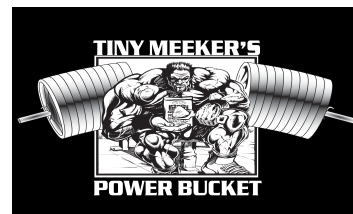




**WABDL® 2014**  
**GLC2000/Power Sugar Presents:**  
**Tiny Meeker Bench and Dead Lift Classic**  
**MONSTER GYM**  
**23810 EASTEX FWY**  
**KINGWOOD, TX 77339**  
**SATURDAY, APRIL 19, 2014**  
**BIGGEST PUSH/PULL TOTAL WINS CHAMPION BELT**  
**(MALE/FEMALE)**



<b>Name</b>		<b>Phone</b>		<b>Male/Female</b>
<b>Address</b>		<b>City</b>		<b>Age</b>
<b>State</b>		<b>Zip</b>		<b>Weight Class</b>
<b>Email address</b>			<b>Birth Date</b>	

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. Elite Open Single-ply bench ONLY.**

Bench Division(s):	1		2		Single	Double
Dead Lift Division(s):	1		2		Single Ply Only	

1. This contest will be drug-tested with 10% of the highest coefficients being selected.
2. Every lifter must have a one-piece lifting suit that cannot be excessively loose.
3. Every lifter will be required to have a current WABDL card that may be purchased for \$40. (Teen cards are \$30).
4. Mail card fee to Tiny Meeker with the entry fee.

**Entry fee and Entry form must be IN HAND by TUESDAY APRIL 1, 2014. No faxed or telephone entries accepted.**

**ENTRY FEES**

1. **ENTRY FEE: \$75** for either Bench or Dead lift or **\$120** for both. If you do three divisions (two in Bench, one in Dead Lift, for example) the fee is **\$150**. If you do two divisions in both Bench and Dead Lift, fee is **\$170**. (That is a total of four trophies.)
2. **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.
3. **ANY ENTRIES RECEIVED AFTER APRIL 1, 2014 WILL PAY A LATE FEE OF \$30. ABSOLUTELY NO ENTRIES ACCEPTED AFTER APRIL 7th. LATE ENTRIES WILL NOT WIN BEST LIFTER AWARDS. IF YOUR ENTRY IS NOT POST-MARKED BY APRIL 1st, THEN IT IS LATE.**
4. Please Express Mail any entry (NO SIGNATURE REQUIRED) that might be late.
5. For guaranteed receipt of payment simply pay via PayPal with email [pmtiny705@aol.com](mailto: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 100 ENTRIES / ALL ENTRIES RECEIVED ARE NON-REFUNDABLE**

**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, Power Sugar, Dr. Nerenberg, GLC Direct, Zeus Mortgage, Inzer Advance Designs, 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 will 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.

<b>Participant's Signature:</b>		<b>Date:</b>	
<b>Parents signature, if under 18</b>			

Office use only: Received \$ \_\_\_\_\_ (covers: entry fee \_\_\_\_\_; Card \_\_\_\_; Adult \_\_\_\_ Student) Spectator Tickets - Adult \_\_\_\_ Student \_\_\_\_\_

**T-SHIRTS \$15.00-SM \_\_\_\_ Med \_\_\_\_ Large \_\_\_\_ XL \_\_\_\_ XX \_\_\_\_ \$20.00- XXX \_\_\_\_ \$25.00-4X \_\_\_\_ 5X \_\_\_\_** Owes \$ \_\_\_\_\_, late fee due: \_\_\_\_\_

**DIVISIONS and 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 (Single-ply Bench Press Only):** Any male lifter who has benched higher than the following in any and all sanctioned contests will be in the Elite. Lifters may set state records in Elite Open and lift in other divisions EXCEPT Open Men: 114#-303.0, 123#-363.7, 132#-407.7, 148#-457.2, 165#-529.0, 181#-562.0, 198#-634.5, 220#-683.2#, 242#-734.1#, 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, 220 and 220+ (Super)
- **Class I Men: Bench Press:** 105 – 242.5#, 114 – 275.5#, 123 – 314.0#, 132 – 352.5#, 148 – 385.7#, 165 – 424.2#, 181 – 448.4#, 198 – 479.5#, 220 – 501.5#, 242 – 523.0#, 259 – 540.0#, 275 – 551.0#, 308 – 573.0#, SHW – 595.0# - **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, 90+ 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, Sub master 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.**
- **Sub master Men – Sub master 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 ARE FRIDAY, April 18<sup>th</sup> from 5pm to 8pm.** PLEASE MAKE ARRANGEMENTS IN ORDER TO WEIGH-IN ON TIME! Weigh-ins will be at MONSTER GYM. **NO SATURDAY WEIGH-INS.**

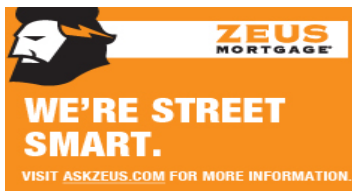
**IF YOU ARE LIFTING IN MORE THAN ONE DIVISION,** you must lift in the division that is contested first. Lifters must bring all equipment to be checked at weigh-in. **NO WEIGH-INS ON SATURDAY April 19<sup>th</sup>.** Times and schedule of events, based on the number of contestants, will be posted in 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 Monday April 7, 2014. Call or text Tiny Meeker at (832) 423-7662 or email [pmtiny705@aol.com](mailto:pmtiny705@aol.com)

**HOTEL INFORMATION:** For the BEST RATE, call Comfort Suites in Kingwood: 281-359-4448. Deluxe Continental Breakfast. Very Nice Hotel. For the CLOSEST HOTEL, call Courtyard Marriott in Kingwood 281-973-1790. The Hotel is new, and only walking distance to Monster Gym. **Just mention WABDL FOR SPECIAL RATE!**

**EQUIPMENT& RULES:** See the website – [www.wabdl.org](http://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 by email: [pmtiny705@aol.com](mailto:pmtiny705@aol.com).



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. GLC Direct, NO PAIN, MORE SERIOUS GAINS!!! Tiny Meeker's Power Bucket POWER SUGAR, most pre-workouts take 30 to 45 minutes, Power Sugar works in minutes!!! If you want to be the BEST, then wear the BEST, INZER ADVANCE DESIGNS!!! All products for purchase at the meet and by contacting Tiny Meeker directly at (832) 423-7662 or by email: [pmtiny705@aol.com](mailto:pmtiny705@aol.com).

**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**  
The World Leader In Powerlifting Apparel

**PRODUCTS WILL BE AVAILABLE FOR PURCHASE AT THE MEET**