



United Powerlifting Association

**THE 2010 UPA Powerlifting & Bench Press
National Championships
July 30th & 31st, 2010**

- MEET DIRECTORS:** Bill Carpenter – UPA President – 563-599-1390
*E-mail B Carpenter@UPAPower.com
- EVENT LOCATION:** Grand River Center (www.grandrivercenter.com)
*Right next to the Diamond Jo Casino
500 Bell Street - Dubuque, Iowa 52001
Exhibit Hall B
- 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 Teen & Junior division is \$15. Registration will be available at weigh-ins
- WEIGH-IN:** 24-HOUR WEIGH-IN RULE APPLIES
Weigh-in will be at the Grand River Center in Exhibit B.
Weigh-ins:
Bench Only - Thursday July 29th - 5:00 pm – 7:00 pm & Friday July 30th - 9:00 am – Noon
All Full Power Lifters – Friday July 30th - 9:00 am – Noon, 6:00 pm - 8:00 pm & Saturday July 31st - 7:00 am – 8:00 am
- FOR EQUIPMENT NEEDS:** Go to WWW.ANDERSONPOWERLIFTING.COM
Distributor for **TITAN** Powerlifting Products & **ELEIKO**
- EVENT START TIME:** **Bench Only** - Friday, July 30th - 5:00 pm
All Full Power Lifters - Saturday, July 31st - 9:00 am
**** Mandatory Rules Meeting ****
Friday - 4:15 pm
Saturday - 8:15 am
- Contest Lifts:** **Full Power and Bench Only**

SESSIONS: **Friday – All Bench Only**
Saturday – All Full Power Lifters

Qualifying Totals for Men’s Open: (No Qualifying Totals for Raw Lifters.)

Class	114	123	132	148	165	181	198	220	242	275	308	SHW
UPA – Open	1053	1173	1261	1407	1532	1641	1726	1818	1881	1940	1978	2022
UPA - AD	557	753	959	1079	1200	1353	1453	1535	1590	1648	1671	1690

****Total can be from any federation within the last 12 months****
****There will be no qualifying totals for All Raw Full Power lifters, 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, \$50 for Teen & Junior, \$30 for each additional division. Add \$10 for UPA-AD (drug tested)
****If you enter UPA and UPA-AD you will have to pay two entries.****
****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 July 9th, 2010. No refunds on entry fees.
****NO EXCEPTIONS****

AWARDS: 1st-3rd in each weight class in each division
There will be best lifter awards by the Schwartz Formula:

MEET HOTEL: Check www.UPAPower.com for Meet Hotel Info

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: To enter online go to www.Iowa.UPAPower.com or www.UPAPower.com and submit form. Payment must be made through PayPal.

RULES: United Powerlifting Association (UPA). Check www.UPAPower.com for information and rulebook.

UNIFORM: Must have one piece lifting suit or wrestling suit

THE 2010 UPA National Championships
July 30th & 31st, 2010

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: _____

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)
 14-15 16-17 18-19

****If you are entering the UPA-AD (drug tested) please check here**

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

UPA #: _____ Exp. Date: _____

Full Power Entry Fee \$100 (Teen & JR \$50): \$ _____

Bench Only Entry Fee \$75 (Teen & JR \$50): \$ _____

UPA & UPA-AD Entry Fee \$150: \$ _____

Add \$30 for additional division \$ _____

Add \$10 for UPA-AD: \$ _____

Add \$30 for UPA Card (Teen & JR \$15): \$ _____

Add \$30 for entry after 7/9/2010: \$ _____

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 Championships July 30th & 31st, 2010. 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.Iowa.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