



## 2011 UPA Powerlifting & Bench Press National Championship April 23<sup>rd</sup> & 24<sup>th</sup>, 2011

- MEET DIRECTOR:** Byron Hicks – UPA Illinois State Chairman – (630) 913 - 4491  
\*byronhicks@me.com
- EVENT LOCATION:** Batavia VFW ([www.bataviavfw.org/banquets.htm](http://www.bataviavfw.org/banquets.htm))  
645 South River Street – Batavia, IL 60510
- 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 High school divisions is \$15. Registration will be available at weigh-ins
- WEIGH-IN:** 24-HOUR WEIGH-IN RULE APPLIES  
**Weigh-ins:**  
**All Open Lifters:**  
\*PLEASE NOTE\* at Jakked Hardcore Gym 1450 S. East River Rd.  
on **Friday**, April 22<sup>nd</sup>, 9:00 am – Noon & 5 pm – 6 pm  
**Saturday**, April 23<sup>rd</sup>, at **The Batavia VFW Hall** 7 am - 8 am  
  
**All Women, Teen, Junior, Masters, & Raw lifters:**  
Weigh ins will be held at **The Batavia VFW Hall** on **Saturday**, April 23<sup>rd</sup>, 9:00 am – Noon & 5 pm – 6 pm, **Sunday**, April 24<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:** **All Open Lifters: Saturday April 23, 9:00 am**  
  
**All Women, Teen, Junior, Masters, & Raw lifters:**  
**Sunday April 24, 9:00 am**  
  
**\*\* Mandatory Rules Meeting \*\***  
**Saturday - 8:15 am**  
**Sunday - 8:15 am**
- Contest Lifts:** **Full Power and Bench Only**

**SESSIONS:****Saturday – All Open Lifters****Sunday – All Women, Teen, Junior, Masters, & Raw lifters****Qualifying Totals for Men's Open: (No Qualifying Totals for Raw Lifters.)**

<b>Class</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
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 has to be done at a UPA sanctioned meet 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 High School & Junior, \$30 for each additional division. Add \$10 for UPA-AD (drug tested)

**\*\*No same day entries will be accepted unless approved by Byron Hicks prior to arrival.\*\***

**A \$30 late fee will be charged for entries received after April 1<sup>st</sup>, 2011. No refunds on entry fees.**

**\*\*NO EXCEPTIONS\*\***

**AWARDS:**

1<sup>st</sup>-3<sup>rd</sup> in each weight class in each division

There will be best lifter awards by the Schwartz Formula:

**MEET HOTEL:**

Check [www.jakkedhardcore.com](http://www.jakkedhardcore.com) for Meet Hotel Info

**AIRPORTS:**

Chicago O'Hare International Airport Des Plaines, IL 60018

Midway International Airport 5600 S Cicero Ave.

Chicago, IL 60638

**ONLINE ENTRY:**

To enter online go to [www.jakkedhardcore.com](http://www.jakkedhardcore.com) and submit form. Payment must be made through PayPal for online entry.

**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

**CROWD ENTRY FEE:**

\$5 at the door each day. **Children 12 and under and lifters only free. Coaches and handlers are not free.**

**2011 UPA National Championship**  
**April 23<sup>rd</sup> & 24<sup>th</sup>, 2011**

Mail entry to: Jakked Hardcore Gym, inc.  
1450 S. East River Rd, Unit D  
Montgomery, IL 60538

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: \_\_\_\_\_ UPA meet & Qualifying total: \_\_\_\_\_

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)  
                              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 (Teen & Jr. \$50): \$ \_\_\_\_\_  
 Bench Only Entry Fee \$75 (Teen \$ Jr. \$50): \$ \_\_\_\_\_  
 Add \$30 for additional division \$ \_\_\_\_\_  
 Add \$10 for UPA-AD: \$ \_\_\_\_\_  
 Add \$30 for UPA Card (Teen \$15): \$ \_\_\_\_\_  
 Add \$30 for entry after 4/1/2011: \$ \_\_\_\_\_  
 Add \$15 for each t-shirt ordered \$ \_\_\_\_\_  
**TOTAL DUE:** \$ \_\_\_\_\_

(Make checks payable to Byron Hicks)

**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 Byron Hicks, The Batavia VFW, Jakked Hardcore Gym, 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 Championship April 23<sup>rd</sup> & 24<sup>th</sup>, 2011. 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.jakkedhardcore.com](http://www.jakkedhardcore.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 T-Shirts** \_\_\_\_\_

**Sizes-S, M, L, XL, XXL, XXXL**