



United Powerlifting Association

**1<sup>st</sup> Annual Wisconsin State  
Bench Press / Deadlift**

# **UPA FALL BRAWL**

Saturday October 16<sup>th</sup>, 2010  
MEET and EARLY WEIGH INS:  
Elite Muscle & Fitness  
2621 Post Road  
Plover, WI  
715-544-4880

**WEIGH-IN: 24-HOUR WEIGH-IN RULE APPLIES**

Early weigh-in: Elite Muscle & Fitness, 9:00 – 8:00 PM, October 15<sup>th</sup>

Weigh-in: Elite Muscle & Fitness, 8:00-9:00 AM, October 16<sup>th</sup>

Lifting: Elite Muscle & Fitness, 10:00 AM, October 16<sup>th</sup>



**MEET DIRECTOR:**

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

**EVENT LOCATION:**

Elite Muscle & Fitness  
2621 Post Road  
Plover, WI 715-544-4880

**Meet Hotel:**

Ramada Inn – Room rate \$89.00 – UPA  
1501 Northpoint Drive  
Stevens Point, WI 54481  
(715) 341-1340

**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

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Early weigh-in: 9:00 – 8:00 PM, October 15<sup>th</sup>  
Weigh-in: 8:00-9:00 AM, October 16<sup>th</sup>

**FOR EQUIPMENT NEEDS:** Go to [www.prowriststraps.com](http://www.prowriststraps.com)**EVENT START TIME:**

Saturday, October 16<sup>th</sup> at 10:00 PM Sharp

\*\* Mandatory Rules Meeting \*\*

Saturday 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 October 1<sup>st</sup>, 2010.

**MAKE CHECKS PAYABLE TO: Elite Muscle & Fitness**

**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 Wilkes Formula.

**RULES:**

United Powerlifting Association (UPA). Check [www.UPAPower.com](http://www.UPAPower.com)

**UNIFORM:**

One piece lifting suit or wrestling suit required.

**INDIVIDUAL ENTRY**

**THE 2010 UPA Wisconsin State Bench Press/Deadlift Championships October 16th, 2010**

Mail entry to:

Gary Reichert - UPA  
424 Water St., Apt B  
Iola, WI 54945

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: \_\_\_\_\_

Weight Class: \_\_\_\_\_

Sponsors: \_\_\_\_\_

Division Entered:

Equipped: Ironman  Bench Only  Deadlift Only

Unequipped: Ironman  Bench Only  Deadlift Only

Men's  Women's

Open

Master's  (please circle your age group below)

40-49 50-59 60-69 69+

Teen  (please circle your age group below)

12-13 14-15 16-17 18-19

UPA #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Ironman Entry Fee \$40.00: \$ \_\_\_\_\_

Bench Only Entry Fee \$40.00: \$ \_\_\_\_\_

Deadlift Only Entry Fee \$40.00: \$ \_\_\_\_\_

Add \$30.00 for UPA Card: \$ \_\_\_\_\_

Add \$10 for entry after 10/1/2010: \$ \_\_\_\_\_

**TOTAL DUE:** \$ \_\_\_\_\_

**CHECK #:** \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: Elite Muscle & Fitness**

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, Gary Reichert, Elite Muscle & Fitness, all spotters and meet personnel their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the 2010 UPA Wisconsin Championships October 16<sup>th</sup>, 2010.

Signature (Required): \_\_\_\_\_

Signature of parent if under 18 years old: \_\_\_\_\_

Date (Required): \_\_\_\_\_