



United Powerlifting Association

**2010 UPA Metal Militia Bench Wars
April 10th, 2010**

- MEET DIRECTOR:** Bill Crawford – UPA New York State Chairman- (518) 792-5820
*E-mail bench802plus@yahoo.com
- EVENT LOCATION:** Fort William Henry Resort – Conference Center
48 Canada St.
Lake George, NY 12845
- 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:
*ABC Fitness
41 River St.- South Glens Falls, NY 12803
Friday, April 9th – 9 AM – 9 PM

*Fort William Henry Resort – Conference Center
48 Canada St., Lake George, NY 12845
Saturday, April 10th – 7 AM – 8 AM
- FOR EQUIPMENT NEEDS:** Go to WWW.ANDERSONPOWERLIFTING.COM
Distributor for **TITAN** Powerlifting Products & **ELEIKO**
- EVENT START TIME:** Bench Only: Saturday 9 AM - 5 PM

Mandatory Rules Meeting: 8:15 AM
- CONTEST LIFTS:** **Bench Only**

- AWARDS:** 1st-3rd in each weight class in each division
There will be best lifter awards by the Schwartz Formula:
- ENTRY FEE:** \$65 Bench Only, \$50 for High School, \$30.00 each additional division.
No same day entries will be accepted unless approved by Bill Crawford prior to arrival
A \$30 late fee will be charged for entries received after April 3rd, 2010. No refunds on entry fees.
****NO EXCEPTIONS****
- MEET HOTEL:** www.FortWilliamHenry.com
- Airports:** www.albanyairport.com
Albany, New York
- RULES:** United Powerlifting Association (UPA). Check www.UPAPower.com for information and rulebook.
- UNIFORM:** Must have one piece lifting suit or wrestling suit

Release and Waiver

I do hereby waive and release all rights and claims for damages that I may have against the Meet Director Bill Crawford and any and all participating sponsors and supporters in any manner growing or arising out of my participation in the April 10th, 2010 Metal Militia Bench Wars hosted at the Fort William Henry Resort Convention 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.

Signature _____ Date _____

Signature of parent if under 18 years old: _____

Date (Required): _____

For updates on the Meet go to www.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