



United Powerlifting Association

## 2010 UPA Power Weekend

December 3<sup>rd</sup> & 4<sup>th</sup>, 2010

\*Qualifier for 2011 UPA Nationals\*

- MEET DIRECTOR:** Bill Carpenter - President - 563-599-1390  
\*E-mail [BCarpenter@UPAPower.com](mailto:BCarpenter@UPAPower.com)
- EVENT LOCATION:** Grand River Center ([www.grandrivercenter.com](http://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: 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 division is \$15. Registration will be available at weigh-ins
- WEIGH-IN:** 24-HOUR WEIGH-IN RULE APPLIES  
Weigh INS  
\* The Grand River Center 500 Bell St. Dubuque, IA 52001  
**Bench Only:** Thursday Dec. 2<sup>nd</sup>, 6 PM – 7 PM  
**Bench Only:** Friday Dec. 3<sup>rd</sup>, 9 AM – 12 PM,  
**Full Power, Ironman, Deadlift Only:** Friday Dec. 3<sup>rd</sup>, 9 AM – 12 PM  
& 6 PM – 7 PM  
Saturday Dec. 4<sup>th</sup>, 7 AM – 8 AM
- FOR EQUIPMENT NEEDS:** Go to [WWW.ANDERSONPOWERLIFTING.COM](http://WWW.ANDERSONPOWERLIFTING.COM)  
Distributor for **TITAN** Powerlifting Products & **ELEIKO**
- EVENT START TIME:** **Bench Only:** Friday Dec. 3<sup>rd</sup>, 6 PM  
**Full Power, Ironman, & Deadlift Only:** Saturday Dec. 4<sup>th</sup>, 9 AM  
  
Mandatory Rules Meeting at  
**Bench Only:** Friday Dec. 3<sup>rd</sup>, 5:15 PM  
**Full Power, Ironman, & Deadlift Only:** Saturday Dec. 4<sup>th</sup>, 8:15 AM
- CONTEST LIFTS:** **Full Power, Ironman (push/pull), Bench Only and Deadlift Only**

- AWARDS:** 1st-3rd in each weight class in each division  
There will be best lifter awards by the Schwartz Formula:
- ENTRY FEE:** \$100 Full Power 1st division, \$75 Bench Only, DeadLift Only, and Ironman for 1st division, \$50 for Teen & Junior, \$30.00 each additional division.  
**UPA-AD Division (drug tested):** Add \$10 to above for 1st division, \$50 for Teen & Junior, \$30 for each additional division.  
**\*\*If you pick 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 November 12<sup>th</sup>, 2010. No refunds on entry fees.**  
**\*\*NO EXCEPTIONS\*\***
- MEET HOTEL:** Check [www.UPAPower.com](http://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:** Will be available online at [www.UPAPower.com](http://www.UPAPower.com)
- RULES:** United Powerlifting Association (UPA). Check [www.UPAPower.com](http://www.UPAPower.com) for information and rulebook.
- UNIFORM:** Must have one piece lifting suit or wrestling suit

## 2010 UPA Power Weekend

Mail entry to:  
Bill Carpenter - UPA  
145 State St.  
Dubuque, IA. 52003

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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  Ironman  Bench Only  Deadlift Only   
Raw (Unequipped)   
Men's Open  - Women's Open   
Mens Master's  (please circle your age group below)  
33-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74  
Womens 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: \_\_\_\_\_

Full Power Entry Fee \$100.00 (Teen & Jr. \$50.00): \$ \_\_\_\_\_  
 Bench, Dead, Ironman \$75 (Teen & Jr. \$50.00): \$ \_\_\_\_\_  
 UPA & UPA-AD Entry Fee \$150.00: \$ \_\_\_\_\_  
 Add \$30.00 for additional division \$ \_\_\_\_\_  
 Add \$10.00 for UPA-AD: \$ \_\_\_\_\_  
 Add \$30.00 for UPA Card (Teen \$15.00): \$ \_\_\_\_\_  
 Add \$30 for entry after 11/12/2010: \$ \_\_\_\_\_  
 Add \$15 for each t-shirt ordered: \$ \_\_\_\_\_

**TOTAL DUE:** \$ \_\_\_\_\_  
 (Make checks payable to Bill Carpenter -UPA)

**Paid:**       Cash \$ \_\_\_\_\_       Check # \_\_\_\_\_

**Release and Waiver**

I do hereby waive and release all rights and claims for damages that I may have against the Meet Director Bill Carpenter and any and all participating sponsors and supporters in any manner growing or arising out of my participation in the December 3<sup>rd</sup> & 4<sup>th</sup>, 2010 UPA Power Weekend hosted at the Grand River Center. I attest and verify that I have full knowledge of the risks involved with my participation in this event, and that to the best of my knowledge I am physically fit and able to participate in this event. 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 \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent if under 18 years old: \_\_\_\_\_  
 Date (Required): \_\_\_\_\_

For updates on the Meet go to [www.UPAPower.com](http://www.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**