

ULTIMATE ATHLETICS



Team BombSquad Pro MMA Presents 2012 IPA Ultimate Powerlifting Challenge March 31, 2012

- MEET DIRECTOR:** James Howell - 607-379-0200
E-mail: jh198@hotmail.com
- EVENT LOCATION:** **Ultimate Athletics, MMA** (www.UAGym.com) at our **New Location**
40 Catherwood Drive (Ithaca Mall) Ithaca, NY
(607) 319-0685
- WEIGH-IN:** 24-HOUR WEIGH-IN RULE APPLIES
Weigh-in's will be at Ultimate Athletics
40 Catherwood Road (Ithaca Mall) Ithaca, NY
Friday, March 30th 10 AM – NOON, and 4 PM – 8 PM
Saturday, March 31st 7:30 AM – 9 AM
- TOP MEET EQUIPMENT:** **Iron Wolfe squat bar, New Metal Militia Pro-Monolift and Pro-Bench with non-slip competition pad, Iron Wolfe Deadlift Bar.**
(Warm up space also includes a Monolift.)
- EVENT START TIME:** Saturday, March 31, 2012, 10:00 AM
Mandatory Rules Meeting at 9:30 AM
- CONTEST LIFTS:** **Full Power, Ironman (push/pull), Bench Only and Deadlift Only**
- DIVISIONS:** There are 3 divisions: Amateur is a drug-tested division, Elite Amateur (fully drug tested, designed for those who total Pro drug free); and a non-drug tested, Professional division. **Drug testing is by urinalysis.**

DIVISIONS:

- Open Professional
- Open Amateur
- Elite Amateur
- RAW

SUB-DIVISIONS:

- Men
- Women
- Teen
- Police
- Submaster
- Master (all age divisions)
- Junior

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

RULES International Powerlifting Association (IPA) rules apply. Equipment must meet IPA specifications. One-piece lifting suit/singlet must be worn. *For rules and regulations, please visit the IPA website at www.IPAPOWER.com*

DEADLINE: ENTRY DEADLINE IS March 21, 2012 OR UNTIL THE 65 PER DAY LIFTER LIMIT IS MET. Late entries may be accepted after March 21st through to the day of the meet, but will not be accepted if received after the 65-lifter limit is met. *There is a \$25 late fee for all entries postmarked or received after March 21, 2012.*

IPA Registration: IPA cards will be available at the meet for \$30 and \$25 for teen athletes. *Only cash will accepted for IPA registrations purchased on-site.*

Alternatively, you can obtain your IPA registration in advance online through PayPal, or download a registration form available on the IPA website at www.IPAPOWER.com. Simply complete the IPA Registration Form and send it with your meet registration form and payment to James Howell, 244 Piper Road, Newfield, NY 14867.

AWARDS: Custom awards will be distributed to the top three places in each weight class and every division and sub-division (to include full age divisions) in all categories.
Best Lifters: Equipped and RAW Full Power: Open divisions (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only), Master (Pro & Am).
Equipped and RAW Bench Only: Open divisions Men’s Open (Pro & Am), Men’s Master (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only)

ENTRY FEE: \$99 Full Power 1st division, \$75 Bench Only, DeadLift Only, and Ironman for 1st division, \$50 for Teen & Junior, \$25.00 each additional division.
A \$20 late fee will be charged for entries received after March 21, 2012. No refunds on entry fees.

MEET HOTELS: We have two local discounted hotel options as follows:

Clarion Hotel & Conference Center: \$89/night. Includes a hot buffet breakfast. www.clarionhotel.com

Reservations at the discounted rate will be available until March 16, 2012. All rates quoted are per room, per night, plus state and occupancy tax. Reservations requested after the cutoff date will be accepted on a space available basis and are subject to regular rates.

A credit card guarantee is required at the time the individual reservation is made. If you need to cancel your reservation, to avoid a charge, the hotel must be notified 72 hours prior to arrival. Call the Clarion direct at 607-257-2000 and reference the "Ultimate Athletics Group to make a reservation".

Econo Lodge Ithaca: \$79/night. Includes a continental breakfast.

Reservations at the discounted rate will be available until March 16, 2012. All rates quoted are per room, per night, plus state and occupancy tax. Reservations requested after the cutoff date will be accepted on a space available basis and are subject to regular rates. To reserve a room call and say you are with the group "Ultimate Powerlifting Challenge". You can call the hotel directly at 607-257-1400 to make your reservation. If you need to cancel your reservation, to avoid a charge, the hotel must be notified 24 hours prior to arrival.

Both hotels are located within ½ mile of Ultimate Athletics.

AIRPORTS:

Tompkins Regional Airport, Ithaca, NY – 5 minutes
Syracuse Hancock Airport - 1 hour 10 min.
Elmira Corning Regional Airport – 55 minutes
Greater Binghamton Airport – 1 hour



PROFESSIONAL OR AMATEUR ... NEED HELP CHOOSING YOUR DIVISION?

The International Powerlifting Association (IPA) is an organization established as a "Lifters for Lifters" organization with three divisions available for both equipped and Raw lifters - Professional (Pro), Elite Amateur and Amateur (Am). Qualification for these divisions is as follows:

Pro Division: Anyone who totals **Professional (Pro)** is entered into this division. Standard rules apply. The division is open to anyone who wants to enter as a Professional, no matter what he or she totals. There is no drug testing in this division. The *Pro Division* has its own world records. Records will be kept in the Men, Women, Junior, Open, Submaster, Raw, and Master Divisions only. There is no Teenage or a Special Olympian Division in the *Pro Division*.

Amateur (Am) Division: This division is a very strict drug-free division. Any lifter under suspicion of drug use will be required to have a urinalysis test (same standards as the U.S. Olympic Committee). If the test is negative, the meet director will absorb the cost of the drug test. If the test results are positive, the lifter will be responsible for all expenses associated with the drug test, and all of the lifter's records and accomplishments to date will be considered disqualified. A lifter testing positive will be permanently banned from lifting in the *Am Division*. *If the lifter enters the Am Division and totals a Pro total, the lifter will be classified as an Amateur in the meet he/she totals Pro, but must compete in the Pro division in any subsequent IPA meets.* The *Amateur Division* has its own elite and world records. *Amateur* records will be kept in the Men, Women, Teen (14-15, 16-17, 18-19), Junior (20-23), Open, Submaster, Raw, Master, Police, and Special Olympian Divisions.

Elite Amateur Division: This division is considered Amateur in that it is a completely drug free division. To qualify, the lifter must have a Pro total. Every athlete is tested by method of urinalysis, and the lifter pays for his/her own drug test.

Raw Lifting: This division requires the lifters use no equipment except for wrist wraps and a belt. One-piece non-supportive singlet is required.

International IPA Referees will be present so lifters will be able to break IPA World Records!

ULTIMATE ATHLETICS

2012 IPA Ultimate Powerlifting Challenge

Mail entry to: James Howell
244 Piper Road
Newfield, NY 14867

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

E-Mail: _____

Home Phone: _____ Work Phone: _____

Occupation: _____ Team: _____

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

Sponsors: _____

<input type="checkbox"/> FULL POWER	<input type="checkbox"/> MAN	<input type="checkbox"/> AMATEUR	<input type="checkbox"/> RAW
<input type="checkbox"/> BENCH ONLY	<input type="checkbox"/> WOMAN	<input type="checkbox"/> PROFESSIONAL	
<input type="checkbox"/> IRONMAN		<input type="checkbox"/> ELITE AM	
<input type="checkbox"/> Open Men's	<input type="checkbox"/> Teen (age)	<input type="checkbox"/> Junior	<input type="checkbox"/> Submaster
<input type="checkbox"/> Open Women	<input type="checkbox"/> Master (age)	<input type="checkbox"/> Police	
Weight Class _____		IPA Expiration Date _____	
		IPA Card Number _____	

Entry fee* for each full meet division per lifter is \$99. Teens and Juniors \$50. Additional divisions - \$25 per division. \$75 Bench Only, DeadLift Only, and Ironman for 1st division
(*Note. Includes free meet t-shirt)

TOTAL DUE: _____ \$ _____
(Make checks payable to James Howell)

Paid: Cash \$ _____ Check # _____

No spectator fees will be charged!



IPA Ultimate Powerlifting Challenge RELEASE AND WAIVER (please read before signing):

I, (print name) _____ the undersigned, hereby waive and release all rights and claims for damages that I may have against Ryan Ciotoli, ULTIMATE ATHLETICS, and all other persons associated with this event, including the Meet Director, James Howell, and the International Powerlifting Association and their respective officers, directors, employees, agents, and shareholders in any capacity from any and all liability due to injuries I may incur as a result of my attendance and/or participation at the March 31, 2012, IPA Ultimate Powerlifting Challenge. I understand the rules of the meet and will abide by them. I assume full responsibility for all of my actions during and connected to this meet. I attest and verify that I have full knowledge of the risks involved in my competing in powerlifting, that it could cause injury, and hereby release the meet organizers, the IPA, and the facility, from any type of injury or loss I may sustain as a result of competing in this meet. I attest to the best of my knowledge, I am physically fit and able to participate in this event. I also understand that my attendance and/or performance at the meet may be photographed and this, as well as my meet results, may be submitted to Powerlifting USA with the overall meet results. My signature below indicates I have read, understand and completely agree with the contents of this waiver.

I fully understand that if I enter the Am (drug tested) divisions, I may be selected to take a urinalysis test. If this test is found positive for anabolic steroids I (the signed applicant) will pay for the cost of this test. If the test is found to be negative, the Meet Director will pay for the test. By signing this release from liability, I irrevocably waive all rights, claims, demands, lawsuits and causes of action against everyone connected with this contest with regard to the result of any drug test. I have read the above release, understand its meaning and consequences, and intend to be legally bound by its terms and have signed this release freely and voluntarily.

Signature _____ **Date** _____

Signature of parent if under 18 years old: _____

Date (Required): _____

**For updates on the Meet go to www.IPAPower.com
To check out the facility go to: www.UAGym.com**