



**2012 UPA Powerlifting & Bench Press
National Championship
April 21st & 22nd, 2012**

- MEET DIRECTOR:** Bill Carpenter - President - 563-599-1390
*E-mail BCarpenter@UPAPower.com
- EVENT LOCATION:** Grand River Center (www.grandrivercenter.com)
Exhibit Hall B
*Right next to the Diamond Jo Casino
500 Bell Street - Dubuque, Iowa 52001
- ELIGIBILITY:** Open to all UPA registered athletes with qualifying total. 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 divisions is \$15. 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
All Men Equipped & Raw Open & All Bench Only Lifters:
Friday, April 20th, 9:00 am – Noon & 5 pm – 7 pm
Saturday, April 21st, at 7 am - 8 am

All Equipped & Raw - Women, Teen, Junior, & Masters Lifters:
Saturday, April 21st, 9:00 am – Noon & 5 pm – 7 pm
Sunday, April 22nd, 7 am - 8 am
- EVENT START TIME:** **All Men Equipped & Raw Open & All Bench Only Lifters:**
Saturday April 21st, 9:00 am

All Equipped & Raw Women, Teen, Junior & Masters lifters:
Sunday April 22nd, 9:00 am

**** Mandatory Rules Meeting ****
Saturday - 8:15 am
Sunday - 8:15 am
- Contest Lifts:** Full Power and Bench Only

SESSIONS: **Saturday – All Men Equipped & Raw Open & All Bench Only Lifters:**
Sunday – All Equipped & Raw Women, Teen, Junior & Masters lifters:

Qualifying Totals for Equipped and Raw Men's Open:

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

Class	114	123	132	148	165	181	198	220	242	275	308	SHW
<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, Masters, Juniors, and Teens****

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

ENTRY FEE:

A fee of \$100 must accompany this entry form for the Full Power meet or \$75 for the Bench Press only, \$40 for each additional division.

Bench Only can do additional divisions because they all lift on the same day. Full Power can only do UPA and AD division since masters, juniors, & Teens are lifting on a separate day as Full Power Open.

Add \$10 for UPA-AD (drug tested)

****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 30th, 2012. No refunds on entry fees.NO EXCEPTIONS****

We will only be excepting **30 Full Power** entries for Saturday & **50 on 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 into the meet.

AWARDS:

1st-3rd in each weight class in each division

There will be best lifter awards by the Schwartz Formula:

Meet Hotels:

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 \$99 a night room rate. www.GrandHarborResort.com 563-690-3270. The "cut-off date" for accepting reservations into this room block is Wednesday, March 21, 2012.

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:

Will be available online at www.UPAPower.com

RULES:

United Powerlifting Association (UPA). Check www.UPAPower.com for information and rulebook under meet forms.

UNIFORM:

Must have one piece lifting suit or wrestling suit

SPECTATOR FEE:

\$5 at the door each day. **Children 10 and under free/ lifters only free on day of their event. Coaches and handlers are not free.**

2011 UPA National Championship
April 21st & 22nd, 2012

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

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: Powerlifting Bench Only
 Raw (Unequipped)
 Men's Open Women's Open
 Men's Master's (please circle your age group below)
 33-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74
 Women's 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)
 13-15 16-17 18-19

****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: _____

Full Power Entry Fee \$100: \$ _____
 Bench Only Entry Fee \$75: \$ _____
 Team Entry \$50 (10 lifter teams: Please list lifters): \$ _____
 Add \$40 for additional division \$ _____
 Add \$10 for UPA-AD: \$ _____
 Add \$30 for UPA Card (Teen \$15): \$ _____
 Add \$30 for entry after 3/30/2012: \$ _____
 Add \$20 for each t-shirt ordered \$ _____
TOTAL DUE: \$ _____
 (Make checks payable to Bill Carpenter - UPA)

Paid: Cash \$ _____ Check # _____

Release and Waiver

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and Administrators waive and release any and all rights and claims for damages I may have against the United Powerlifting Association LLC, Meet Director Bill Carpenter, The Grand River Center, their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the UPA Powerlifting & Bench Press National Championship April 21st & 22nd, 2012. 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 (Required): _____ **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: \$20.

of T-Shirts _____
Sizes-S, M, L, XL, XXL, XXXL