



2012 IPA NATIONAL POWERLIFTING & BENCH PRESS CHAMPIONSHIPS

WWW.IPAPOWER.COM

Chaillet's Private Fitness

General Information

- Date** NOVEMBER 17-18, 2012
- Location** York Barbell Company
3300 Board Rd., York, PA 17406
MANY THANKS TO YORK BARBELL COMPANY FOR SPONSORING THE FACILITIES FOR THE 2012 IPA NATIONAL 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 \$109. 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. No refunds for cancellations. If cancellation is due to injury or family emergency, we will credit the entry fee toward the next IPA event directed by Mark and Ellen Chaillet.**
- DIVISIONS: Raw and Equipped**
- Open Professional
 - Open Amateur
 - Elite Amateur
- 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
- LIFTING BEGINS EACH DAY AT 9:30 A.M.**
- Saturday**
Raw and Equipped
All Women and Teens.
All Men's Open, Junior, Submaster, Master, Police (Pro., Am., and Elite Am divs.).
Weight Classes: 114, 123, 132, 148, 165, 181 and 198 lb. weight classes.
- Sunday**
Raw and Equipped
All Men's Open, Junior, Submaster, Master, Police (Pro., Am., and Elite Am divs.).
Weight Classes: 220, 242, 275, 308 and SHW weight classes.
- Weigh-ins** **24 HOUR WEIGH-IN RULE IN EFFECT. ALL WEIGH-INS WILL TAKE PLACE AT YORK BARBELL COMPANY, 3300 Board Rd., York, PA, 17406.**
Friday, November 16: 10 A.M. – NOON, and 4 P.M. – 8 P.M.
Saturday, November 17: 6:30 A.M. – 8 A.M., and 3 P.M. – 6 P.M.
Sunday, November 18: 6:30 A.M. – 8 A.M.
- Rules** International Powerlifting Association (IPA) rules apply. Equipment must meet IPA specifications. One-piece lifting suit must be worn. ***For rules and regulations, visit the IPA website at www.IPAPOWER.com***
- Entry Fee** \$109 for the first division and \$55 for each additional division/s. **No refunds for cancellation. If cancellation is due to an injury or family emergency, we will credit the entry fee toward the next IPA event directed by Mark and Ellen Chaillet.**

NO CHECKS WILL BE ACCEPTED AFTER THE NOVEMBER 9TH DEADLINE. ONLY CASH OR MONEY ORDERS WILL BE ACCEPTED.

Deadline ENTRY DEADLINE IS NOVEMBER 9, 2012 OR UNTIL THE 65 LIFTER PER DAY LIMIT IS MET. Late entries may be accepted after November 9th 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 November 9, 2012.*

IPA Registration IPA cards will be available at the meet for \$30, and \$25 for teen athletes. *Cash or money order only accepted for IPA registration.*

To register in advance for an IPA membership, download a registration form or sign-up online through PayPal at www.IPAPOWER.com. Mailed registrations can be sent to: IPA, 190 Arsenal Rd., York, PA 17404.

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 the full power and bench only meets.

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

Bench Only (Raw and Equipped): Open divisions Men's Open (Pro & Am), Men's Master (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only)

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 official hotel for the IPA National 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 \$85 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 **October 15, 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: October 15
2000 Loucks Rd.
York, PA 17408
717-846-9500
www.hiyork.com

Mention the IPA
Single or Double
rate: \$85. Or with
Full Breakfast for
all room occupants:
\$95.

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.

REMEMBER, GET YOUR ENTRIES IN EARLY! THE DEADLINE IS NOVEMBER 9, 2012 OR WHEN THE 65 DAILY LIFTER LIMIT IS MET!



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, 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 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 *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 not a 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's, Women's, 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 that lifters use no equipment except wrist wraps and a belt.

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	1085	976	904	850
123	1210	1089	984	904
132	1300	1170	1059	974
148	1450	1305	1185	1087
165	1580	1422	1298	1190
181	1692	1523	1396	1279
198	1780	1602	1471	1354
220	1875	1687	1551	1476
242	1940	1746	1607	1497
275	2000	1800	1654	1518
308	2040	1836	1728	1594
SHW	2085	1876	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	680	612	543	491
105	732	659	581	529
114	790	711	623	567
123	857	771	665	604
132	895	805	703	637
148	953	858	773	702
165	1027	924	853	759
181	1192	1073	895	815
198	1149	1034	960	871
198+ (SHW)	1260	1134	1012	918

*M - Master

*Totals below those posted above are considered Amateur Classification totals.

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NOVEMBER 17-18, 2012

Mark Chaillet at 717-495-0024, Chailfit@yahoo.com or Ellen at Echaillet@aol.com
WWW.IPAPOWER.COM **DEADLINE: NOVEMBER 9, 2012**

<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"/> 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 _____	

OTHER FEES:

Entry Fee: **\$109 per division, \$55 each additional division**
SIGN UP ONLINE - PAYPAL! www.IPAPOWER.com
 Spectator Fees: \$12 daily \$22 2-day ticket
 \$5 daily children under 10 FREE children under 5
No charge either day for competitors.
 Coaches Fee: \$5 per day \$8 2-day ticket

Name: _____ Age _____ Birth Date _____

Street address: _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

PAYMENT CHOICE:

Check Money Order Credit Card

Visa Mastercard

Cardholder Name: _____ Card Number: _____

Cardholder Street Address: _____

City: _____ State: _____ Zip: _____

Exp. Month/Year: _____ 3-Digit CVC2 Security Number: _____

Payment must accompany entry form. Mailed entries must be postmarked by November 9, 2012! No personal checks will be accepted after November 9th! Please make checks payable to Mark Chaillet, 190 Arsenal Rd., York, PA 17404. Mark Chaillet: Chailfit@yahoo.com, Ellen Chaillet: echaillet@aol.com.

RELEASE FROM LIABILITY

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release and fully discharge the International Powerlifting Association (IPA), Chaillet's Private Fitness, Inc., York Barbell Company, Inc., their respective officers, directors, employees, agents, and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly or in any way associated with my participation in the powerlifting competition sponsored by Chaillet's Private Fitness, Inc.

I represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of powerlifting.

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 IPA 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 (in full) of applicant Date

Signature (in full) of parent or guardian if applicant Date
is under 21 years of age.