



United Powerlifting Association

**2010 UPA Iowa & Midwest Powerlifting Championships
March 26th & 27th, 2010**

- MEET DIRECTOR:** Bill Carpenter - President - 563-599-1390
*E-mail BCarpenter@UPAPower.com
- EVENT LOCATION:** Grand River Center (www.grandrivercenter.com)
*Right next to the Diamond Jo River Boat 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 25th - 5 PM – 7 PM
Bench Only – Friday March 26th - 9 AM – 1 PM,
Full Power, Ironman, Deadlift Only – Friday March 26th - 9 AM – 1 PM & 6 PM – 8 PM
Saturday March 27th – 7 AM – 8 AM
- FOR EQUIPMENT NEEDS:** Go to WWW.ANDERSONPOWERLIFTING.COM
Distributor for **TITAN** Powerlifting Products & **ELEIKO**
- EVENT START TIME:** Bench Only – Friday March 26th - 5 PM
Full Power, Ironman, & Deadlift Only – Saturday March 27th – 9 AM

Mandatory Rules Meeting at
Bench Only – Friday March 26th - 4:15 PM
Full Power, Ironman, & Deadlift Only – Saturday March 27th – 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 5th, 2010. No refunds on entry fees.
****NO EXCEPTIONS****
- MEET HOTEL:** Check www.Iowa.UPAPower.com for Meet Hotel Info
- 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 to submit form.
Payment must be made through Paypal.
- RULES:** United Powerlifting Association (UPA). Check 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>

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 26th & 27th, 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

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