



2008' U.P.A. Ironman Battle on the Mississippi

November 1st, 2008

- Meet Director:** Bill Carpenter, Iowa UPA Vice President - 563-599-1390
*E-mail BCarpenter@UnitedPowerliftingAssociation.com
- Event Location:** Grand River Center (www.rivercenter.com)
*Right next to the Diamond Jo River Boat Casino
500 Bell Street - Dubuque, Iowa 52001
- Hotels:** **Hilton Garden Inn:**
1801 Greyhound Park DR, Dubuque IA – 563-585-5200
Grand Harbor Resort 350 Bell Street – 866-690-4006
Comfort Inn 4055 McDonald Dr. – 563- 556-3006
Holiday Inn 450 Main St. - 1-800-465-4329
Best Western Midway Hotel 3100 Dodge St. - 563-557-8000
Main Stay Suites 1275 Associates Drive – 563-557-7829
- Airports:** Dubuque Airport
Moline, IL Airport - 1 hour 15 min.
Cedar Rapids, IA Airport – 1 hour
Madison, WI Airport – 1 hour 30 min.
Chicago, IL Airport – 3 hours
- Eligibility:** 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
- Equipment:** For Inzer Iron Wraps Z – Wrist or Knee Wraps, visit www.nutribodies.com.
For Powerlifting gear, visit www.inzernet.com.
- Weigh-Ins:** The Grand River Center 500 Bell St. Dubuque, IA 52001
UPA – Friday Oct. 31st - 10 AM – 1 PM, 6 PM – 8 PM
& Saturday Nov. 1st - 8 AM – 9 AM
- Event Start Time:** Competition begins Saturday Nov. 1st
UPA & UPA-AD meet - 10 AM

Mandatory Rules Meeting at
UPA & UPA-AD meet - 9:15 AM
- Contest Lifts:** **Ironman (push/pull), Bench Only and Deadlift Only**

Awards: UPA Meet - Top 3 lifters per division. (Trophies) Best overall lifter for Lightweight and Heavyweight

UPA Weight Classes:

Men

114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

Women

97, 105, 114, 123, 132, 148, 165, 181, 198, SHW

Age Divisions

Men's & Women's Open (Adults 18 & Over),

Sub Master (33-39), Master - 1 (40 - 44), 2 (45-49), 3 (50-54), 4 (55-59), 5 (60-64), 6 (65-69), 7 (70-74)

Junior (20-23), HighSchool - 1 (14 - 15), 2 (16-17), 3 (18-19)

Rules:

United Powerlifting Association (UPA). Check www.unitedpowerliftingassociation.com for information and rulebook.

One piece lifting suit required. (Singlet)

Entry Fee:

****With your paid entry each lifter will receive a free copy of the meet DVD from GNL Productions****

UPA Meet: \$85 for 1st division, \$55 for High School, \$30.00 each additional division.

UPA-AD Division (drug tested): \$95 for 1st division, \$55 for High School, \$30 for each additional division.

Please Print Legibly

Entry Deadline: October 3rd, 2008

Late Fee: \$30

Last Name First Name MI

Address _____ e-mail _____

City _____ State _____ Zip Code _____

Home Phone _____ Workout Facility or Team _____

****Please check UPA or UPA-AD (drug tested) then which division or divisions you want to be in. If you pick UPA and UPA-AD you will have to pay two entries.****

Divisions: ___ UPA or ___ UPA-AD Weight Class _____ Age _____

Ironman (Push/Pull) _____ Bench Only _____ Deadlift Only _____

Junior _____ Sub Master _____ Master (1 - 7) _____ HS (1 - 3) _____

Men's Open _____ Women's Open _____

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 Nov. 1st, 2008' UPA Ironman Battle on the Mississippi 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 _____
(Parent/Guardian required if under 18 years of age)

Make Checks payable to:

Bill Carpenter

For up dates on the Meet go to www.UPA-Iowa.com

Send Completed forms to:

**Bill Carpenter
145 State St.
Dubuque, IA 52003**

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. Cost at meet will be \$20.

of Shirts _____

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