

**UNITED POWERLIFTING ASSOCIATION**

2010 South Carolina **PROVE IT ON THE PLATFORM II**

February 20<sup>th</sup> 2010

**3 MEETS offered – BENCH only-DEADLIFT only- or PUSH/PULL**

Total Fitness Family Center

9801 Anderson Rd (hwy#81)

Piedmont, South Carolina

**Troy Nash** – UPA South Carolina State Chair 864-360-7111 or [NashTsquat@aol.com](mailto:NashTsquat@aol.com)

Weigh-ins: Friday 10:00am until 2:00pm and 6:00pm until 9:00pm. Saturday 8:00am until 9:00am. **Rules meeting Saturday at 9am, Lifting starts at 10:00am.** Sanctioned by the United Powerlifting Association. You must be a member to be eligible. You may purchase a **membership card** with your entry or at the meet. (**\$30.00 yr** adult or \$15.00 yr ages 18 and under)

Bench shirts, squat suits are allowed as long as they meet UPA legal requirements. **All lifters must wear one piece lifting suit or wrestling singlet.** Online rulebook and equipment regulations can be found on the UPA website. [www.upapower.com](http://www.upapower.com)

**ENTRY** – this entry & make check/money order payable to: Troy Nash, 107 middleton place drive, Piedmont,SC 29673. **ENTRY DEADLINE IS February 8<sup>th</sup> 2010. ANY ENTRY RECEIVED AFTER THIS DATE MUST PAY A \$25 LATE FEE. THOSE REGISTERING ON THE DATE OF THE MEET MUST PAY IN CASH / PAYMENT TO INCLUDE LATE FEE. In the past the late fee has not been enforced...it must be now to insure I order and have enough trophies to hand out. Any returned checks will be charged an additional \$25 fee.**

UPA MEMBERSHIP CARD:  (IF you do not already have a card check here and include card fee with your entry)

\$60 entry fee includes 1 if the 3 meets offered and 1 age group. \$25 to participate in any other meet offered or age group you are old enough to participate in.

**Bench press**

- men’s open
- women’s open
- teenage 13-15
- teenage 16-17
- teenage 18-19
- junior 20-23
- submaster 33-39
- master 40-44/45-49
- master 50-54/55-59
- master 60-64/65-69
- master 70-74/75-79

**Deadlift**

- men’s open
- women’s open
- teenage 13-15
- teenage 16-17
- teenage 18-19
- junior 20-23
- submaster 30-39
- master 40-44/45-49
- master 50-54/55-59
- master60-64/65-69
- master 70-74/75-79

**push/pull**

- men’s open
- women’s open
- teenage 13-15
- teenage 16-17
- teenage 18-19
- junior 20-23
- submaster 33-39
- master 40-44/45-49
- master 50-54/55-59
- master 60-64/65-69
- master 70-74/75-79

**AND PLEASE CHECK THE APPROPRIATE LINES BELOW**

- Equipped
- RAW

- UPA (non-tested)
- UPA-AD (tested)

**ENTRY FORM AND RELEASE WAIVER**

General release

The undersigned seeks to participate in a Powerlifting competition sanctioned by the United Powerlifting Association (U.P.A) at Total Fitness Family Center, piedmont, South Carolina on Febuary 20<sup>th</sup> , 2010.

Participation in this meet is a privilege and all participants must be members in good standing of the united powerlifting association.

As a condition of participation, the member must agree to the following and execute this general release. (Any member who does not wish to sign this, shall receive a refund of entry fees, as long as they refuse and request a refund on or before Febuary 8<sup>th</sup> 2010).

In consideration of being permitted to participate in the powerlifting competition being held the undersigned lifter hereby releases Kenny Patterson, the united powerlifting association, Troy Nash, and total fitness family center the staff of such organizations, their officers and employees, the sponsors of the envent and all persons associated there with or rendering service thereto, from any responsibility or liability for any injury or personal loss to the lifter, including those caused by the negligent act or omission arising out of or connected with my participation in the powerlifting competition or the use of any equipment at the powerlifting competition.

In signing this release:

- 1) powerlifting is a strenuous athletic event. As a sport, accidents can and do happen periodically as a result of the normal danger involved.
- 2) There is a risk of participation. Lifter recognizes this risk and accepts it. Lifter shall have the duty to examine all equipment prior to use and immediately inform the proper people of any dangerous condition observed in the equipment, personnel or event venue. The lifter has sole responsibility for the condition of his personal lifting gear. i.e. bench press shirts, lifting suits, belts, wraps, and other lifting gear and it is the responsibility of the lifter to wear such gear in a manner that is safe and least likely to result in injury. The UPA and it's meet directors, officials, and meet employee's are not responsible for lifting gear blowouts, tears, or any defects in lifting gear. Lifter fully understands the risk of the use of powerlifting gear especially multi-ply gear in materials such as canvas, denim and heavy duty polyester and represents to epic and UPA all gear used is in proper condition and being employed as intended.
- 3) Lifter is in excellent health and capable of performing the feats of strength attempted.
- 4) Lifter is the sole decider of the amount of weight to be lifted. Lifter will act in a reasonable manner at all times and lift weights beyond a safe and prudent level.
- 5) Lifter has the right to bring his / her own spotters and assistants. If lifter does not do so, lifter may use such spotters as provided by the meet director, solely as a courtesy to the lifter.
- 6) Neither the UPA, Total Fitness, nor any subdivision thereof, nor any agent, servant or employee of the UPA nor any other competitor shall be liable to lifter for any harm or damage to lifter, unless such harm is the result of the intentional or reckless conduct of such person, which shall not be imputed to any other person or organization. No action for negligent entrustment shall exist.
- 7) Lifter will be responsible for his/her behavior and acts and those of his/her guests. If lifter does not act in accord with the rules of the UPA for competition or behavior, he/she may be asked to leave the event immediately by an event director and will do so voluntarily and shall forfeit all fees paid. In the event litigation should occur, lifter shall be responsible for payment of the reasonable attorney's fees of the successful pary.
- 8) This release is reasonable, executed freely, without duress or undue influence, and after opportunity for careful and independent review.
- 9) \*If lifter's check "bounces" then lifter will accept a \$25 returned check fee charged by the meet promoter, and will pay the outstanding debt with returned check fee within a two week time period.

I hereby represent and warrant that I have read, reviewed and completed the above waiver consent form.

---

Signature of participating lifer / parent or guardian's signature if lifter is under 18 years of age.

Name: \_\_\_\_\_ age: \_\_\_\_\_ Phone: \_\_\_\_\_

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

City: \_\_\_\_\_ state: \_\_\_\_\_ zip: \_\_\_\_\_

Email: \_\_\_\_\_