

KALAMA VALLEY ASSEMBLY OF GOD PRESENTS:

Saturday, September 8, 2007

## HAWAII STATE

### Bench Press / Dead Lift Championships Entry Form

KAMILOIKI ELEMENETARY SCHOOL  
7788 HAWAII KAI DRIVE  
HONOLULU, HAWAII 96825

*This is a WABDL®- World Championship Qualifier: The top three finishers in every weight class of every division qualify for the World Championship at the Anaheim Hilton Hotel in Anaheim CA, (across from Disneyland) - November 15-20, 2007.*

**CONTESTS:** You may enter bench press or dead lift, or both, but you do not have to do both.

#### **WEIGHT CLASSES FOR BENCH PRESS AND/OR DEAD LIFT COMPETITIONS:**

**Men Weight Classes:** 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 259, 275, 308, SHW

**Women Weight Classes:** 97, 105, 114, 123, 132, 148, 165, 181, 198, 199+

**AGE DIVISIONS:** You may enter one or two divisions in bench press and/or one or two divisions in the dead lift.

Remember that you must lift in the division that is contested first. Write your division and weight class on the entry form.

**Teen Men & Teen Women:** Age groups 12-13, 14-15, 16-17 and 18-19 will be contested in all weight classes, including 97 lbs. and 105 lbs. Note: Teens 12-15 may only lift in teen divisions.

**Junior Men & Junior Women:** Any lifter age 20-25 in all weight classes.

**Open Men:** Any male lifter age 18 and over can compete in the Open division. All weight classes.

**Open Women:** Any female lifter age 18 and over can compete in the Open division. All weight classes.

**Master Men & Master Women:** Men and women age groups 40-46, 47-53, 54-60, 61-67, 68-74, 75-79, 80-84 and 85+ in all weight classes.

**Submaster Men & Submaster Women:** Men and women ages 34-39 in all weight classes.

**Special Olympian/Disabled Men & Women:** Men and Women will compete in all weight classes.

**Law/Fire Men & Women:** Men and women will compete in all weight classes in the following divisions: Open, Submaster 34-39, Master 40-47, Master 48-55 and Master 56+

**Elite Open Men: 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, 123#-358, 132#-407.7, 148#-449.5, 165#-520.2, 181#-556.5, 198#-617.2, 220#-661.2, 242#-705, 259#-738.5, 275#-771.5, 308#-815.5, SHW-832. Lifters may set state records in Elite Open.

**Class I Men: For Bench Press,** any male lifter who has lifted less than the following in any and all sanctioned contests: 105-242#, 114-275#, 123-308#, 132-336#, 148-369#, 165-391#, 181-418#, 198-435#, 220-451#, 242-473#, 259-485#, 275-501#, 308-523#, SHW-540#. **For 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#

**WEIGH-INS:** Please make arrangements to weigh-in on time. No morning weigh-ins. Weigh-ins will be at **Kamiloiki Elementary School**, 7788 Hawaii Kai Drive, Honolulu, HI, 96825. Weigh-ins will be held **Friday, September 7, 2007 from 6PM-8PM** for all competitors lifting on Saturday. Approximate flight list and flight times will be posted in the weigh-in area. Lifters are responsible, as always, for checking regularly on the progress of flights and being on time for their flights. Call **KEITH WARD 259-9800** with questions or weight class changes.

**ENTRY FORMS:** [WWW.KENKES.NET](http://WWW.KENKES.NET) or [WWW.WABDL.ORG](http://WWW.WABDL.ORG)

**ENTRY DEADLINE:** Entry fee and entry form must be **IN HAND by Monday, August 27, 2007.** ENTRY DEADLINE IS **Monday, August 27, 2007.** Send entry fees to **P.O. BOX 654, KALANIANAOLE HWY., WAIMANALO, HAWAII, 96795.** Makes checks or money orders payable to **RAW POWER.**

**ENTRY FEE: Adult Entry Fee:** One Division - \$60.00, Two Divisions - \$100.00, Three Divisions - \$135.00 and Four Divisions - \$160.00 (i.e. four awards). **Teen Entry Fee:** One Division - \$40.00, Two Divisions - \$60.00, Three Divisions - \$80.00 and Four Divisions - \$100.00. Remember that all lifters must have a current WABDL card, see entry form for cost. LATE FEE \$ 10.00.

**SCHEDULE:** Saturday, September 8, 2007 Rules briefing 8:45AM

#### **Bench Press:**

First Flight 9:30AM, All Youth, Teens, Men and **All Women.**

Second Flight 10:30AM All Master, Junior and Submaster.

Third Flight Open, Elite, 1 class and coach

#### **Dead Lift:**

First Flight \_\_\_\_\_ All Youth, Teens, Men and **All Women.**

Second Flight \_\_\_\_\_ All Master, Junior and Submaster.

Third Flight \_\_\_\_\_ Open, Elite, 1 class and coach

**AWARDS:** Real sculptured trophies 1st-3rd place only, All lifters receive a free T-Shirt with entry.

**RECORDS:** Records can be set and broken at this event. All records can be found on the WABDL website at [www.wabdl.org](http://www.wabdl.org).

**EQUIPMENT:** The Inzer denim single and double-ply shirts are approved. The completely open back or split neck denim is NOT APPROVED. The Inzer Ultimate Denim (Maroon denim) is NOT APPROVED. The Inzer grid-stitch and Annihilator ARE NOT APPROVED. The Crazy Neck approximately 2 1/2 wide neck that is reinforced all the way from the clavicle on both sides of the neck into the chest area is NOT APPROVED. Just a normal 3/4 to 1-inch neckline only is approved. The Inzer Phenom double-ply shirt is approved. The Inzer single-ply Rage and single-ply Rage X shirts are approved. THE INZER DOUBLE PLY RAGE AND RAGE X SHIRTS ARE NOT APPROVED. The Titan single-ply Fury and F-6 shirts are approved. THE TITAN DOUBLE-PLY FURY AND DOUBLE-PLY F-6 shirts are NOT APPROVED. All metal single-ply bench shirts are approved. The double-ply Pro bench shirt is NOT APPROVED. Cross-stitching or grid-stitching on any Karin Klein shirt is NOT APPROVED. ASK FOR A WABDL-approved shirt from Karin. Karin's Extreme single and double-ply Denim bench shirts are approved as long as they are not reinforced in the chest area. The Karin Klein shirt or any shirt that is overlapped in the chest and/or stomach area is NOT APPROVED. The Frantz bench shirt that is reinforced in the chest area is NOT APPROVED. The split neck or completely open back shirt is NOT APPROVED. As long as the shirt is secured at the neck, the back can be open but the Velcro straps must be in place. The neckline has to be 4 1/2 inches above the bottom of the sternum. Any split neck shirt where the neckline is patched or re-sown will NOT BE ACCEPTED. The cord or rope neckline is NOT APPROVED. Bench shirts with Velcro straps on the sleeves will NOT BE APPROVED. Any of the aforementioned, approved bench shirts are illegal if modified or altered from the original manufacturer. Canvas and triple-ply shirts are NOT LEGAL. In the dead lift gear, the Metal Pro dead lift suit is approved and all of their single-ply squat and other single-ply dead lift suits are approved. All Inzer single-ply dead lift and squat suits and the Titan single-ply dead lift and squat suits are approved. The Boss dead lifter suit is NOT APPROVED because it is double reinforced in the crotch. Denim, canvas, and any double-ply squat and dead lift suits are NOT APPROVED. Double-ply erector shirts are NOT APPROVED. Single-ply groove briefs and erector shirts are approved. Power pants which go up to the navel are NOT APPROVED. Two-meter knee wraps are approved. 2.5-meter knee wraps are NOT APPROVED. A dead lift or squat suit can have Velcro adjustments on the straps. See the official gear list on [wabdl.org](http://wabdl.org) for current, specific list of approved gear. Any lifter who sets a world record will have his/her equipment checked at that time.

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**PERSONAL INFORMATION:**

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_ Email: \_\_\_\_\_

City \_\_\_\_\_ State/Country \_\_\_\_\_ Zip \_\_\_\_\_

Wt. Class \_\_\_\_\_ Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age: \_\_\_\_\_ (at contest, bring proof of age to weigh-ins)

Emergency Contact \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_

**CONTEST:**

*You may enter bench press or dead lift or both, but you do not have to do both.*

Bench Division 1: \_\_\_\_\_ 2: \_\_\_\_\_

Dead Lift Division 1: \_\_\_\_\_ 2: \_\_\_\_\_

**WABDL® CARD:** 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 \$30. (Teen cards are \$20).

**WAIVER AND RELEASE OF LIABILITY:** No lifter will be accepted for this contest without signing the release. Disclaimer: In consideration in the acceptance of the entry into the said competition, I hereby waive, release and discard any and all claims for damages, death, personal injury or property damage which I may have or which may hereafter occur to me as a result of my participation in the WABDL Kalama Valley Assembly of GOD, Raw Power, and Bench Press and Dead Lift Championships. In signing this release I intend to be legally bound, for not only myself but also for my heirs, my executors and my administrators, to this waiver. This release is intended to discharge in advance, WABDL, Gus Rethwisch, Keith Ward, Pastor Herb, Kalama Valley Assembly of GOD, Raw Power, sponsors, volunteers, referees, spotters-loaders and any everyone connected with this competition, including any unnamed sponsors, officials, agents or representatives of these individual organizations from and against all liability arising out of or connected in any way with my participation in said event, even though that liability may arise of the negligence or carelessness on the part of persons mentioned above. It is further understood that this event is a hazardous recreation activity. I understand that I am not covered for any personal injury and/or property damage under any medical or liability insurance policies of any of the aforementioned parties or unnamed sponsors. I further understand that serious accidents occasionally occur during said activity and that participants sometimes sustain serious personal injuries including death and/or property damage as a consequence thereof. Knowing the risks of said activity, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons mentioned above who, in any way, might otherwise be liable to me, or his/her heirs or assigns for damage. It is further understood and agreed that this waiver, release and assumption or risk is to be binding on my heirs and assigns. I understand that performing the bench press with a reverse-grip is illegal. I also understand that if I opt to perform the bench press with a "suicide grip", defined as grasping the bar with the thumbs not in the wrapped position or thumb-less grip, that I am choosing to do so against the recommendations of WABDL and Kalama Valley Assembly of GOD. I understand that by using such grip that I am voluntarily increasing the risk of personal injury or death. I also understand that all above-mentioned parties will not be held responsible for any lost, stolen or damaged items or properties while participating in this competition. I also give my permission to Raw Power to use without obligation any photographs, video footage or recordings for the purpose of future event promotions. Moreover, I agree that any testing method, which Gus Rethwisch uses to detect the presence of strength-inducing drugs, shall be conclusive.

\_\_\_\_\_ (Signature of participant) \_\_\_\_\_ (date)

\_\_\_\_\_ (Signature of parent or guardian, if participant is under 21) \_\_\_\_\_ (date)

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Officials Use Only      Paid \_\_\_\_\_      Body Weight \_\_\_\_\_