

## BLUE COLLAR BARBELL PRESENTS THE NEW YORK GRAND PRIX POWERLIFTING CHAMPIONSHIPS APRIL 9<sup>TH</sup> 2016

Starting time: Promptly 9:00 AM
\*\*45 LIFTER CAP!! \*\*

MEET DIRECTOR: SHAWNA MENDELSON

SPONSORED BY: BLUE COLLAR BARBELL, INZER ADVANCE DESIGNS, BLACK WIDOW TRAINING

GEAR, BENCH BLOKZ, COALITION NUTRITION, AND WESTSIDE BARBELL.

EVENT LOCATION: CLARION HOTEL AND CONFERENCE CENTER 3845 VETERANS MEMORIAL HIGHWAY, RONKONKOMA NY \*\*USE BLUE COLLAR BARBELL FOR DISCOUNT CODE\*\* 631-585-9500

Make Checks Payable to: SHAWNA MENDELSON 140-23 KEYLAND COURT BOHEMIA, NY 11716

**ELIGIBILITY:** Open to all IPA Registered Athletes

(MUST REGISTER ONLINE @ WWW.IPAPOWER.COM)

WEIGH-IN: BLUE COLLAR BARBELL

140 KEYLAND CT BOHEMIA, NY

24 hour weigh in rule will apply.

FRIDAY -APRIL 8TH

9am -12:00PM

AT CLARION HOTEL 7PM-8:PM NO MORNING OF WEIGH-IN

Raw with Wraps, and Multiply only!

**COMPETITION:** Mandatory rules briefing Saturday at 8:30am

LIFTING SCHEDULE: Saturday APRIL 9<sup>TH</sup> 2015. The meet will start at 9:00 am Sharp!

**UNIFORM:** Mandatory - Must have one piece lifting suit or wrestling singlet, and long socks!

IPA Rules apply. IPA Rule Book available online at www.ipapower.com.

**CONTEST LIFTS:** Full Power, Bench Press – Deadlift and/or Bench Press Only

**ENTRY FEE:** \$125.00 Full Power, Push/Pull \$100.00, \$80.00 Bench Only!

March 12TH, 2016. \$50.00 late fee strictly enforced for any entries allowed in

after the deadline.

**AWARDS:** 1-3<sup>rd</sup> 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.

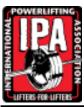
Amateur Division: Standard lifting rules apply (please see Personal Equipment section of Rule Book). The division is open to anyone who wants to enter the Amateur division, no matter what he or she totals. It is a 100% Drug Free Division. Any lifter breaking or setting an Open Amateur IPA World Record and/or wins a Best Lifter Award at any meet will be tested for steroids by urinalysis.

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.

MEN'S DIVISIONS					WOMEN'S DIVISIONS				
Weight	<u>Equipped</u>		<u>Unequipped</u>		Weight	<u>Equipped</u>		<u>Unequipped</u>	
Class	Pro	<b>M</b> *	RAW PRO	RAW M*	Class	Pro	<b>M</b> *	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



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CONTACT SHAWNA MENDELSON <u>BLUECOLLARBARBELL1@GMAIL.COM</u>

	DEADLIFT ONLY
Gender: ☐ MALE ☐ FEMALE	
<b>Equipment:</b> □ RAW CLASSIC □ MULTI-PLY	
<b>Divisions:</b> □ <b>PROFESSIONAL</b> □ <b>AMATEUR</b>	
<b>Sub-Divisions:</b> □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	
Push/Pull: \$100.00 per division	
Bench Only: \$80.00 per division Total Due: \$ LATE FEE AFTER ENTRY DEADLINE OF MARCH 121	ГН, 2016 - \$50
Total Due: \$	,
Total Due: \$ LATE FEE AFTER ENTRY DEADLINE OF MARCH 12T	rder/Cashiers Check Y. IPA CARDS ARE AVAILABLE FOR ERSHIP.HTM FOR AN ANNUAL FEE OF arked by MARCH 12th, 2016! 10-23 KEYLAND CT BOHEMIA NY