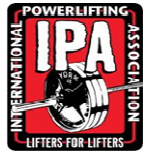


THE 2015
IPA BATTLE OF THE TITANS
March 14th 2015
CASH AND PRIZES!!



MEET DIRECTOR: IPA OHIO STATE CHAIRMAN DAVID HOFF AND SHAWNA MENDELSON

SUPPORTERS: WESTSIDE BARBELL, INZER ADVANCE DESIGNS, SWOLLEN KNUCKLES CLOTHING, AT LARGE NUTRITION

EVENT LOCATION: GREATER COLUMBUS CONVENTION CENTER

****MUST BE AN IPA MEMBER TO COMPETE, MUST SIGN UP FOR MEMBERSHIP AT WWW.IPAPOWER.COM NO CARDS WILL BE SOLD AT MEET!!**

Make Checks Payable to: DAVID HOFF

**Mail entries to: SHAWNA MENDELSON
7 CARDINAL CT, WHEATLEY HEIGHTS, NY 11798. 516-993-6378**

ELIGIBILITY: Open to all IPA Registered Athletes.

WEIGH-IN: WESTSIDE BARBELL
24 hour weigh in rule will apply.
Friday- MARCH 13th
8:30am -12:00pm
5:00 pm – 7:00 pm
Raw with Wraps, and Multiply!

COMPETITION: THIS MEET WILL BE RUN IN PLATES IN POUNDS, 65LB BULLDOG SQUAT BARS, 60LB BULLDOG BENCH BARS, 45LB TEXAS DEADLIFT BARS.

Mandatory rules briefing Saturday 8:00am (*Recommended all lifters attend rules briefing*)

LIFTING SCHEDULE: Saturday March 14th
The meets will start at 8:30 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: Full Power, Bench Press Only

ENTRY FEE: Sat Full Power \$150.00, Bench only \$100.00 Crossovers \$50.00
ALL ENTRIES MUST BE POST MARKED BY FEB 16TH 2015 . \$50.00 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.

******* THE BELOW TOTALS ARE THE QUALIFYING TOTALS FOR THE IPA "PRO" CASH MEETS ONLY!***
ALL OTHER MEETS WILL FOLLOW NORMAL PROTOCOL WHICH CAN BE FOUND AT www.IPAPower.Com**

IPA PROFESSIONAL CLASSIFICATION TOTALS (EQUIPPED AND RAW)

MEN'S DIVISIONS

<i>Weight</i>	<i>Equipped</i>	<i>Unequipped</i>
<i>Class</i>	PRO	RAW PRO
114	1200	1060
123	1300	1130
132	1400	1230
148	1650	1360
165	1750	1480
181	1810	1590
198	1900	1675
220	2050	1760
242	2150	1820
275	2250	1880
308	2350	1910
SHW	2450	1940

WOMEN'S DIVISIONS

<i>Weight</i>	<i>Equipped</i>	<i>Unequipped</i>	<i>BENCH ONLY</i>
<i>Class</i>	PRO	RAW PRO	MULTIPLY PRO DIV
97	748	630	148 500
105	805	670	165 550
114	870	710	181 600
123	965	810	198 650
132	1010	850	220 700
148	1150	925	242 750
165	1200	975	275 800
181	1300	1055	308 840
198	1350	1090	SHW 870
198+ (SHW)	1450	1190	

*PRO MULTIPLY AND RAW TOTALS ONLY. FULL POWER AND BENCH PRESS ONLY



2015 Battle of the Titans

Official Entry Form



Events: FULL POWER BENCH ONLY

Gender: MALE FEMALE

Equipment: RAW CLASSIC MULTI-PLY

Divisions: PROFESSIONAL AMATEUR

Sub-Divisions: Open Men Pro Open Women Pro Sat

Amateur Men Amateur Women Teen Master

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

Name: _____ Age _____ Birth Date _____

Street address: _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

ENTRY DEADLINE: FEBRUARY 16TH, 2015

FEES:

Full Power	\$150.00 per division
Bench Only:	\$100.00 per division
Crossover:	\$50.00
Total Due:	\$ _____

LATE FEE AFTER ENTRY DEADLINE OF FEBRUARY 16TH, 2015 - \$50

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. MUST PURCHASE AN IPA CARD ONLINE ONLY! NO MEMBERSHIPS WILL BE ACCEPTED AT THE MEET!

Payment must accompany entry form. Mailed entries must be postmarked by FEBRUARY 16TH, 2015!

Please make checks payable to DAVID HOFF.

SEND ALL ENTRIES TO SHAWNA MENDELSON 7 Cardinal CT Wheatley Heights, NY 11798

Questions? (516) 993-6378 Shawna Mendelson. If I do not answer the phone please leave me a VM I will return your call., bluecollarbarbell1@gmail.com

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, WESTSIDE BARBELL; David Hoff, Donnie Thompson their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the 2015 IPA Battle of the Titans MARCH 14TH.

Signature of Applicant: _____

Date: _____