

IPA WINTER HEAT PUSH/PULL

JANUARY 25, 2014

Starting time: 11:00 AM

MEET DIRECTOR: SHAWNA MENDELSON & BLUECOLLAR BARBELL

SPONSORED BY: INZER ADVANCE DESIGNS; MET-RX NORTHEAST

**EVENT LOCATION: BLUE COLLAR BARBELL
140 KEYLAND CT, #23 BOHEMIA, NY**

**Make Checks Payable to: Shawna Mendelson, thenewgym@gmail.com,
516-993-6378.**

Mail entries to: 7 Cardinal Ct., Wheatley Heights, NY 11798

ELIGIBILITY: Open to all IPA Registered Athletes.

WEIGH-IN: **BLUE COLLAR BARBELL**
24 hour weigh in rule will apply.

Friday – JAN 24th

11:00am -2:00pm

6:00 pm – 7:00 pm

Saturday – JAN 25th

8:30 am – 9:00 am

Raw, and Multiply!

COMPETITION: Mandatory rules briefing Saturday at 9:30 am

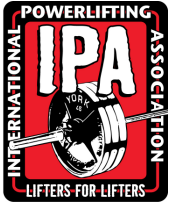
LIFTING SCHEDULE: SATURDAY JANUARY 25th. The meet will start at 11:00 am Sharp!

UNIFORM: Mandatory - Must have one piece lifting suit or wrestling singlet.
IPA Rules apply. IPA Rule Book available online at www.ipapower.com.

CONTEST LIFTS: Bench Press – Deadlift and/or Bench Press Only

ENTRY FEE: Push Pull \$80.00, \$60.00 Bench only!
JANUARY 11TH, 2014. \$20.00 late fee for any entries allowed in after the deadline.

AWARDS: 1-3rd place and Best Lifter in each category based on content of entries.



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)										
<u>MEN'S DIVISIONS</u>					<u>WOMEN'S DIVISIONS</u>					
<i>Weight Class</i>	<i>Equipped</i>		<i>Unequipped</i>		<i>Weight Class</i>	<i>Equipped</i>		<i>Unequipped</i>		
	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.



2014 IPA WINTER HEAT PUSH/PULL
JANUARY 25, 2014
OFFICIAL ENTRY FORM

Contact: Shawna Mendelson - thenewgym@gmail.com; 516-993-6378

Events: BENCH ONLY IRONMAN

Gender: MALE FEMALE

Equipment: RAW RAW CLASSIC MULTI-PLY

Divisions: PROFESSIONAL AMATEUR

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

Weight Class: **IPA Expiration Date:** _____

Name: _____ Age _____ Birth Date _____

Street address: _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

ENTRY DEADLINE: JANUARY 11, 2014

FEES: Push/Pull: \$80.00 per division
Bench Only: \$60.00 per division
Total Due: \$ _____

LATE FEE AFTER ENTRY DEADLINE OF JANUARY 11, 2014 - \$20

Paid: Cash Check Money Order/Cashiers Check

IPA MEMBERSHIPS MUST BE PAID FOR SEPARATELY FROM THE ENTRY. IPA CARDS ARE AVAILABLE FOR PURCHASE IN ADVANCE ONLINE AT WWW.IPAPOWER.COM/IPAMEMBERSHIP.HTM FOR AN ANNUAL FEE OF \$32. IF PAID FOR ON-SITE, CASH ONLY WILL BE ACCEPTED AND THE ANNUAL FEE IS \$30 FOR ADULTS, \$25 FOR TEENS.

Payment must accompany entry form. Mailed entries must be postmarked by January 11, 2014! Please make checks payable to Shawna Mendelson, and return to: 7 Cardinal Ct., Wheatley Heights, NY 11798.

Questions? Contact Shawna Mendelson, thenewgym@gmail.com, 516-993-6378

WAIVER

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the IPA, Shawna Mendelson, BLUE COLLAR BARBELL, their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the IPA WINTER HEAT PUSH/PULL MEET, JANUARY 25, 2014.

Signature of Applicant: _____

Date: _____