



UPA Metal Militia Memorial Meet

December 20th, 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
- 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
- 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 Dec 19th – 10 AM – Closing
Meet Day at Meet Site:
Saturday Dec 20th – 8 AM – 9:45 AM
- Event Start Time:** Competition begins Saturday Dec 20th, 2008
Lifting starts at 10 AM

Mandatory Rules Meeting at 9:15 AM
- Contest Lifts:** Full Power, Bench Press only, Ironman and Deadlift

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: **Full Power = \$100**
Bench Only = \$75
Dead Lift Only = \$75
Ironman = \$80
\$25 for any Subdivision (example, open and junior)

Please Print Legibly

Entry Deadline: Dec. 6th
Late Fee: \$30

Last Name _____ First Name _____ MI _____

Address _____

e-mail _____

City _____ State _____ Zip _____

Home Phone _____

Workout Facility or Team _____

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

Full Power _____ Bench Only _____ Ironman _____ Dead _____

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 Dec. 20th, 2008 UPA Metal Militia Memorial 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