



United Powerlifting Association

2008 UPA Super Training Push/Pull for Cash and Prizes!

Bench Press, Deadlift and Push/Pull Divisions

- WHEN:** SATURDAY OCTOBER 25TH. LIFTING STARTS AT 10 A.M..
- WHERE:** SUPER TRAINING GYM AT MIDTOWN STRENGTH AND
CONDITIONING
2010 3RD Street, Sacramento CALIFORNIA
- ELIGIBILITY:** ANYONE 18 YEARS OR OLDER WITH A VALID UPA CARD,
(UPA cards can be purchased at weigh-in)
- DIVISIONS :** OPEN ONLY
- WEIGHT
CLASSES:** **Lightweight Men 220 and under
Heavyweight Men 221 and over
Women**
- RULES:** U.P.A. RULES WILL BE ENFORCED
- WEIGH-INS:** FRIDAY OCTOBER 24TH, 10:00 A.M. TILL 11:30 AM, AND
SATURDAY OCTOBER 25TH, 7:00 A.M. TO 9:00 A.M
- ENTRY FEES:** \$75
Entry fee covers all classes entered and includes free BBQ.
- MEET DIRECTOR:** Mark Bell Owner- Team Super Training (530) 574-1070
Email: supertraining06@yahoo.com
- FOR EQUIPMENT
NEEDS:** Go to www.andersonpowerlifting.com
Distributor of TITAN Powerlifting Products and Eleiko
- EVENT TIME:** Competition begins at 10:00 AM
Rules briefing at 9:00 AM
- BENCH AWARDS:** Biggest Bench Lightweight Men will win a Titan F6 Bench Shirt
Biggest Bench Heavyweight Men will win a Titan Katana Bench Shirt
Biggest Bench Women will win a Titan Bench Shirt
- Bench awards donated by Ken Anderson**
www.andersonpowerlifting.com

DEADLIFT AWARDS: Biggest Deadlift Lightweight Men ...TBA
Biggest Deadlift Heavyweight Men...TBA
Biggest Deadlift Women...TBA

PUSH/PULL AWARDS: Lightweight Men Total by Schwartz Formula... Cash
Heavyweight Men Total by Schwartz Formula... Cash
Women Total by Schwartz Formula... Cash

ENTRY FORM (Please print clearly)

NAME _____ AGE _____

ADDRESS _____

CITY _____ STATE _____

ZIP _____ PHONE # (_____) - _____

Email _____

WEIGHT CLASS: LTWEIGHT MALE ____ HVYWEIGHT MALE ____ FEMALE: ____

UPA CARD # _____ EXPIRATION DATE ____/____/____

COMPETITION: DEADLIFT ____ BENCH ____ PUSH/PULL ____

Release and Waiver

I, THE UNDERSIGNED, AGREE TO WAIVE AND RELEASE ANY AND ALL RIGHTS FOR DAMAGES OR INJURIES OF ANY KIND SUFFERD BY ME IN ANY WAY DUE TO THIS CONTEST AGAINST SUPER TRAINING GYM, MIDTOWN STRENGTH AND CONDITIONING, IT'S OWNERS, EMPLOYEES, MEMBERS OR OFFICIALS OF THE U.P.A. ,WORKERS AND ANYONE ASSOCIATED WITH 2008 UPA SUPER TRAINING PUSH/PULL MEET.

ATHLETE'S SIGNATURE _____ DATE _____

Make check payable to Super Training

**Mail to: Mark Bell
609 Crystal Springs Dr.
Woodland, CA 95776**