

# MICHELOB ULTRA

## WABDL California State Bench Press and Deadlift Championships

**The Beach Resort – Monterey, Ca  
Saturday, March 18, 2006**

This contest will be drug-tested with the best coefficients being selected. Every lifter must have a one-piece lifting suit and it cannot be excessively loose. Every lifter will be required to have a WABDL card that can be bought for \$25 at weigh-in time.

**NOTE: YOU MAY ENTER EITHER BENCH PRESS OR DEADLIFT OR BOTH, BUT YOU DO NOT HAVE TO DO BOTH.**

**DIVISIONS/WEIGHT CLASSES**

- OPEN MEN:** Any lifters in this division will compete in the following weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 259, 275, 308, SHW
- OPEN WOMEN:** Any lifters will compete in the following weight classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, and 198+
- JUNIOR MEN/WOMEN:** Any lifter age 20-25 yrs. old can compete in all weight classes as specified in open men and open women.
- MASTER MEN/WOMEN:** Age groups 40-46, 47-53, 54-60, 61-67, 68-74, and 75 and over will compete in all weight classes as specified in open men and women.
- SUBMASTER:** Men and women age 34-39yrs. can compete in all weight classes as specified in open men and women
- TEEN MEN/WOMEN:** Age groups 13-15yrs. and 16-19yrs can compete in all weight classes including 97lb. class and 105lb. class for teen men 13-15yrs. old
- LAW/FIRE MEN/WOMEN:** All weight classes will be contested for Open, Submaster34-39yrs., Master 40-47yrs., and Master 48yrs. and over.
- CLASS I:** Any age male lifter that has lifted less than the following in a contest in these weight classes:  
Bench Press – 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#----  
Deadlift – 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#

**EQUIPMENT:** No canvas or 3-ply shirts allowed. Double denims and double polyester are okay. Only single-ply Titan Fury and Inzer Rage bench shirts are legal. No double ply Fury or Rage bench shirts are legal. For an extensive list of legal and illegal equipment and rules on the bench press go to WABDL.ORG . Deadlift suits are okay as long as they are not double ply. Erector shirts and single-ply groove briefs are okay. Any lifter that sets a world record will have their equipment checked on the platform. Bring your gear to weigh-ins for equipment check.

**ENTRY FEE :** \$65 for one division, \$115 for two divisions, \$150 for three divisions, and \$175 for four divisions. Teenage Entry is \$45 for one division, \$85 for two divisions, \$120 for three divisions, and \$150 for four divisions. You can enter up to two divisions per event, with a maximum of four divisions combined.

**ENTRY DEADLINE:** February 18<sup>TH</sup>. Absolutely no entries accepted after February 25<sup>th</sup>. Late fee is \$25 regardless of the number of divisions. If late fee is not sent in with entry you will be charged at weigh-in. Make checks payable to Iron Society and send to PO Box 1992, Monterey, Ca 93942. Any questions at all please call us at (831)-277-4766.

-----DETACH AND SEND IN WITH ENTRY FEE-----

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_ AGE: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 BENCH PRESS – DIVISION:1 \_\_\_\_\_ 2. \_\_\_\_\_  
 DEADLIFT – DIVISION:1 \_\_\_\_\_ 2. \_\_\_\_\_  
 WEIGHT CLASS: \_\_\_\_\_ TEAM ENTRY NAME: \_\_\_\_\_

I HEREBY RELEASE ANY CLAIMS FOR DAMAGES OF INJURIES THAT MAY OCCUR TO ME AT THIS CONTEST. I RELEASE IRON SOCIETY, MATT LAMARQUE, ISMYANTO SOEKARDI, WABDL, THE BEACH RESORT/BEST WESTERN, AND ALL OTHER SPONSORS AND PERSONNEL ASSOCIATED WITH THIS CONTEST. I UNDERSTAND THAT POWERLIFTING CAN BE DANGEROUS AND THAT THERE IS A CHANCE FOR INJURY.

DATE: \_\_\_\_\_ PARTICIPANTS SIGNATURE: \_\_\_\_\_  
 PARENT/GUARDIAN (IF UNDER 18 YEARS OF AGE): \_\_\_\_\_

**WEIGH-IN SCHEDULES:** FRIDAY, MARCH 17<sup>TH</sup> - 3:00PM – 8:00PM

**PLEASE MAKE ARRANGEMENTS TO WEIGH IN ON TIME. YOU WILL NOT BE ALLOWED TO WEIGH-IN THE DAY OF THE MEET.**

**WEIGHT CLASS CHANGES:** NO WEIGHT CLASS CHANGES ALLOWED AFTER March 7<sup>TH</sup> : If you can't make weight, **YOU DON'T GET A TROPHY**, but you can set records. State, National, and World records can be set at this meet.

### CONTEST TIMES

#### SATURDAY, MARCH 18<sup>TH</sup>

<b>BENCH PRESS:</b>	8:00AM – 9:00AM	All Women, Teen Men, Juniors
	9:00AM – 10:30AM	Mens – Law/Fire and Class I
	10:30AM – 12:00PM	Mens – Sub-Master and Open (possibly two flights)
	12:00PM – 2:00PM	Mens – All Masters (possibly two flights)
	2:00PM – 2:30PM	Special Awards
<b>DEADLIFT:</b>	2:30PM – 3:30PM	All Women, Teen Men Junior
	3:30PM – 4:30PM	Mens – Law/Fire and Class I
	4:30PM – 6:00PM	Mens – Sub-Master and Open (possibly two flights)
	6:00PM – 7:30PM	Mens – All Masters (possibly two flights)
	7:30PM – 8:00PM	Special Awards

**NOTE: Flights and times are subject to change due to the number of participants**

**AWARDS:** Every lifter that does not bomb will get a trophy regardless of where they place. There will be best lifter awards in every group with 10 lifters or more. Groups are as follows – Teenage – Junior – Law/Fire – Masters – Sub-Master/Open in both men and women. We try to give extremely nice awards that are worthy of the efforts given by the lifters.

**TEAM ENTRY:** Fee is \$100. Roster is limited to 10 lifters, no more than 6 benchers or deadlifters to a team. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place will be awarded. Send roster and fee with your entry form.

**HOTEL INFORMATION:** The Beach Resort/Best Western is located right off Highway 1 directly on the beach. If you are driving into Monterey on Highway 1 South take Hwy 218-Seaside/Del Rey Oaks exit and you can't miss it on your right hand side. It is the only 4 or 5 story building on the beach. They are offering our group room nights at \$95 for a single or a double, which for this caliber of a hotel in Monterey is an excellent rate. The Beach resort phone # is (831)-394-3321. There are other hotels within a few mile radius but we always recommend staying at the meet site if possible, its easier for everybody. Please make your reservations **immediately**, the block will sell out very quickly. The group code is IRON2006 or mentioning the contest and the Iron Society when you make reservations will get you the rate. If you would like to know about other accommodations in the area please call us anytime at (831)-277-4766.

**TRANSPORTATION FROM AIRPORT:** For transportation from San Francisco or San Jose Airports call Monterey/Salinas Airbus at (831)-373-7777.

### ATTENTION

I will be sending all entries out of state on February 27<sup>th</sup> to be processed. Once the entries are out of my hands I will not be adding any more lifters for any reason. The main reason for disorganization in meets is late entries. In order to guarantee a well-organized and smooth meet I must stick to the entry deadline. I don't want to have to turn anyone away for not entering on time, so please get your entries in early. The earlier your entry is received the better – if we receive too many we will cut it off early, regardless of the date. ABOUT YOUR GEAR – There is a lot of options of gear to wear now. You may be unsure about the rules of what is allowed and what is not. If you have any doubts, check the rules on the website WABDL.org or call us at (831)-277-4766. Rules change from time to time. It is up to you to be aware of rule changes. Gus sends plenty of updates out throughout the year. If you assume the wrong thing about a piece of equipment that you planned to use at this meet, you will not be allowed to use it under any circumstances, so please be sure. Thank You.