

U.P.A

FULL METAL MAYHEM 2

This meet is sanctioned by: The United Powerlifting Association

www.upapower.com

NOVEMBER 13TH, 2010

Event location:

Total Fitness Family Center

9801 Anderson Road (hwy#81)

Piedmont, Sc 29673

864-295-3687 (Directions only)

Troy Nash – South Carolina U.P.A State Chair 864-360-7111 or NashTsquat@aol.com

Taking the first 15 registrations for Full power (monolift). We will have 1 flight of squats.

Taking 30 entries for bench only and push/pull.

The cut off for this meet is 45 lifters.

No Saturday morning entries

Entry deadline is November 1st, 2010. Entries must be **post marked** by November 1st to be **exempt** from late fee. **All entries post marked after Nov 1st must have your \$25 late fee included in the money order. No personal checks. In the past the late fee has not been enforced, it will be now.**

Weigh-ins held at Total Fitness on Friday 10:00am - 1:00pm. 6:00pm - 9:00pm. Saturday 8:00am - 9:00am. Rules meeting at 9am, lifting starts at 10:00am. Sanctioned by the United Powerlifting Association. You must be a member to participate. You may purchase a membership card with your entry form payment, include it with your money order. Membership is \$30 a year for adults and \$15 a year for ages 18 and under.

All lifters must wear a one piece lifting suit or wrestling singlet. Knee wraps, wrist wraps & belt are raw. UPA is raw & multi-ply. Online rule book can be found on the UPA website at www.upapower.com

Entry: Mail the **entry form** and **release waiver** with your **money order** (no personal checks) to:

Troy Nash

107 Middleton Place Drive

Piedmont, SC 29673

Spectator fee: \$5 adults, they will stamp your hand after you pay.

T-Shirts : \$10

The gym will offer food and drinks.

Entry form

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November 13th, 2010

(Send in this form with your money order and release waiver)

UPA MEMBERSHIP CARD: ____ If, you do not already have a card check here and include card fee with your money order entry. (\$30 year adults, \$15 year 18 and under)

\$60 entry fee includes 1 of the 3 events offered. Add \$20 to crossover into each event offered or age group. Add \$25 if this is not post marked by November 1st, 2010.

Fullpower (monolift)

Men's open ____
Women's open ____
Teenage 13-15 ____
Teenage 16-18 ____
Jr.20-23 ____
Submaster 33-39 ____
Master 40-44 ____
Master 45-49 ____
Master 50-54 ____
Master 55-59 ____
Master 60-64 ____
Master 65-69 ____
Master 70-74 ____
Master 75-79 ____

Bench only

Men's open ____
Women's open ____
Teenage 13-15 ____
Teenage 16-18 ____
Jr.20-23 ____
Submaster 33-39 ____
Master 40-44 ____
Master 45-49 ____
Master 50-54 ____
Master 55-59 ____
Master 60-64 ____
Master 65-69 ____
Master 70-74 ____
Master 75-79 ____

Push/Pull

Men's open ____
Women's open ____
Teenage 13-15 ____
Teenage 16-18 ____
Jr.20-23 ____
Submaster 33-39 ____
Master 40-44 ____
Master 45-49 ____
Master 50-54 ____
Master 55-59 ____
Master 60-64 ____
Master 65-69 ____
Master 70-74 ____
Master 75-79 ____

Please check the appropriate lines below

Equipped ____

Raw ____

UPA (non-tested) ____

UPA-AD (tested) ____

Name: _____ Phone: _____

U.P.A

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November 13th, 2010 release waiver for **FULL METAL MAYHEM 2**

The undersigned seeks to participate in a Powerlifting competition sanctioned by the United Powerlifting Association (U.P.A) at Total Fitness Family Center.

Participation in this meet is a privilege and all participants must be members in good standing of the U.P.A.

As a condition of participation, the member must agree to the following and execute this general release.

In consideration of being permitted to participate in the powerlifting competition being held the undersigned lifter hereby releases Bill Carpenter, the U.P.A, Troy Nash, and Total Fitness, the owner's, the staff of such organizations, their officers and employees, the sponsors of the event and all persons associated there with or rendering service thereto, from any responsibility of liability for any injury or personal loss to the lifter, including those caused by the negligent act or omission arising out of or connected with the lifters participation in the powerlifting competition or the use of any equipment at the powerlifting competition.

In signing this release:

- 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 risk of participation. Lifter recognizes this risk and accepts it. Lifter shall have the duty to examine all equipment prior to use and shall immediately inform the proper people of any dangerous conditions observed in the equipment, personnel or event venue. The lifter has the sole responsibility and decision to participate, the lifter has the sole responsibility for the condition of their lifting gear. I.e, bench 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 U.P.A and it's meet directors, officials, and meet employee's are not responsible for lifting gear blowouts, tears, or any defects in lifting gear. Lifter fully understands the risk of the use of powerlifting gear especially multi-ply gear in materials such as canvas, denim and heavy duty polyester and represents to the UPA all gear used is in proper condition and being employed as intended.
- 3). Lifter is in excellent health and capable of performing the feats of strength attempted.
- 4). Lifter is the sole decider of the amount of weight to be lifted. Lifter will act in a reasonable manner at all times and will not lift weights beyond a safe and prudent level.
- 5). Lifter has the right to bring their own spotters and assistants. If lifter does not do so, lifter may use such spotters as provided by the meet director, solely as a courtesy to the lifter.
- 6). Neither the UPA, Total Fitness, nor any subdivision thereof, nor any agent, servant or employee of the UPA nor any other competitor shall be liable to lifter for any harm or damage to lifter, unless such harm is the result of the intentional or reckless conduct of such person, which shall not be imputed to any other person or organization. No action for negligent entrustment shall exist.
- 7). Lifter will be responsible for their behavior and acts of those of their guests. If lifter does not act in good accord with the rules of the UPA for competition or behavior, he/she and they may be asked to leave the event immediately by an event director and will do so voluntarily and shall forfeit all fees paid. In the event litigation should occur, lifter shall be responsible for payment of the reasonable attorney's fees of the successful pary.
- 8). This release is reasonable, executed freely, without duress or undue influence, and after opportunity for careful and independent review.

I hereby represent and warrant that I have read, reviewed and completed the above waiver consent form.

X _____

Signature of participating lifter / parent or guardian's signature if lifter is under 18years of age.

Name: _____ age: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____