



**2023 UPA Powerlifting & Bench Press National Championship  
March 18<sup>th</sup> & 19<sup>th</sup>, 2023**

**2024 XPC Arnold Classic Qualifier**

Updated on 9/21/22

- MEET DIRECTOR:** Bill Carpenter - President  
\*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 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 an adult/\$25 for a teen membership. Registration will be available online at:  
<https://fs9.formsite.com/upapower/form2/index.html>
- WEIGH-IN:** 24-HOUR WEIGH-IN RULE APPLIES  
Weigh INS. "NO SAME DAY WEIGH INS"  
\* The Grand River Center 500 Bell St. Dubuque, IA 52001
- All Equipped & Raw Men's Open Full Power & Bench Only:**  
Friday March 17<sup>th</sup>, 9 AM – 12 PM & 5 PM – 7 PM
- All Equipped & Raw Full Power, Woman, Teen, Jr. & Masters:**  
Saturday March 18<sup>th</sup>, 9 AM – Noon
- Title Sponsor:** **UPA EVENTS**
- EVENT START TIME:** Saturday March 18<sup>th</sup>, 9 AM  
**Bench Only & Full Power (All Men's Open lifters):**  
  
Sunday March 19<sup>th</sup>, 9 AM  
**Full Power (All Women, Teen, Junior, & Masters):**  
**Mandatory Rules Meeting:**  
Saturday March 18<sup>th</sup> and Sunday March 19<sup>th</sup>, 8:15 AM (The day you lift.)
- CONTEST LIFTS:** **Full Power & Bench Only**

- SESSIONS:** **Saturday – Bench Only & Full Power (All Men’s Open lifters):**  
**Sunday – Full Power, All Woman, Teen, Jr. & Masters**
- AWARDS:** 1st-3rd in all division by weight class & total. Teen 1<sup>st</sup> – 8<sup>th</sup> placings.  
There will be best lifter awards by the WILKS Formula.
- ENTRY FEE:** \$100 for 1st division, \$40.00 for each Additional Division UPA & UPA- AD. **UPA-AD Division (drug tested):** Add \$10 to above for 1<sup>st</sup> 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 March 3<sup>rd</sup>, 2023. No refunds on entry fees. \*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 HOTELS:** **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](http://www.GrandHarborResort.com) (563)690-3270 or (866)690-4006. The “cut-off date” for accepting reservations into this room block is Wednesday, Feb. 15, 2023.**
- 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
- SPECTATOR FEE:** \$10 a day at the door or \$15 for both days (Sat. & Sun.): **\*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. We will have a professional photographer for this meet.**

# 2023 UPA Powerlifting & Bench Press National Championship

**Mail entry to:**  
**Bill Carpenter - UPA**  
**207 Angela Jean Circle**  
**Peosta, IA. 52068**

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First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Occupation: \_\_\_\_\_

Age at time of competition: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Team Name: \_\_\_\_\_

Division Entered:    **Full Power**                       **Bench Only**   
                                 **Raw (Unequipped)**                       **Equipped**   
                                 **Raw Elite (Walked out & no knee wraps)**

**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 & Women – 97 105** 114 123 132 148 165 181 198 220 242  
   **275 308 308+ SHW**                      **Weight Class:** \_\_\_\_\_

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

|  |  |
|--|--|
| Entry Fee \$100.00:                                    | \$ _____   |
| Team Entry \$50 (10 lifter teams: Please list lifters) | \$ _____ <u>*\$50 COACHES FEE – NOT A LIFTERS FEE!</u> |
| Add \$40.00 for Additional Div. UPA & UPA-AD           | \$ _____   |
| Add \$10.00 for UPA-AD:                                | \$ _____   |
| Add \$40.00 Adult/\$25 Teen UPA Membership:            | \$ _____   |
| Add \$30 for entry after March 3 <sup>rd</sup> :       | \$ _____   |
| Add \$20 for each t-shirt ordered:                     | \$ _____   |

**\*I will only accept online entry forms after the entry deadline! You will have to go to [www.UPAPower.com](http://www.UPAPower.com) and enter there.**

**NO REFUNDS OR TRANSFERRING TO ANOTHER LIFTER ON ENTRY FEES  
\*\*NO EXCEPTIONS\*\***

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

**Number of Shirts \_\_\_\_\_**

**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 Powelifting & Bench Press National Championship** (“Event”) promoted by Name of Promoter **Bill Carpenter**. (“Promoter”) 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 SUBSTANTIAL 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](http://www.UPAPower.com)

GPC Website - <http://www.worldgpc.com>