



The 2010 UPA Indiana State Powerlifting Championship
Events: Full Power ~ Push Pull ~ Bench Only
Saturday, September 18, 2010
“Qualifier for 2011 UPA Nationals”

This event is held in conjunction with the 2010 Sandhill Crane Festival and Car/Motorcycle show. The Meet will be held outside under a tent at Hoffman’s Barbell. We will be holding many events for the day at Hoffman’s Barbell after the Meet, which include an Amateur Strongman Competition, Arm Wrestling Contest, Truck Pull, and Bench for Reps Competition. Also the OMEGA Force Strength Team will be performing during a ½ hour intermission after our bench competition. So bring the entire family! Great food and Entertainment for a fun filled day of competition!

MEET DIRECTOR:

Bryan Hoffman – Indiana UPA Chairman-219-863-0757
*E-mail: powerlifter600@yahoo.com
Or Jana at 219-869-9662

EVENT LOCATION:

Hoffman’s Barbell
14 North Main Street
Wheatfield, In 46392
Just minutes away from I-65 or IN-49

ELIGIBILITY:

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
PLEASE NOTE Weigh-ins will be held at
Hoffman’s Barbell

Weigh-ins:

All Lifters – Friday, September 17th from 6:30 p.m. to 8:30 p.m. & Saturday, September 18th from 8:00 a.m. to 9:30 a.m.

FOR EQUIPMENT NEEDS:

Go to WWW.ANDERSONPOWERLIFTING.COM
Distributor for **TITAN** Powerlifting Products & **ELEIKO**

EVENT START TIME:

All Lifters - Saturday, September 18th at 10 a.m.

**** Mandatory Rules Meeting ****
Saturday --9:30 a.m.

CONTEST LIFTS: Full Power, Push and Pull and Bench Only

SESSIONS: Saturday, 10 a.m.– All Lifters (Bench only will run in conjunction to Full Power)

ENTRY FEE:

FULL POWER:	\$85.00
PUSH/PULL:	\$75.00
BENCH ONLY:	\$65.00
High School/Juniors	\$50.00
ADDITIONAL DIVISIONS:	\$30.00

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 Bryan Hoffman prior to arrival.****

A \$30 late fee will be charged for entries received after Friday, August 27th, 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: Search Valparaiso Indiana Hotels (30 min. from meet venue)

ENTRY FORMS: Request form by email to powerlifter600@hotmail.com
Print from UPA site. <http://www.upapower.com>
You can mail it back to us with fees or paypal fees to above email.

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

UNIFORM: Must have one piece lifting suit or wrestling suit

Sandhill Crane Festival Events:

Please Mark below the events you MAY be interested in participating in after the UPA Meet.
We will contact you with complete details and all the information about each event you are interested in. Some events are for charity!

Amateur Strongman Arm Wrestling Competition Truck Pull
Bench for Reps Competition

2010 UPA Indiana State Championships September 18, 2010

Mail entry to:
Bryan Hoffman - UPA
7281 N 200 W
Rensselaer, IN 47978

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: **Full Power** (circle one) RAW or Equipped
Push Pull (circle one) RAW or Equipped
Bench Only (circle one) RAW or Equipped

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:** ____/____/____ (May register at meet)

Full Power Entry Fee \$85 (Teen & Junior \$50): \$ _____
Push/Pull Fee \$75 (Teen and Junior \$50) \$ _____
Bench Only Entry Fee \$65 (Teen & Junior \$50): \$ _____
UPA & UPA-AD Entry Fee \$150: \$ _____
Add \$30 for additional division \$ _____
Add \$10 for UPA-AD: \$ _____
Add \$30 for UPA Card (Teen \$15): \$ _____
Add \$30 for entry after 6/18/2010: \$ _____
Add \$15 for each T-shirt \$ _____
T-shirts Size request _____ SM ___ M ___ L ___ XL ___ 2XL

TOTAL DUE: \$ _____
(Make checks payable to Hoffman's Barbell -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 Bryan Hoffman, Hoffman's Barbell and their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the UPA Indiana State Powerlifting Championships held on September 18th, 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): _____

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.

Please write your size and quantity above in the fees section.