



2012 IPA PENNSYLVANIA STATE POWERLIFTING CHAMPIONSHIPS

Chaillet's Private Fitness

Date	March 3, 2012
Location	York Barbell Company 3300 Board Rd., York, PA 17406 MANY THANKS TO YORK BARBELL COMPANY FOR SPONSORING THEIR AUDITORIUM FOR THE 2012 IPA PENNSYLVANIA STATE POWERLIFTING CHAMPIONSHIPS
Directors	Mark and Ellen Chaillet, sponsored by Chaillet's Private Fitness. Mark: (717) 495-0024 chailfit@yahoo.com , Ellen: echaillet@aol.com
Entry Fees	ENTRY FEE PER DIVISION, PER LIFTER IS \$100. Crossover - \$55 per division.
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. <u>We will not issue refunds for cancellations for any reason. If cancellation is due to injury, we will credit the entry fee toward the next IPA event directed by Mark and Ellen Chaillet only.</u>
Weight Classes	<u>RAW AND EQUIPPED SUB-DIVISIONS:</u> <ul style="list-style-type: none">• Open Men• Open Women• Teen (men & women)• Submaster (men & women)• Master (men & women)• Junior (men & women)• Police (men & women) <p>Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW</p>

LIFTING BEGINS AT 9:30 A.M.

Lifting Schedule: The number of sessions (one session, or two session - morning and afternoon) will depend on the number of entries. The composition of the sessions will be determined after the entry deadline date of February 24, 2012. Each session's classes will perform the squat, bench, and deadlift. Award ceremonies will follow each session. Single session lifting will begin at 9:30 A.M. Two session lifting: the morning session will begin at 9:30 A.M.; the afternoon session will begin at approximately 3 to 4 P.M., depending on the number of lifters in the morning session, injuries, equipment, etc.

Weigh-ins	<u>24 HOUR WEIGH-IN RULE IN EFFECT. ALL WEIGH-INS WILL TAKE PLACE IN THE GYM AT YORK BARBELL COMPANY, 3300 Board Rd., York, PA.</u> Friday, March 2: 10 A.M. – NOON, and 4 P.M. – 8 P.M. Saturday, March 3: 6:30 A.M. – 8 A.M.
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Rules	International Powerlifting Association (IPA) rules apply. Equipment must meet IPA specifications. One-piece lifting suit must be worn. <i>For rules and regulations, visit the IPA website at www.IPAPOWER.com</i>
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Entry Fee	\$100 for the first division and \$55 for each additional division/s. <u>Get your entry in early, lifting will be limited to 65 lifters per day! We will not issue refunds for cancellations due to any reason. If cancellation is due to an injury, we will credit the entry fee toward the next IPA event directed by Mark and Ellen Chaillet only.</u>
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REMEMBER, GET YOUR ENTRIES IN EARLY! THE DEADLINE IS FEBRUARY 24, 2012 OR WHEN THE 65 DAILY LIFTER LIMIT IS MET!

NO CHECKS WILL BE ACCEPTED AFTER THE FEBRUARY 24th DEADLINE. ONLY CASH OR CREDIT WILL BE ACCEPTED.
CASH ONLY WILL BE ACCEPTED FOR ENTRIES PAID ON-SITE MARCH 2 - 3.

Deadline

ENTRY DEADLINE IS FEBRUARY 24 OR UNTIL THE 65 LIFTER PER DAY LIMIT IS MET. Late entries may be accepted after February 24 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 after February 24, 2012.*

IPA Registration

IPA cards will be available at the meet for \$30, and \$25 for teen athletes. *Cash only accepted for on-site IPA registration .*

To register in advance for an IPA membership, register online or download a registration form available on the IPA website at www.IPAPOWER.com. Complete the IPA Registration Form online or print and return with payment along with your meet entry to IPA, 190 Arsenal Rd., York, PA 17404.

Awards

Custom awards will be distributed to the top three places in each weight class, division, and sub-division (including full age divisions).

Best Lifters: **Full Power Only:** Open divisions (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only), Master (Pro & Am).

The **Champion of Champions Award** will be awarded to the best lifter overall based on **coefficient total**. The *Champion of Champions* award is in memory of two of PA's finest lifters and supporters, Dave Barno and John Newman.

LIFTERS MUST MAKE ARRANGEMENTS TO HAVE AWARDS PICKED UP. WE WILL NOT SHIP UNCLAIMED AWARDS.

Hotel

The Holiday Inn Conference Center of York is the new official hotel for the 2012 IPA Pennsylvania State Powerlifting Championships. The **Holiday Inn Conference Center of York** is a full service hotel offering special rates for our group. **Be sure to mention the IPA to receive the special rate of \$87 per night, single or double occupancy. As a special offer to the IPA group only, a full breakfast buffet can be purchased for an additional \$10 for all occupants per room.** The **Holiday Inn** is located just 10 minutes away from York Barbell and is close to shopping and restaurants.

The **Holiday Inn Conference Center of York** features a full service restaurant and bar, an atrium with an indoor and seasonal outdoor pool, whirlpool, and sauna. Guest rooms feature complimentary high-speed internet access, hair dryers, in-room refrigerators and microwaves upon request, voice mail, in-room Nintendo, iron/ironing board, hair dryer. Check-in is at 4 pm, check-out is at noon.

To reserve a room, call (717) 846-9500. Be sure to mention the IPA to receive the special group rate. The deadline for room reservations is February 10, 2012, however, the cost for rooms reserved after the deadline will remain at the group rate while rooms are available.

**Holiday Inn
Conference Center**
Deadline: February 10
2000 Loucks Rd.
York, PA 17408
717-846-9500
www.hiyork.com

Mention the IPA
Single or Double
rate: \$87. Or with
Full Breakfast for
all room occupants:
\$97.

Transportation

The *Harrisburg International Airport* is located 26 miles (30 minutes) north of York Barbell Company. For routing information, please use www.Mapquest.com; the airport address is 510 Dauphin Dr., Middletown, PA 17057. For more airport information about directions, hotels, car rental, and limousine services, please visit www.flyhia.com/directions/directions.asp.

Baltimore Washington International Airport is located approximately 1 hour and 15 minutes south of York Barbell Company. Please visit BWI's website for detailed information regarding directions and car rentals at www.bwiairport.com. If you are driving, please visit www.mapquest.com or www.randmcnally.com for detailed directions to York Barbell Company from your home, 3300 Board Rd., York, PA 17406.

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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 (both equipped and unequipped): Professional (Pro), Elite Amateur and Amateur (Am). Qualification for these divisions is as follows:

Raw Pro Division: Anyone totaling a **Raw Professional (Pro)** total is entered into this division. Standard lifting rules apply, but 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 *Raw Pro Division* has its own world records. *Pro Raw* records will be kept in the Men's and Women's Junior (20-23), Open, Submaster, and Master Divisions only. There is no Teenage subdivision in the *Raw Pro Division*.

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

Raw Elite Amateur Division: The Elite Amateur Division is a drug free division. To qualify, the lifter must have a *Raw Pro* total. Every athlete is tested by method of urinalysis, and the lifter pays for his/her own drug test.

Raw Equipment: This division requires that lifters use no supportive equipment except wrist wraps and a belt. A one-piece, non-supportive singlet must be worn.

IPA PROFESSIONAL CLASSIFICATION TOTALS (EQUIPPED AND RAW)

MEN'S DIVISIONS

PROFESSIONAL & ELITE AMATEUR

<i>Weight Class</i>	<u><i>Equipped</i></u>		<u><i>Unequipped</i></u>	
	PRO	M*	RAW PRO	RAW M*
114	1080	975	904	850
123	1180	1060	984	904
132	1330	1195	1059	974
148	1480	1330	1185	1087
165	1610	1450	1298	1190
181	1680	1510	1396	1279
198	1790	1610	1471	1354
220	1870	1680	1551	1476
242	1900	1710	1607	1497
275	1940	1745	1654	1518
308	1960	1765	1728	1594
SHW	1980	1785	1748	1614

WOMEN'S DIVISIONS

PROFESSIONAL & ELITE AMATEUR

<i>Weight Class</i>	<u><i>Equipped</i></u>		<u><i>Unequipped</i></u>	
	PRO	M*	RAW PRO	RAW M*
97	671	605	543	491
105	718	647	581	529
114	770	694	623	567
123	822	740	665	604
132	868	782	703	637
148	955	860	773	702
165	1030	928	853	759
181	1105	995	895	815
198	1168	1052	960	871
198+ (SHW)	1250	1126	1012	918

*M - Master

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