



United Powerlifting Association

2nd Annual Wisconsin State Bench Press / Deadlift Championship

All funds raised go to PJ Jacobs Weight Room

Saturday May 1st, 2010
PJ Jacobs Middle School
2400 Main St.
Stevens Point, WI 54481

Friday, April 30th
Early Weigh-Ins: 4:00 PM to 8:00 PM at Ramada

Saturday May 1st
Weigh-Ins: 8:00 AM to 9:00 AM at PJ Jacobs
Rules Meeting: 9:00 AM
Lifting Begins: 10:00 AM
After Party: Tilted Kilt at Ramada



MEET DIRECTOR:

Gary Reichert – UPA State Chairman – (cell) 715-252-6360 - greichert@upapower.com

EVENT LOCATION:

PJ Jacobs Middle School
2400 Main St.,
Stevens Point, Wisconsin

Meet Hotel:

Ramada Inn – Room rate \$89.00 – Mention PJ Jacobs
1501 Northpoint Drive
Stevens Point, WI 54481
(715) 341-1340
UWSP's Graduation is May 16th. Make your reservations early.

ELIGIBILITY: Open to all UPA registered athletes.
All entries in UPA sanctioned events must have a valid UPA registration card. Fee is \$30 per card. UPA registration for Teen divisions is \$15. Registration will be available at weigh-ins

WEIGH-IN: 24-HOUR WEIGH-IN RULE APPLIES
Early weigh-in: Ramada, 4:00 – 8:00 PM, April 30th.
Weigh-in: PJ Jacobs, 8:00-9:00 AM, May 1st

FOR EQUIPMENT NEEDS: Go to www.prowriststraps.com

EVENT START TIME:

Saturday, May 1st at 10:00 PM Sharp
** Mandatory Rules Meeting **
Saturday May 1st at 9:00 AM

Weight Classes:

Mens's Classes

114 123 132 148 165 181 198 220 242 275 308 SHW

Youth/Men's Classes

97 114 123 132 148 165 181 198 220 242 SHW

Women's Classes

114 123 132 148 165 181 198 220 SHW

Women's Youth

97 114 123 132 148 165 181 198 SHW

High School/Youth Team

DIVISIONS:

Unequipped: Ironman (Bench and Deadlift), Bench Press Only and Deadlift Only
Equipped: Ironman (Bench and Deadlift), Bench Press Only and Deadlift Only

CLASSES:

Men's Open, Men Master's, Women's, Women's Masters, Men's Teen, Women's Teen,

ENTRY FEE:

Bench Press Only and Deadlift Only.

A fee of \$40 per division must accompany this entry form for the Ironman (Bench and Deadlift),
Late entry of \$50 per division applies after April 15th 2010.

MAKE CHECKS PAYABLE TO: PJ JACOBS SCHOOL

AWARDS:

Ironman (Bench and Deadlift), Bench Press Only and Deadlift Only
1st-3rd in each weight class in each division;
There will be best lifter awards by the Schwartz Formula.

RULES:

United Powerlifting Association (UPA). Check
www.UPAPower.com

UNIFORM:

One piece lifting suit or wrestling suit required. Recommended but not required for the High School and Youth Team Events.

