



United Powerlifting Association

UPA Metal Militia Bench Press Extravaganza

(At the NE New York Bodybuilding – Fitness Figure Championships)

November 29th, 2008

Meet Director: Bill Crawford - UPA New York State Chairman – 518-668-5393

Event Charles R. Wood Theater
Website - www.woodtheater.org

Location: 207 Glen St., P O Box 3494, Glens Falls, New York 12801
Phone # (518) 798-9663
Fax # (518) 798-0516

Airports: Albany International Airport – 1 hour from meet site
737 Albany – Shaker Road
Albany, NY 12211
Phone # (518) 242-2299
Website – www.albanyairport.com

Eligibility: UPA Registered Athletes: Must show proof of Federation 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-Ins: Adirondack Barbell Club
48 Canada Street, Lake George, New York 12845
Friday Nov. 28th – 4 PM – Closing
Meet Day at Meet Site:
Saturday Nov. 29th – 2:00 PM – 3:00 PM

Event Start Time: Competition begins Saturday Nov 29th, 2008
Lifting starts at 4 PM

Mandatory Rules Meeting at 3:15 PM

Contest Lifts: **Bench Press only**

Awards: Sculptured awards provided by “Skulptures by seeker”
Awards will be given for 1st, 2nd, and 3rd places – Best Lifter awards will be based on entries.

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), Masters (40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+),
Junior (20-23), HighSchool (14-15, 16-17, 18 - 19)

Rules: United Powerlifting Association (UPA). Check www.unitedpowerliftingassociation.com for information and rulebook.
One piece lifting suit required. (Singlet)

Entry Fee:
Bench Only = \$75
\$25 for any Subdivision (example, open and junior)

Please Print Legibly

Entry Deadline: Nov. 14th
Late Fee: \$30

Last Name _____ First Name _____ MI _____

Address _____

e-mail _____

City _____ State _____ Zip _____

Home Phone _____

Workout Facility or Team _____

Divisions: **Weight Class** _____ **Age** _____

Bench Only _____

Junior _____ Sub Master _____ Masters(40-80+) _____ HS (14 - 19) _____

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 Crawford and any and all participating sponsors and supporters in any manner growing or arising out of my participation in the Nov. 29th, 2008 UPA Metal Militia Bench Press Extravaganza hosted at the NE New York Bodybuilding – Fitness & Figure Championships. 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.

Signature _____ Date _____

(Parent/Guardian required if under 18 years of age)

Make Checks payable to:

Bill Crawford

Send Completed forms to:

Bill Crawford

Adirondack Barbell Club

48 Canada Street

Lake George, NY 12845