



## **UPA Metal Militia Ironman Meet**

**Oct 4<sup>th</sup>, 2008**

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

**Event** Fort William Henry Resort Hotel and Conference Center  
Website - [www.fortwilliamhenry.com](http://www.fortwilliamhenry.com)

**Location:** 48 Canada Street, Lake George, New York 12845  
Phone # (800) 234-0267 or (518) 668-3081  
Fax # (518) 964-6645

**Airports:** Albany International Airport – 1 hour from meet site  
737 Albany – Shaker Road  
Albany, NY 12211  
Phone # (518) 242-2299  
Website – [www.albanyairport.com](http://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 May 2<sup>nd</sup> – 10 AM – Closing  
Meet Day at Meet Site:  
Saturday May 3<sup>rd</sup> – 8 AM – 9:45 AM

**Event Start Time:** Competition begins Saturday Oct 4<sup>th</sup>  
Lifting starts at 10 AM

Mandatory Rules Meeting at 9:15 AM

**Contest Lifts:** **Ironman, Bench Only and Deadlift Only**

**Awards:** Sculptured awards provided by “Skulptures by seeker”  
Awards will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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](http://www.unitedpowerliftingassociation.com) for information and rulebook.  
*One piece lifting suit required.* (Singlet)

**Entry Fee:** **Ironman = \$85**  
**Bench Only = \$75**  
**Dead Lift Only = \$75**  
**\$30 for any Subdivision (example, open and junior)**

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Please Print Legibly

**Entry Deadline: Sept. 19<sup>th</sup>**  
**Late Fee: \$30**

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Address \_\_\_\_\_

e-mail \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Workout Facility or Team \_\_\_\_\_

Divisions:     **Weight Class** \_\_\_\_\_     **Age** \_\_\_\_\_

Ironman \_\_\_\_\_     Bench Only \_\_\_\_\_     Deadlift 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 Oct 4<sup>th</sup>, 2008 UPA Metal Militia Ironman Meet hosted at the Fort William Henry Resort Hotel and Conference 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.

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**