2019 UPA RAW POWERLIFTING CHAMPIONSHIPS

MAY 4th & 5th, 2019

2020 XPC Arnold Classic Qualifier

Updated on 9/3/2018

MEET DIRECTOR: Bill Carpenter - President – (563)447-1214
*E-mail BCarpenter@UPAPower.com

EVENT LOCATION: Grand River Center (www.grandrivercenter.com)
*Right next to the Grand Harbor Resort & Water Park
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 $40 for Adult/$25 Teen - per card. Registration will be available online at:
https://fs9.formsite.com/upapower/form2/index.html

WEIGH-IN: 24-HOUR WEIGH-IN RULE APPLIES
Weigh INS
* The Grand River Center 500 Bell St. Dubuque, IA 52001
All Raw Men's Open Full Power & Bench Only:
Friday May 3rd, 9 AM – 12 PM & 5 PM – 7 PM

All Raw Full Power Woman, Teen, Jr. & Masters:
Saturday May 4th, 9 AM – 3 PM

Title Sponsor: **To be announced**

EVENT START TIME: **All Raw Men's Open Full Power & Bench Only:**
Saturday May 4th, 9 AM

All Raw Full Power Woman, Teen, Jr. & Masters:
Sunday May 5th, 9 AM

Mandatory Rules Meeting:
Saturday May 4th & Sunday May 5th, 8:15 AM

CONTEST LIFTS: **Raw meet only - Full Power & Bench only**

AWARDS: 1st-3rd in Men's & Women's Open division by weight class & total. All Age divisions will be place by coefficient scoring (Schwartz Formula) 1st – 3rd: Teen 1st – 8th.

ENTRY FEE: $100 Full Power 1st division, $85 Bench Only,
$40.00 Additional Division UPA & UPA- AD.
UPA-AD Division (drug tested): Add $10 to above for 1st Division. **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 April 12, 2019. NO REFUNDS ON ENTRY FEE.
****NO EXCEPTIONS****
We will only be accepting 50 Full Power Entries for each day Saturday & Sunday. This meet fills up fast. It is highly recommended to get your entry forms in on time if you want to do this meet. Late entries are always taking a chance of not getting on the roster for the meet.

MEET HOTEL: **Grand Harbor Resort & Water Park. The meet site (Grand River Center) is connected by sky walk to Grand Harbor Resort & Water Park. Mention "UPA" to get $109 a night room rate. www.GrandHarborResort.com (563)690-3270 or (866)690-4006. The "cut-off date" for accepting reservations into this room block is – Wednesday April 3rd.**

Hilton Garden Inn - 1801 Greyhound Park Drive, Dubuque, IA 52001. Mention "UPA Power" to get $99 a night room rate. (563)585-5200. The "cut-off date" for accepting reservations into this room block is – to be announced.

ONLINE ENTRY: Will be available online at www.UPAPower.com

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

UNIFORM: Must have one piece lifting suit or wrestling suit

SPECTATOR FEE: $10 at the door, or $15 for both days. **Children 10 and under - free/ lifters are only free for their day to lift. Coaches and handlers are not free.**

Photos & Cameras:

Photo cameras, hand held video cameras, or tripod stands ARE NOT ALLOWED at any UPA Events. *Cell Phone Photos & Videos are allowed. All Pictures taken at any UPA Event is the property of the UPA, LLC.

2019 UPA Raw Powerlifting Championships

Mail entry to:
UPA, LLC
145 State St.
Dubuque, IA. 52003

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:_____

Division Entered: (Circle)□

Full Power □ **Bench Only** □

Raw (Unequipped) □ **Raw Elite (No Knee wraps and Walked out)** □

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 $100: $_____
Bench Only $85: $_____
Team Entry $50 (10 lifter teams: Please list lifters) $____*COACHES FEE – NOT A LIFTERS FEE!
Add $40.00 for Additional Div. UPA & UPA-AD $_____
Add $10.00 for UPA-AD: $_____
Add $40.00 for UPA Card (Teen $25.00): $_____
Add $30 for entry after 4/12/19: $_____
Add $20 for each t-shirt ordered: $_____

***I will not accept any PERSONAL CHECKS after the entry deadline! You can pay with PayPal, Money Order or Credit Card after entry deadline.**

NO REFUNDS ON ENTRY FEES **NO EXCEPTIONS**

Number of Shirts:

S__ M__ L__ XL__ XXL__ XXXL__

TOTAL DUE: $_____
(Make checks payable to Bill Carpenter -UPA)

Paid: □ Cash $_____ □ Check #_____ □ Credit Card (4% Surcharge)

Name on Card (PRINT CLEARLY):_____

Credit Card Number: _____

Card Type (Circle One): Visa MasterCard Amex Discover

CVV2 Number (on back of card):_____

Expire Date (Month/Year):_____

Release and Waiver

In consideration of being allowed to participate in any way in the Name of Event **UPA Raw Powerlifting Championships** promoted by Name of Promoter **Bill Carpenter** and sanctioned by the **United Powerlifting Association, LLC**, its related events and activities, I, please print name (_____), the undersigned, acknowledge, appreciate and agree that: 1. The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE UPA, LLC or others, and assume full responsibility for my participation; and 2. I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself

from participation and bring such to the attention of the Promoter immediately; and 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE UPA, LLC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. 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.

I hereby grant the UPA, LLC Promoter and/or any other UPA, LLC -approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the UPA, LLC Promoter, and/or any other UPA, LLC -approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the UPA, LLC, the Promoter and/or any UPA, LLC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the UPA, LLC Promoter and/or any other UPA, LLC -approved video or entertainment organization hereunder. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTAINTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature_____**Date**_____

Signature of parent if under 18 years old: _____

Date (Required): _____

For updates on the Meet go to www.UPAPower.com – News