

The ABSOLUTELY LAST DAY FOR RESERVATIONS IS OCTOBER 22, 2010

To get this special rates do the following:

Call 1-800-635-7711 – give the code: SWCC0R – and mention the World Champion Competitions.

You may also make reservations online through the following link:

<https://resweb.passkey.com/go/WCC2010>