



# 2016 IPA NATIONAL POWERLIFTING & BENCH PRESS CHAMPIONSHIPS

[www.ipapower.com](http://www.ipapower.com)

Chaillet's Private Fitness

## General Information

- Date** November 19-20, 2016
- Location** York Barbell Company  
3300 Board Rd., York, PA 17406  
**MANY THANKS TO YORK BARBELL COMPANY FOR SPONSORING THE VENUE FOR THE 2016 IPA NATIONALS!**
- Directors** Mark Chaillet and Ellen Chaillet, sponsored by Chaillet's Private Fitness.  
Mark: (717) 495-0024 [chailfit@yahoo.com](mailto:chailfit@yahoo.com), Ellen: [ipapower2@gmail.com](mailto:ipapower2@gmail.com)
- Entry Fees** ENTRY FEE PER DIVISION, PER LIFTER IS \$129, Crossover - \$60 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 18: 10 A.M. – NOON, and 5 P.M. – 8 P.M.  
Saturday, November 19: 6:30 A.M. – 8 A.M., and 4 P.M. – 6 P.M.  
Sunday, November 20: 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](http://www.IPAPOWER.com)**
- Entry Fee** \$129 for the first division and \$60 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 14, 2016 DEADLINE. ONLY CASH OR MONEY ORDERS WILL BE ACCEPTED.**

**Deadline** ENTRY DEADLINE IS **NOVEMBER 14, 2016** OR UNTIL THE 60 LIFTER PER DAY LIMIT IS MET. Late entries may be accepted after November 14 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 14, 2016.*

**IPA Registration** Open to all IPA Registered Athletes: Must show proof of IPA card at weigh-in. All entries in IPA sanctioned events must have a valid IPA registration card. Annual fee is \$35 for adults and \$30 for teens. There is a nominal service charge if membership is purchased online through PayPal.

**YOU MUST PURCHASE YOUR IPA MEMBERSHIP IN ADVANCE OF WEIGH-INS. CARDS WILL NOT BE SOLD ON-SITE. GO TO WWW.IPAPOWER.COM, JOIN US TAB FOR A DOWNLOADABLE MEMBERSHIP APPLICATION OR SIGN UP ONLINE VIA PAYPAL.**

**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, Raw and Equipped:** Open divisions (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only), Master (Pro & Am).

**Bench Only, Raw and Equipped:** 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. WE ARE NOT RESPONSIBLE FOR ANY LOST, STOLEN, OR FORGOTTEN ITEMS LEFT AT YORK BARBELL. WE WILL NOT SHIP ANY FORGOTTEN ITEMS LEFT AT YORK BARBELL.**

**Hotels**

**Comfort Inn:**

- Double Queen and King rooms are available (smoking or non-smoking).
- Check-in: 3 pm, Check-out: 11 am.
- Continental breakfast included.

2250 North George St., York, PA 17406, (717) 699-1919.

<http://www.comfortinn.com/ires/en-US/html/HotelHome?hotel=PA257>

**Homewood Suites by Hilton:**

- Studio rooms are available in this new hotel.
- Check-in: 3 pm, Check-out: 12 pm.
- Complimentary "Suite Start" hot breakfast every day.
- "Welcome Home" dinner buffet Monday – Thursday nights from 5 pm – 7 pm.

200 Masonic Drive, York, PA 17406, (717) 434-1848. [www.homewoodsuitesvork.com](http://www.homewoodsuitesvork.com).

**REMEMBER, GET YOUR ENTRIES IN EARLY! THE DEADLINE IS NOVEMBER 14, 2016 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 drug testing by urinalysis. 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.



# 2016 IPA NATIONAL POWERLIFTING OFFICIAL ENTRY FORM

NOVEMBER 19-20, 2016

[IPAPOWER2@gmail.com](mailto:IPAPOWER2@gmail.com)

York Barbell Company

[WWW.IPAPOWER.COM](http://WWW.IPAPOWER.COM)

**Events:**  FULL POWER     BENCH ONLY     DEADLIFT ONLY     IRONMAN

**Gender:**  MALE     FEMALE

**Equipment:**  UNEQUIPPED     EQUIPPED

**Divisions:**  PROFESSIONAL     AMATEUR

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

**Weight Class**            **IPA Expiration Date** \_\_\_\_\_ **ENTRY DEADLINE: November 14, 2016**

**FEES:**

**Entry Fee: \$129 per division, \$60 each additional division.**

**Spectator Fees:**    \$12    daily    \$22    2-day ticket  
\$5    daily children under 10 years, FREE if under 5 years.

**No charge for competitors.**

**Coaches Fee:**    \$5    per day    \$8    2-day ticket

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

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

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

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

**PAYMENT CHOICE:**

Check     Money Order     Credit Card

Visa     Mastercard

Cardholder Name: \_\_\_\_\_ Card Number: \_\_\_\_\_

Cardholder Street Address: \_\_\_\_\_

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

Exp. Month/Year: \_\_\_\_\_ 3-Digit CVC2 Security Number: \_\_\_\_\_

**Payment must accompany entry form. Mailed entries must be postmarked by November 14, 2016! No personal checks will be accepted after November 14th! Please make checks payable to Mark Chaillet, 190 Arsenal Rd., York, PA 17404. Mark Chaillet: [Chailfit@yahoo.com](mailto:Chailfit@yahoo.com), Ellen Chaillet: [ipapower2@gmail.com](mailto:ipapower2@gmail.com).**

**RELEASE FROM LIABILITY**

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release and fully discharge the International Powerlifting Association (IPA), Chaillet's Private Fitness, Inc., York Barbell Company, Inc., their respective officers, directors, employees, agents, and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly or in any way associated with my participation in the powerlifting competition sponsored by Chaillet's Private Fitness, Inc.

I represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of powerlifting.

I fully understand that if I enter the Am (drug tested) divisions, I may be selected to take a urinalysis test. If this test is found positive for anabolic steroids I (the signed applicant) will pay for the cost of this test. If the test is found to be negative, the IPA will pay for the test. By signing this release from liability, I irrevocably waive all rights, claims, demands, lawsuits and causes of action against everyone connected with this contest with regard to the result of any drug test. **I have read the above release, understand its meaning and consequences, and intend to be legally bound by its terms and have signed this release freely and voluntarily.**

Signature (in full) of applicant \_\_\_\_\_ Date \_\_\_\_\_

Signature (in full) of parent or guardian if applicant \_\_\_\_\_ Date \_\_\_\_\_  
is under 21 years of age.