



2013 IPA NATIONAL POWERLIFTING & BENCH PRESS CHAMPIONSHIPS

(www.ipapower.com)

Chaillet's Private Fitness

General Information

- Date** November 16-17, 2013
- Location** York Barbell Company
3300 Board Rd., York, PA 17406
**MANY THANKS TO YORK BARBELL COMPANY FOR SPONSORING
THE VENUE FOR THE 2013 IPA NATIONALS!**
- Directors** Mark and Ellen Chaillet, sponsored by Chaillet's Private Fitness.
Mark: (717) 495-0024 chailfit@yahoo.com, Ellen: ipapower2@gmail.com
- Entry Fees** ENTRY FEE PER DIVISION, PER LIFTER IS \$109 (\$113 PayPal). Crossover - \$55 (\$57 PayPal) per division.
- Divisions** There are 2 divisions: Amateur is a drug-tested division 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 9:00 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 15: 10 A.M. – NOON, and 4 P.M. – 8 P.M.
Saturday, November 16: 6:30 A.M. – 8 A.M., and 4 P.M. – 6 P.M.
Sunday, November 17: 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 (\$113 PayPal) for the first division and \$55 (\$57 Paypal) 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 7, 2013 DEADLINE.
ONLY CASH OR MONEY ORDERS WILL BE ACCEPTED.

Deadline ENTRY DEADLINE IS NOVEMBER 7, 2013 OR UNTIL THE 60 LIFTER PER DAY LIMIT IS MET. Late entries may be accepted after November 7 through to the day of the meet, but will not be accepted if received after the 60 lifter limit is met. *There is a \$25 late fee for all entries postmarked after November 7, 2013.*

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

To register in advance for an IPA membership, download a registration form or sign-up online through PayPal at www.IPAPOWER.com.

Mail registrations 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:** Open divisions (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only), Master (Pro & Am).

Bench Only: 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 Comfort Inn Corporate Gateway is the official hotel for the IPA 2013 IPA National Powerlifting & Bench Press Championships. The Comfort is offering special rates for our group. **Be sure to mention the International Powerlifting Association or IPA to receive the special rate of \$89 per night, single or double occupancy.** The Comfort Inn Corporate Gateway received its Gold Award Hospitality rating from Choice Hotels International. It is the closest hotel, located just down the street (2 miles) from York Barbell Company.

Included in the price of each room is a deluxe continental breakfast. Jacuzzi suites are available. Included in the amenities are: high speed wireless internet, microwave, refrigerator, in-room safe, ironing board and iron, hair dryer, and much more. Check-in is at 3 pm, check-out is at 11 am.

To reserve a room, call (717) 699-1919. **Be sure to mention the International Powerlifting Association or IPA to receive the special group rate. The deadline for room reservations is October 24, 2013, however, the cost for rooms reserved after the deadline will remain at the group rate while rooms are available.**

Comfort Inn
Corporate
Gateway
October 24 Deadline
2250 N. George St.
York, PA 17402
(717) 699-1919
Exit 22 off I-83

Mention the IPA
Single or Double
rate: \$89/night
Continental
Breakfast Included

Transportation

The Harrisburg International Airport is located 26 miles (30 minutes) north of York Barbell Company. For routing purposes 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.googlemaps.com for detailed directions to York Barbell Company (3300 Board Rd., York, PA 17406).

REMEMBER, GET YOUR ENTRIES IN EARLY! THE DEADLINE IS NOVEMBER 7, 2013 OR WHEN THE 60 DAILY LIFTER LIMIT IS MET!



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

The IPA has two divisions: *Professional and Amateur* so all lifters can co-exist under the umbrella of one Association. The **Professional Division:** Standard lifting rules apply (*please see Personal Equipment section of Rule Book*). The division is open to anyone who wants to enter as a Professional, no matter what he or she totals. The Pro Division is a **non-drug tested division**. The *Pro Division* has its own world and state records. Records will be kept in all subdivisions, except for Special Olympics.

Amateur Division: Standard lifting rules apply (*please see Personal Equipment section of Rule Book*). The division is open to anyone who wants to enter the Amateur division, no matter what he or she totals. **It is a 100% Drug Free Division.**

Lifters **will be tested for anabolic steroids through the use of urinalysis**. Testing will be random and chosen by the Meet Director. Lifters can be tested at any time during the meet at the Meet Director's discretion. An Amateur lifter must be prepared to provide a sample of his/her urine after competing if randomly chosen (there is no charge for the Amateur Division lifters unless the test results are positive). To protect the integrity of the drug test, the urine sample must be processed by the appropriate official.

If urinalysis test results are negative, the meet director will absorb the cost of the drug test. If urinalysis test results are positive, the lifter will be responsible for all expenses associated with the drug test. Subsequently, all of the lifter's records and accomplishments to date will be disqualified, and the lifter will be suspended from IPA competition for life.

If the lifter enters a meet as an *Amateur* and totals a *Professional* total, he/she will be classified as an Amateur pending the results of 100% drug testing. Amateur records set or broken are pending drug test results. *Amateur* records will be kept in all subdivisions.

Raw Lifting: This division allows knee wraps (in the squat only), lifting belt and wrist wraps.

IPA PROFESSIONAL CLASSIFICATION TOTALS (EQUIPPED AND RAW)

MEN'S DIVISIONS

WOMEN'S DIVISIONS

Weight Class	<u>Equipped</u>		<u>Unequipped</u>		Weight Class	<u>Equipped</u>		<u>Unequipped</u>	
	PRO	M*	RAW PRO	RAW M*		PRO	M*	RAW PRO	RAW M*
114	1085	976	904	850	97	680	612	543	491
123	1210	1089	984	904	105	732	659	581	529
132	1300	1170	1059	974	114	790	711	623	567
148	1450	1305	1185	1087	123	857	771	665	604
165	1580	1422	1298	1190	132	895	805	703	637
181	1692	1523	1396	1279	148	953	858	773	702
198	1780	1602	1471	1354	165	1027	924	853	759
220	1875	1687	1551	1476	181	1192	1073	895	815
242	1940	1746	1607	1497	198	1149	1034	960	871
275	2000	1800	1654	1518	198+ (SHW)	1260	1134	1012	918
308	2040	1836	1728	1594					
SHW	2085	1876	1748	1614					

*M - Master

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



2013 IPA NATIONAL POWERLIFTING OFFICIAL ENTRY FORM

NOVEMBER 16-17, 2013
IPAPOW2@gmail.com

York Barbell Company
WWW.IPAPOWER.COM

Events: FULL POWER BENCH ONLY DEADLIFT ONLY IRONMAN

Gender: MALE FEMALE

Equipment: UNEQUIPPED EQUIPPED

Divisions: PROFESSIONAL AMATEUR ELITE AMATEUR

Sub-Divisions: Open Men Open Women Teen Junior Submaster Master Police

Weight Class **IPA Expiration Date** _____ **ENTRY DEADLINE: November 7, 2013**

FEES: **Entry Fee: \$109 (\$113 PayPal) per division, \$55 (\$57 PayPal) each additional division.**

Spectator Fees: \$12 daily \$22 2-day ticket
 \$5 daily children under 10 years, FREE if under 5 years.
No charge 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 7, 2013! No personal checks will be accepted after November 7th! Please make checks payable to Mark Chaillet, 190 Arsenal Rd., York, PA 17404. Mark Chaillet: Chailfit@yahoo.com, Ellen Chaillet: ipapower2@gmail.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.