** September 9, 2017**

**Meet Director:** Larry Bush, Washington State UPA Chair 509-539-6617

**Website:** [**www.washington-upa.com**](http://www.washington-upa.com)

 \*E-mail: larry\_bush2000@yahoo.com

**Location:** OPS Gym, 221 S. Wenatchee Ave., Wenatchee, WA 98801

**Hotel:** Rooms can be reserved at the Coast Wenatchee Center Hotel by calling 509-662-1234. The Coast is five minutes from the event location and has comfortable beds, a great pool, and hot tub. Ask for the UPA or powerlifting rate. Many restaurants are close by. i.e., Red Robin, Bob’s, etc.

**Airports:** Pangborn Airport – 20 minutes from event location

**Eligibility:** UPA Registered Athletes: All entries in UPA sanctioned events must have a valid UPA card. **Must show proof of card at weigh in**. Fee is $30 per card. UPA registration for High school divisions is $15

**Registration will be available at the event**

**Weigh-Ins:** OPS Gym, 221 S. Wenatchee Ave., Wenatchee, WA 98801

Friday, September 8, 2017; 9 AM – 8 PM

Saturday, September 9, 2017; 7 AM – 6 PM

**If you have specific music you want played while you lift, you must bring me a copy Friday night so it can be added to my playlists. It cannot be added if you bring it Saturday morning. Thanks!**

 **Event Start Time:** Competition begins 9:00 a.m. Saturday September 9, 2017

 Mandatory Rules Meeting at 8:30 AM

**Contest Lifts: Full Power, Bench Only, Push-Pull**

**Awards:** Trophy for best overall lifter: raw & equipped/men & women; high school.Trophies for 1st place in Age/Weight Categories (raw & equipped). **Placement by the Schwartz formula.**

# **UPA Weight Classes:**

**Men**

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

**Women**

97, 105, 114, 123, 132, 148, 165, 181, 198, SHW (198+)

# **Age Divisions: Open** (Adults 18 & Over), **Sub Master** (33-39),

**Master 1**(40-44)(45-49), **Master 2** (50-54)(55-59)(60-64)(65-69)(70+)

 **Junior** (20-23), **High School** (13-15)(16-17)(18-19)

**Rules/State & National Records: Washington State United Powerlifting Association** Check out [**www.washington-upa.com**](http://www.washington-upa.com) for current WA State records.

United Powerlifting Association (UPA).  Check [**www.upapower.com**](http://www.upapower.com)  for national records and rulebook.

**Entry Fee *before* August 15, 2017:**

**UPA Meet:** $70 for 1st division (**$35.00 each additional division**), $40 for high school **-bring current high school ID** (**$30 each additional division**).

**UPA-AD (drug tested):**  $90 for 1st division (**$35.00 each additional division**), $60.00 for high school and Special Olympics for 1st division (**$30.00 each additional division**).

**Entry Fee *after* August 15, 2017:**

**UPA Meet:** $90 for 1st division (**$35.00 each additional division),** $60 for high school (**$30 each additional division).**

**UPA**-**AD (drug tested):** $110.00 for 1st division (**$35.00 each additional division**), $80.00 for high school and Special Olympics for 1st division (**$30.00 each additional division**).

**One piece lifting suit required**. (Singlet) ****

**Step 1 – Complete Registration Information Please Print Legibly**

**Pre-register to ensure we have a T-shirt your size**

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| **To get the Pre-Registration Entry Discount—must be postmarked:** **August 15th, 2017** (Entry form & payment)Last Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ First Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MI\_\_\_\_\_\_\_\_Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State\_\_\_\_\_\_\_\_\_ Zip Code\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Home Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Registrations will be accepted at the event until September 9, 2017 at 8 AM****(Cash & Credit Card only accepted at the event)**Workout Facility or Team Affiliation\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **T-shirt size S M L XL 2X 3X 4X**  |

**Step 2 – Choose your Division or Divisions (if participating in more than one division)**

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| **Division:** **Men’s** \_\_\_\_\_\_\_\_\_\_ **Women’s**\_\_\_\_\_\_\_\_\_\_**UPA** \_\_\_\_\_\_\_\_\_\_ **UPA – AD** (Drug Tested) \_\_\_\_\_\_\_\_\_\_**Raw** (unequipped)\_\_\_\_\_\_  **Equipped**\_\_\_\_\_\_\_\_\_\_ **High School** (13-19)\_\_\_\_\_**Junior** (20-23)\_\_\_\_\_**Sub Master** (33-39)\_\_\_\_\_**Master** (1 or 2) \_\_\_\_\_ **Open** (18+)\_\_\_\_\_ **Weight Class**\_\_\_\_\_\_\_\_\_\_  **Age**\_\_\_\_\_\_ |
| **Step 3 – Indicate your Music of Preference** (bring copy of specific music to Friday weigh in) |
| 1st | 2nd | 3rd |
| **Step 4 – Indicate your estimated opening lift** |
| **Squat:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Bench:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Deadlift:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_****\*\*can be changed later if needed\*\*** |

## Release and Waiver

I do herby waive and release all rights and claims for damages that I may have against the Meet Director Larry Bush and any and all participating sponsors and supporters in any manner growing or arising out of my participation in the 2017 Washington State United Powerlifting Association Fall Championships hosted at the OPS Gym. 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)

**UPA Card #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**(If you don’t have a card, you can get one at weigh in.)

**Make Checks payable to: Larry Bush**

**Send Completed forms to:** **Larry Bush** **5258 Stemilt Loop Road, Wenatchee, WA 98801**