



## 2016 UPA Powerlifting & Bench Press Open National Championship

**\*\*Men's & Women's Open\*\***

**April 16<sup>th</sup> & 17<sup>th</sup>, 2016**

**Wings of Strength Women's Pro meet Qualifier**

Updated on 8/9/2015

- MEET DIRECTOR:** Bill Carpenter - President - 563-599-1390  
\*E-mail [BCarpenter@UPAPower.com](mailto:BCarpenter@UPAPower.com)
- EVENT LOCATION:** Grand River Center ([www.grandrivercenter.com](http://www.grandrivercenter.com))  
\*Right next to the Grand Harbor Resort & Water Park  
500 Bell Street - Dubuque, Iowa 52001  
Exhibit Hall B
- ELIGIBILITY:** Open to all UPA registered athletes with qualifying total:  
Must show proof of UPA card at weigh in. All entries in UPA sanctioned events must have a valid UPA registration card. Fee is \$30 per card.  
Registration will be available at weigh-ins
- WEIGH-IN:** 24-HOUR WEIGH-IN RULE APPLIES  
Weigh INS. "NO SAME DAY WEIGH INS"  
\* The Grand River Center 500 Bell St. Dubuque, IA 52001  
**All Equipped & Raw Men's Open Full Power & All Bench Only:**  
Friday April 15<sup>th</sup>, 9 AM – 12 PM & 5:00 PM – 7:00 PM  
  
**All Equipped & Raw Full Power Woman:**  
Saturday April 16<sup>th</sup>, 9 AM – 12 PM & 5 PM – 7 PM
- Title Sponsor:** To Be Announced
- EVENT START TIME:** **Bench Only & Full Power (All Men's Open lifters):**  
Saturday April 16<sup>th</sup>, 9 AM  
**Full Power (All Women Open Lifters):**  
Sunday April 17<sup>th</sup>, 9 AM
- Mandatory Rules Meeting at  
**Bench Only & Full Power:**  
Saturday April 16<sup>th</sup> & Sunday April 17<sup>th</sup>, 8:15 AM
- CONTEST LIFTS:** **Full Power & Bench Only**

**SESSIONS:**                   **Saturday – Bench Only & Full Power (All Men’s Open lifters):**  
**Sunday – Full Power (All Women’s Open Lifters):**

**Qualifying Totals for Equipped and Raw Men’s Open:**

*\*Meet Promoter can waive qualifying totals to let a lifter compete.*

<b>Class</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
<u>Equip</u> -	753	973	1161	1207	1532	1641	1726	1818	1881	1940	1978	2022
<u>Raw</u> -	551	623	738	969	1156	1283	1371	1476	1525	1608	1653	1696
<u>AD-Eq</u> -	557	753	959	1079	1200	1353	1453	1535	1590	1648	1671	1690
<u>AD-Raw</u> -	501	573	638	869	1006	1133	1221	1326	1375	1458	1503	1546

**\*\*Total has to be done at a UPA sanctioned meet within the last 12 months\*\***

**\*\*There will be no qualifying totals for Women’s Open \*\***

**\*\* There will be no qualifying bench for the Bench Press\*\***

**AWARDS:**                   1st-3rd in Men’s & Women’s Open division by weight class & total. 1<sup>st</sup> – 3<sup>rd</sup>.  
There will be best lifter awards by the Schwartz Formula:

**ENTRY FEE:**                   \$100 Full Power 1st division, \$85 Bench Only,\$40.00 Additional Division UPA & UPA- AD. **UPA-AD Division (drug tested):** Add \$10 to above for 1st division, .\*\*No same day entries will be accepted unless approved by Bill Carpenter prior to arrival\*\*

**A \$30 late fee will be charged for entries received after March 25<sup>th</sup>, 2016. No refunds on entry fees.\*\*NO EXCEPTIONS\*\*  
We will only be accepting 55 Full Power Entries for each day Saturday & Sunday. This meet fills up fast. It is highly recommended to get your entry forms in on time if you want to do this meet. Late entries are always taking a chance of not getting on the roster for the meet.**

**MEET HOTEL:**                   Grand Harbor Resort & Water Park. The meet site (Grand River Center) is connected by sky walk to Grand Harbor Resort & Water Park. Mention “UPA” to get \$109 a night room rate. [www.GrandHarborResort.com](http://www.GrandHarborResort.com) 563-690-3270. The “cut-off date” for accepting reservations into this room block is Wednesday, March 16<sup>th</sup>, 2016 .

**ONLINE ENTRY:**                   Will be available online at [www.UPAPower.com](http://www.UPAPower.com)

**RULES:**                   United Powerlifting Association (UPA). Check [www.UPAPower.com](http://www.UPAPower.com) for information and rulebook.

**UNIFORM:**                   Must have one piece lifting suit or wrestling suit

**SPECTATOR FEE:**                   \$10 at the door Sat. Full Power & Bench Only /\$10 at the door Sun. Full Power, Or \$15 for all 2 days: **\*\*Children 10 and under - free/ lifters are only free for their day to lift. Coaches and handlers are not free.\*\***

**Photos & Cameras:**                   Photo cameras, hand held video cameras, or tripod stands ARE NOT ALLOWED at any UPA Events. **\*Cell Phone Photos & Videos are allowed.**

# 16' UPA Powerlifting & Bench Press Open National Championship

## **\*\*Men's & Women's Open Lifters\*\***

Mail entry to:  
Bill Carpenter - UPA  
145 State St.  
Dubuque, IA. 52003

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First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Occupation: \_\_\_\_\_ Team: \_\_\_\_\_

Age at time of competition: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Sponsors: \_\_\_\_\_ **Meet name & Qualifying total:** \_\_\_\_\_

Division Entered:

Full Power Men  Full Power Women  Bench Only (Men & Women)

Raw (Unequipped)  Equipped

**\*\*If you are entering the UPA-AD (drug tested) please check here**

Weight Class: Men – 114 123 132 148 165 181 198 220 242

275 308 SHW **Weight Class:** \_\_\_\_\_

Women - 97 105 114 123 132 148 165 181

198 SHW **Weight Class:** \_\_\_\_\_

UPA #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Women Full Power Entry Fee \$100.00: \$ \_\_\_\_\_  
 Bench Only \$85: \$ \_\_\_\_\_  
 Team Entry \$50 (10 lifter teams: Please list lifters) \$ \_\_\_\_\_  
\*\$50 COACHES FEE – NOT A LIFTERS FEE!  
 Add \$40.00 for Additional Div. UPA & UPA-AD \$ \_\_\_\_\_  
 Add \$10.00 for UPA-AD: \$ \_\_\_\_\_  
 Add \$30.00 for UPA Card: \$ \_\_\_\_\_  
 Add \$30 for entry after March 25<sup>th</sup>: \$ \_\_\_\_\_  
 Add \$20 for each t-shirt ordered: \$ \_\_\_\_\_

**\*I will not accept any PERSONAL CHECKS after the entry deadline! You can pay with PayPal, Money Order or Credit Card after entry deadline (3/25/2016)  
 NO REFUNDS ON ENTRY FEES \*\*NO EXCEPTIONS\*\***

**Circle Sizes-S, M, L, XL, XXL, XXXL**

**Number of Shirts \_\_\_\_\_**

**TOTAL DUE:** \$ \_\_\_\_\_  
 (Make checks payable to Bill Carpenter -UPA)

**Paid:**  Cash \$ \_\_\_\_\_  Check # \_\_\_\_\_  Credit Card (4% Surcharge)

Name On Card (PRINT CLEARLY): \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Card Type (Circle One): Visa    MasterCard    Amex    Discover

CVV2 Number (on back of card): \_\_\_\_\_

Expire Date (Month/Year): \_\_\_\_\_

**Release and Waiver**

In consideration of being allowed to participate in any way in the Name of Event **UPA Powelifting & Bench Press Open National Championship**("Event") promoted by Name of Promoter **Bill Carpenter**. ("Promoter")and sanctioned by the **United Powerlifting Association, LLC**, its related events and activities, I, please print name

( \_\_\_\_\_ ), the undersigned, acknowledge, appreciate and agree that: 1. The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE UPA, LLC or others, and assume full responsibility for my participation; and 2. I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual

significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE UPA, LLC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity (“Releasees”), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. I understand there is a random drug testing by urinalysis on a minimum of 10 % of all UPA-AD division lifters. The UPA will permanently ban any lifter testing positive for a banned substance from the UPA-AD division.

I hereby grant the UPA, LLC Promoter and/or any other UPA, LLC -approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the UPA, LLC Promoter, and/or any other UPA, LLC -approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the UPA, LLC, the Promoter and/or any UPA, LLC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the UPA, LLC Promoter and/or any other UPA, LLC -approved video or entertainment organization hereunder. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent if under 18 years old: \_\_\_\_\_

Date (Required): \_\_\_\_\_

For updates on the Meet go to [www.UPAPower.com](http://www.UPAPower.com)

**July 2, 2016 Wings of Strength Women’s Pro Meet  
Qualifier**

**Go to Facebook page to get information:  
<https://www.facebook.com/events/412953968900348/>**