



UPA Old School Iron Gym Winter Rack 2018 Sponsored by Best Buy of Parma, OH!

- MEET DIRECTORS:** TJ Slomka - osigym@yahoo.com (216) 392-0981
Luz Miller - mstillie76@gmail.com (216) 322-7264
- EVENT LOCATION:** Old School Iron Gym (www.osigym.com)
5139 W. 140th Street
Brook Park, Ohio 44142
(216) 671-7505
- ELIGIBILITY:** Open to all UPA registered athletes.
Must show proof of UPA card at weigh in. All entries in UPA sanctioned events must have a valid UPA registration card. Fee is \$40 per card. UPA registration for Teen division is \$25. Registration will be available at weigh-ins.
- WEIGH-IN:** 24-HOUR WEIGH-IN RULE APPLIES
Weigh INS
All Equipped & Raw Open Full Power, Ironman, Deadlift Only, & Bench Only:
Friday December 14th, 9AM – 12 PM & 5 PM – 7 PM
- Title Sponsor:** Old School Iron Gym

EVENT START TIME: Saturday December 15th 9:00 AM
Mandatory Rules Meeting
Saturday December 15th at 8:15 AM

CONTEST LIFTS: **Full Power, Bench Only, Ironman, & Deadlift Only (Raw or Equipped for all Lifts)**

AWARDS: 1st-2nd in each weight class in each division

There will be best lifter awards by the Schwartz Formula. **There will also be various gift cards given away courtesy of Best Buy of Parma, OH!!**

ENTRY FEE: \$85 Full Power, \$55 Bench Only, Ironman, & Deadlift Only
\$25 Additional Division.
**No same day entries will be accepted unless approved by TJ Slomka.or Luz Miller
A \$30 late fee will be charged for entries received after November 30th, 2018. No refunds on entry fees.
****NO EXCEPTIONS****

ONLINE ENTRY: Will be available online at www.UPAPower.com

RULES: United Powerlifting Association (UPA). Check www.UPAPower.com for information and rulebook.

UNIFORM: Must have one piece lifting suit or wrestling suit

SPECTATOR FEE: \$5 at the door Sat. ****Children 10 and under - free/ lifters, coaches and handlers are free.**

UPA Old School Iron Gym Winter Rack Attack 2018 Sponsored by Best Buy of Parma, OH!

Mail entry to:
Old School Iron Gym Attn:TJ
5139 W. 140th
Brook park, Ohio 44142

First Name: _____ Last Name: _____

Address: _____ Email: _____

City: _____ State: _____ Zip Code: _____

E-Mail: _____

Home Phone: _____ Work Phone: _____

Occupation: _____ Team: _____

Age at time of competition: _____ Date of Birth: _____

Sponsors: _____

Division Entered: Full Power Bench Only Ironman Deadlift Only
Raw (Unequipped) Equipped
Men's Open - Women's Open
Mens Master's (please circle your age group below)
33-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74
Womens Master's (please circle your age group below)
33-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74
Junior (20-23)
Teenage (please circle your age group below)
13-15 16-17 18-19

Weight Class: Men - 114 123 132 148 165 181 198 220 242
275 308 SHW **Weight Class:** _____

Women - 97 105 114 123 132 148 165 181
198 SHW **Weight Class:** _____

UPA #: _____ Exp. Date: _____

Full Power Entry Fee \$85: \$ _____
 Bench Only, Ironman, & Deadlift Only \$55: \$ _____
 Add \$25 for Additional Div. UPA \$ _____
 Add \$40.00 for UPA Card (Teen \$25.00): \$ _____
Add \$30 for late entry after 11/30/18: \$ _____
 Add \$10 for each t-shirt ordered: \$ _____

***I will not accept any PERSONAL CHECKS after the entry deadline! You can pay with Money Order or Credit Card after entry deadline (11/30/2018)**

Circle Sizes-S, M, L, XL, XXL, XXXL

Number of Shirts _____ (note if you want unisex or female cut shirt)

TOTAL DUE: \$ _____
 (Make checks payable to Old School Iron Gym)

Paid: Cash \$ _____ Check # _____ Credit Card

Name on Card (PRINT CLEARLY): _____

Credit Card Number: _____

Card Type (Circle One): Visa MasterCard Discover

CVV2 Number (on back of card): _____

Expire Date (Month/Year): _____

Release from Liability:

In consideration of being permitted to participate in Powerlifting competitions sanctioned by the United Powerlifting Association (UPA), I hereby release Old School Iron Gym, the UPA, all UPA meet directors, executives, their assistants and/or employees and all persons associated there with or rendering service thereto from any responsibility or liability for any injury or personal loss to myself, including those caused by the negligent act or omission arising out of or connected with my participation in UPA Powerlifting competitions or the use of any equipment at the powerlifting competitions. In signing this Release form, I acknowledge and represent the following:

1. Powerlifting is a strenuous athletic event. As a sport, accidents can and do happen periodically as a result of the normal danger involved. **2.** There is a risk of participation. Lifter recognizes this risk and accepts it. Lifter shall have the duty to examine all equipment prior to use and immediately inform the proper people of any dangerous condition observed with the equipment, personnel or event venue. The lifter has sole responsibility for the condition of his personal lifting gear i.e. bench press shirts, lifting suits, belts, wraps and other lifting gear and it is the responsibility of the lifter to wear such gear in a manner that is safe and least likely to result in injury. The United Powerlifting Association or Old School Iron Gym and its meet directors and employees are not responsible for lifting gear blowouts, tears or any defects in lifting gear. **3.** I am in excellent health and capable of performing the feats of strength attempted. **4.** I am the sole decider of the amount of weight to be lifted. Lifter will act in a reasonable manner at all times and not lift weights beyond a safe and prudent level. **5.** I have the right to bring my own spotters and assistants. If I do not do so, I may use such spotters as provided by the meet director, solely as a courtesy to Lifter. **6.** Neither the UPA nor any subdivision thereof, nor any agent, servant or employee of the UPA nor any other competitor shall be liable to

me for any harm or damage to me, unless such harm is the result of the intentional or reckless conduct of such person, which conduct shall not be imputed to any other person or organization. No action of negligent entrustment shall exist. 7. I will be responsible for my behavior and acts and those of my guests. If I do not act in accord with the rules of the UPA for competition or behavior, I may be asked to leave the event immediately by an event director and will do so voluntarily and shall forfeit all fees paid to the meet director. In the event litigations shall occur, I shall be responsible for payment of reasonable attorney fees of the prevailing party 8. This Release is reasonable, executed freely, with no duress or undue influence and after opportunity for careful and independent review. In consideration of acceptance of my entry form in this powerlifting competition, I intend to be legally bound for not only myself, but also for my heirs, executors, and administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability and negligence which may arise from it.

Signature _____ **Date** _____

Signature of parent if under 18 years old: _____

Date (Required): _____

For updates on the Meet go to www.UPAPower.com