



United Powerlifting Association

**2010 UPA Bash 4 Cash in Lake George
April 24th, 2010**

- MEET DIRECTOR:** Mike Donlick – (518) 312 - 9009
*E-mail mpmdfitness@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 23rd – 11 AM – 9 PM

*Fort William Henry Resort – Conference Center
48 Canada St., Lake George, NY 12845
Saturday, April 24th – 7 AM – 9 AM
- FOR EQUIPMENT NEEDS:** Go to WWW.ANDERSONPOWERLIFTING.COM
Distributor for **TITAN** Powerlifting Products & **ELEIKO**
- EVENT START TIME:** Bench Only: Saturday 11 AM - 7 PM

Mandatory Rules Meeting: 10:00 AM
- CONTEST LIFTS:** **Bench Only**

- AWARDS:** Amateur: 1st-3rd in each weight class in each division
There will be best lifter awards by the Schwartz Formula.
Pro division: Cash Awards. 3 divisions – each division winner gets \$1000 in Cash. Best Lifter gets \$500. Winners by Schwartz Formula.
- ENTRY FEE:** \$60 Bench Only \$50 for High School, \$30.00 each additional division. \$100 for Pro division.
No same day entries will be accepted unless approved by Mike Donlick prior to arrival
A \$30 late fee will be charged for entries received after April 10rd, 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

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Mail entry to:
Mike Donlick
308 Ballston Ave.
Saratoga Springs, NY 12866

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: **Amateur Division** **Pro Division**
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)
13-15 16-17 18-19

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

Pro Division – Lightweight (up to 198lb) Middleweight (220 lb – 242 lb)
Heavyweight (275 lb & up)

UPA #: _____ Exp. Date: _____

UPA Pro Division \$100.00: \$ _____
UPA Amateur Division \$60.00 (Teen \$50.00): \$ _____
Add \$30.00 for additional division \$ _____
Add \$30.00 for UPA Card (Teen \$15.00): \$ _____
Add \$30 for entry after 4/10/2010: \$ _____

TOTAL DUE: \$ _____

(Make checks payable to Mike Donlick)

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 Mike Donlick and any and all participating sponsors and supporters in any manner growing or arising out of my participation in the April 24th, 2010 Bash 4 Cash in Lake George 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