



United Powerlifting Association

## 2010 UPA Iowa & Midwest Powerlifting Championships March 26<sup>th</sup> & 27<sup>th</sup>, 2010

- 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 Diamond Jo Casino  
500 Bell Street - Dubuque, Iowa 52001  
Exhibit Hall B
- ELIGIBILITY:** Open to all UPA Registered Athletes: 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. UPA registration for High school Registration will be available at weigh-ins
- WEIGH-IN:** 24-HOUR WEIGH-IN RULE APPLIES  
Weigh INS  
\* The Grand River Center 500 Bell St. Dubuque, IA 52001  
Bench Only - Thursday March 25<sup>th</sup> - 5 PM – 7 PM  
Bench Only – Friday March 26<sup>th</sup> - 9 AM – 1 PM,  
Full Power, Ironman, Deadlift Only – Friday March 26<sup>th</sup> - 9 AM – 1 PM & 6 PM – 8 PM  
Saturday March 27<sup>th</sup> – 7 AM – 8 AM
- FOR EQUIPMENT NEEDS:** Go to [WWW.ANDERSONPOWERLIFTING.COM](http://WWW.ANDERSONPOWERLIFTING.COM)  
Distributor for **TITAN** Powerlifting Products & **ELEIKO**
- EVENT START TIME:** Bench Only – Friday March 26<sup>th</sup> - 5 PM  
Full Power, Ironman, & Deadlift Only – Saturday March 27<sup>th</sup> – 9 AM  
  
Mandatory Rules Meeting at  
Bench Only – Friday March 26<sup>th</sup> - 4:15 PM  
Full Power, Ironman, & Deadlift Only – Saturday March 27<sup>th</sup> – 8:15 AM
- CONTEST LIFTS:** **Full Power, Ironman (push/pull), Bench Only and Deadlift Only**

- AWARDS:** 1st-3rd in each weight class in each division  
There will be best lifter awards by the Schwartz Formula:
- ENTRY FEE:** \$100 Full Power 1st division, \$75 Bench Only, DeadLift Only, and Ironman for 1st division, \$50 for High School, \$30.00 each additional division.  
**UPA-AD Division (drug tested):** Add \$10 to above for 1st division, \$50 for High School, \$30 for each additional division.  
**\*\*If you pick UPA and UPA-AD you will have to pay two entries.\*\***  
**\*\*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 5<sup>th</sup>, 2010. No refunds on entry fees.**  
**\*\*NO EXCEPTIONS\*\***
- MEET HOTEL:** **Hotel Julien Dubuque – [www.hoteljuliendubuque.com](http://www.hoteljuliendubuque.com)**  
**200 Main St. – Dubuque, IA. 52001**  
**March 26<sup>th</sup> & 27<sup>th</sup> - 20 room block (Double/Single bed) \$119 a night reserved under “UPA”. Rooms must be reserved by March 12<sup>th</sup>. Map on last page of entry form.**
- Airports:** Dubuque Airport  
Moline, IL Airport - 1 hour 15 min.  
Cedar Rapids, IA Airport – 1 hour  
Madison, WI Airport – 1 hour 15 min.
- ONLINE ENTRY:** To enter online go to [www.Iowa.UPAPower.com](http://www.Iowa.UPAPower.com) to submit form.  
Payment must be made through Paypal.
- 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
- ONLINE ENTRY:** <http://www.iowa.upapower.com/index.php?p=entry>

# 2010 UPA Iowa & Midwest Powerlifting Championships

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: \_\_\_\_\_

Division Entered:    Powerlifting     Ironman     Bench Only     Deadlift Only   
                                 Raw (Unequipped)   
                                 Men's Open  - Women's Open   
                                 Mens Master's  (please circle your age group below)  
                                 33-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74  
                                 Womens Master's  (please circle your age group below)  
                                 33-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74  
                                 Junior (20-23)   
                                 Teenage  (please circle your age group below)  
                                 14-15 16-17 18-19

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

Weight Class:        97  105  114  123  132  148  165  181   
                                 198  220  242  275  308  SHW

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

|   |          |
|---|----------|
| UPA Full Power \$100.00 (Teen \$50.00):   | \$ _____ |
| Bench, Dead, Ironman \$75 (Teen \$50.00): | \$ _____ |
| UPA & UPA-AD Entry Fee \$150.00:          | \$ _____ |
| Add \$30.00 for additional division       | \$ _____ |
| Add \$10.00 for UPA-AD:                   | \$ _____ |
| Add \$30.00 for UPA Card (Teen \$15.00):  | \$ _____ |
| Add \$30 for entry after 3/5/2010:        | \$ _____ |

**TOTAL DUE:** \$ \_\_\_\_\_

(Make checks payable to Bill Carpenter -UPA)

**Paid:**             Cash \$ \_\_\_\_\_             Check # \_\_\_\_\_

**Release and Waiver**

I do hereby waive and release all rights and claims for damages that I may have against the Meet Director Bill Carpenter and any and all participating sponsors and supporters in any manner growing or arising out of my participation in the March 26<sup>th</sup> & 27<sup>th</sup>, 2010 UPA Iowa & Midwest Powerlifting Championships hosted at the Grand River Center. I attest and verify that I have full knowledge of the risks involved with my participation in this event, and that to the best of my knowledge I am physically fit and able to participate in this event. 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.

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

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

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

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

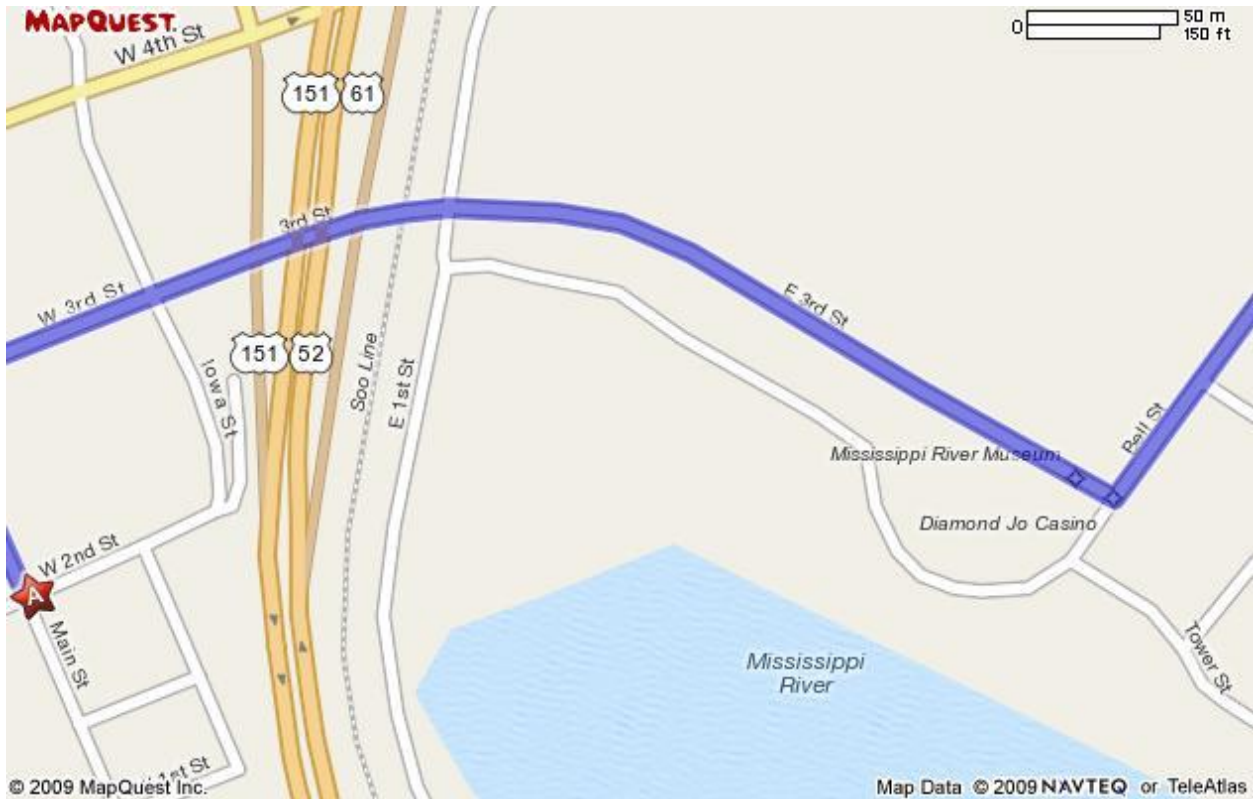
**T-Shirt Pre-Order**

**You may prepay for your shirt by adding the cost of the t-shirt purchase to the entry fee. You can write only one check.**





**T-shirts cost: \$15.**

**# of Shirts \_\_\_\_\_**

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



Start: A – Hotel Julien

-  1. Start out going NORTHWEST on MAIN ST toward W 3RD ST. 0.1 mi [Map](#)
-  2. Turn RIGHT onto W 3RD ST. 0.3 mi [Map](#) | [Avoid](#)
-  3. Turn LEFT onto BELL ST. 0.1 mi [Map](#) | [Avoid](#)
-  4. 500 BELL ST is on the RIGHT. [Map](#)