



# 2015 IPA Connecticut State Open Power Lifting Championships October 03, 2015

**Date:** October 03, 2015

**Location:** Powerhouse Gym  
31 Bernhard Rd., New Haven, CT 06473

**Information:** Jay Piccirillo, 203-650-8526. Make checks payable to Jay Piccirillo, 712 Madison Ave., Bridgeport, Conn. 06606 jayice712@aol.com

**Entry Fees** **ENTRY FEE PER DIVISION:**  
**Full Power: \$95 Bench Only: \$95 Crossover: \$60 per division. Team: \$75**

**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, October 03, 2015 **8 am – 9:30 am at Powerhouse Gym**  
**LIFTING STARTS AT 10 AM, DISQUALIFIED IF ARRIVING LATE.**  
No walk-ins accepted on the day of the meet

**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, 2015 OR UNTIL THE 60 LIFTER PER DAY LIMIT IS MET.** Late entries **may** be accepted *cash only* after September 20 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, 2015.*

**IPA Registration** IPA cards must be presented at the meet. *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, bench and first place team only award.

**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 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

<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.

**REMEMBER TO GET YOUR ENTRIES IN EARLY! THE DEADLINE IS  
SEPTEMBER 15, 2015 OR WHEN THE 60 LIFTER LIMIT IS MET!**



**Payment must accompany entry form.**  
**Mailed entries must be postmarked by September 15, 2015**

**2015 IPA CONNECTICUT STATE OPEN  
 POWERLIFTING CHAMPIONSHIPS**

**OFFICIAL ENTRY FORM**

**October 03, 2015  
 Powerhouse Gym  
 31 Bernhard Rd., New Haven, CT, 06473**

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[jayice712@aol.com](mailto:jayice712@aol.com)**

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<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"/> 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	
<b>Weight Class</b> _____	IPA Expiration Date _____		

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

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

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

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

**Mail entry forms & make check payable to:  
 Jay Piccirillo 712 Madison Ave. Bridgeport, Connecticut 06606**