



# 2013 IPA Connecticut State Open Power Lifting Championships

- Date:** September 21, 2013
- Location:** Powerhouse Gym (formerly Gold's of New Haven)  
31 Bernhard Rd., New Haven, CT 06473
- Information:** Jay Piccirillo, 203-650-8526. Make checks payable to Mark Hogan, 9 Wilson Ave., North Haven, CT 06473.
- Entry Fees** **ENTRY FEE PER DIVISION:**  
**Full Power: \$65      Bench Only: \$40      Crossover: \$20 per division.**
- Divisions** This meet includes two divisions: Amateur is a drug-tested division, and a non-drug tested, Professional division. **Drug testing is by urinalysis.**
- DIVISIONS: Raw and Equipped**
- Open Professional
  - Open 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
- Weigh-in** Saturday, September 21, 2013 - **8 am – 9:30 am at Powerhouse Gym**  
**LIFTING STARTS AT 10 AM, DISQUALIFIED IF ARRIVING LATE.**
- 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](http://www.IPAPOWER.com)*
- Deadline** **ENTRY DEADLINE IS September 15, 2013 OR UNTIL THE 60 LIFTER PER DAY LIMIT IS MET. Late entries may be accepted after September 15 through to the day of the meet, but will not be accepted if received after the 60 lifter limit is met. *There is a \$10 late fee for all entries postmarked after September 15, 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 IPA registration.*  
**To register in advance for an IPA membership, download a registration form or sign-up online through PayPal at [www.IPAPOWER.com](http://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 (Equipped and Raw):** Open divisions (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only), Master (Pro & Am).  
**Bench Only (Equipped and Raw):** Open divisions Men's Open (Pro & Am), Men's Master (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only)

## 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* pending the results of 100% drug testing. 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.

**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>Equipped</u>		<u>Unequipped</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

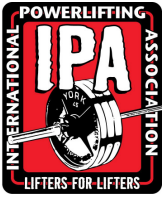
##### Professional & Elite Amateur

<i>Weight Class</i>	<u>Equipped</u>		<u>Unequipped</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.

**REMEMBER TO GET YOUR ENTRIES IN EARLY! THE DEADLINE IS  
SEPTEMBER 15, 2013 OR WHEN THE 60 LIFTER LIMIT IS MET!**



**Payment must accompany entry form.**  
**Mailed entries must be postmarked by September 15, 2013!**

**2013 IPA CONNECTICUT STATE OPEN  
POWERLIFTING & BENCH PRESS  
CHAMPIONSHIPS**

**OFFICIAL ENTRY FORM**

**SEPTEMBER 21, 2013  
Powerhouse Gym  
31 Bernhard Rd., New Haven, CT, 06473**

**CONTACT: JAY PICCIRILLO, 203-650-8526**

**ENTRY FEE PER DIVISION: Full Power: \$65    Bench Only: \$40    Crossover: \$20 per division.**

FULL POWER                       MAN                       AMATEUR                       RAW  
 BENCH ONLY                       WOMAN                       PROFESSIONAL

Open Men's                       Teen (age)                       Junior                       Submaster  
 Open Women                       Master (age)                       Police

**Weight Class** \_\_\_\_\_ **IPA Expiration Date** \_\_\_\_\_

Name: \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Street address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

**Mail entry forms & make check payable to:**  
**Mark Hogan, 9 Wilson Ave., North Haven, Ct. 06473.**