



2015 IPA NATIONAL POWERLIFTING & BENCH PRESS CHAMPIONSHIPS

www.ipapower.com

Chaillet's Private Fitness

General Information

- Date** November 21-22, 2015
- Location** York Barbell Company
3300 Board Rd., York, PA 17406
MANY THANKS TO YORK BARBELL COMPANY FOR SPONSORING THE VENUE FOR THE 2015 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 \$129, Crossover - \$55 per division.
Divisions There are 2 divisions: Amateur is a drug-tested division and Professional is non-drug tested. **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 9:30 A.M.**
- Saturday**
Raw and Equipped
All Women and Teens.
All Men's Open, Junior, Submaster, Master, Police (Pro. & 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 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 20: 10 A.M. – NOON, and 5 P.M. – 8 P.M.
Saturday, November 21: 6:30 A.M. – 8 A.M., and 4 P.M. – 6 P.M.
Sunday, November 22: 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** \$129 for the first division and \$55 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 16, 2015 DEADLINE. ONLY CASH OR MONEY ORDERS WILL BE ACCEPTED.

Deadline

ENTRY DEADLINE IS NOVEMBER 16, 2015 OR UNTIL THE 60 LIFTER PER DAY LIMIT IS MET. Late entries may be accepted after November 16 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 16, 2015.*

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.*

You must purchase your IPA Membership in advance of weigh-ins. Cards will not be sold on-site. Go to http://www.ipapower.com/join_ipa.html for a downloadable membership application or to sign up online via PayPal.

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 closest hotel for the IPA Senior National Powerlifting Championships. **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. The hotel is located at: 2250 N. George St., York, PA, 17402. Exit 22 off I-83.

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.

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 16, 2015 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

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

