



IRON SPORT POWER CLASSIC

Full Power, Push/Pull, Squat Only, Bench Only, Deadlift Only

Saturday April 28, 2012 at **IRON SPORT GYM**

505 S. Chester Pike Glenolden PA 19036

*****Space is limited to 50 lifters competing*****

Monolift will be used!!!

Early weigh-ins: Friday, April 27 - 9:00 - 11:30 a.m. and 5:00 - 7:00 p.m.

Weigh-ins: Saturday, April 28 - 7:00. - 8:30 a.m.

Mandatory Rules Meeting at 9:15 a.m. Lifting commences at 10 ish.

You must be a member of UPA to be eligible for this competition. Membership cards may be obtained at weigh-ins. UPA membership is \$30 adults or teenagers \$15 (age 19 and under).

CHECK APPROPRIATE:

 I have a current UPA Card # _____ Expiration Date _____

 I do not have a current UPA card and am sending my fee in with entry form.

 I do not have a current UPA card and will purchase one at weigh-ins.

EQUIPMENT MUST MEET UPA SPECIFICATIONS!!

UPA RULES WILL BE FOLLOWED. If you are not familiar with these rules, see

www.upapower.com

For additional information contact Kate Baird at 302-381-0040 or e-mail: powerfrizzy@gmail.com



Name _____ Birth Date _____

E-Mail address _____

Mailing Address _____

City _____ State _____ Zip _____

CHECK APPROPRIATE:

Weight Classes

Men: __114,__124__132__148__165__181__,198__220__242__275__308__SHW

Women: __97__105__114,__124__132__148__165__181__198__SHW

Age Divisions: __Open Teen:__13-15__16-17__18-19 __ Junior:20-23 __SubMaster:33-39

Master:__40-44__45-49__50-54__55-59__60-64__65-69__70-74__75-79__80+

CHECK APPROPRIATE:

Full Power \$85___ Push/Pull \$85___ Squat Only \$65___ Bench Only \$65___ Deadlift Only \$65___

\$30 additional fee for more than one Division entered

CHECK APPROPRIATE: I am competing in Untested___ or UPA-AD (Drug Tested)___

I am competing: RAW___ or EQUIPPED___

Release from Liability:

In consideration of being permitted to participate in Powerlifting competitions sanctioned by the United Powerlifting Association (UPA), I hereby release Iron Sport Gym, the UPA, all UPA meet directors, executives, their assistants and/or employees and all persons associated there with or rendering service thereto from any responsibility or liability for any injury or personal loss to myself, including those caused by the negligent act or omission arising out of or connected with my participation in UPA Powerlifting competitions or the use of any equipment at the powerlifting competitions. In signing this Release form, I acknowledge and represent the following:

1. Powerlifting is a strenuous athletic event. As a sport, accidents can and do happen periodically as a result of the normal danger involved.
2. There is a risk of participation. Lifter recognizes this risk and accepts it. Lifter shall have the duty to examine all equipment prior to use and immediately inform the proper people of any dangerous condition observed with the equipment, personnel or event venue. The lifter has sole responsibility for the condition of his personal lifting gear i.e. bench press shirts, lifting suits, belts, wraps and other lifting gear and it is the responsibility of the lifter to wear such gear in a manner that is safe and least likely to result in injury. The United Powerlifting Association or Iron Sport Gym and its meet directors and employees are not responsible for lifting gear blowouts, tears or any defects in lifting gear.
3. I am in excellent health and capable of performing the feats of strength attempted.
4. I am the sole decider of the amount of weight to be lifted. Lifter will act in a reasonable manner at all times and not lift weights beyond a safe and prudent level.
5. I have the right to bring my own spotters and assistants. If I do not do so, I may use such spotters as provided by the meet director, solely as a courtesy to Lifter.
6. Neither the UPA nor any subdivision thereof, nor any agent, servant or employee of the UPA nor any other competitor shall be liable to me for any harm or damage to me, unless such harm is the result of the intentional or reckless conduct of such person, which conduct shall not be imputed to any other person or organization. No action of negligent entrustment shall exist.
7. I will be responsible for my behavior and acts and those of my guests. If I do not act in accord with the rules of the UPA for competition or behavior, I may be asked to leave the event immediately by an event director and will do so voluntarily and shall forfeit all fees paid to the meet director. In the event litigations shall occur, I shall be responsible for payment of reasonable attorney fees of the prevailing party
8. This Release is reasonable, executed freely, without duress and undue influence and after opportunity for careful and independent review.

In consideration of acceptance of my entry form in this powerlifting competition, I intend to be legally bound for not only myself, but also for my heirs, executors, and administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability and negligence which may arise from it.

Signature of Applicant _____

Signature of Parent if Under 18 _____

Send Entry Fee- check or money order- and Make Payable to:

Kate Baird PO #385 Nassau, DE 19969

All entries received after April 16, 2012 will incur a \$30 late fee. All entry fees paid at weigh-ins or on the day of the meet must be paid in cash (including late fee). It is recommended that you register early as lifter registration space is limited. Please call or e-mail to check space availability.



Kate Baird

in tandem with

Steve Pulcinella and Iron Sport Gym