



**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](http://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.

IPA PROFESSIONAL CLASSIFICATION TOTALS (EQUIPPED AND RAW)									
<u>MEN'S DIVISIONS</u>					<u>WOMEN'S DIVISIONS</u>				
<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.



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APRIL 9TH 2016

CONTACT SHAWNA MENDELSON [BLUECOLLARBARBELL1@GMAIL.COM](mailto:BLUECOLLARBARBELL1@GMAIL.COM)

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

**Gender:**  MALE  FEMALE

**Equipment:**  RAW CLASSIC  MULTI-PLY

**Divisions:**  PROFESSIONAL  AMATEUR

**Sub-Divisions:**  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 \_\_\_\_\_

**ENTRY DEADLINE: MARCH 12TH, 2016**

**FEES:** Full Power \$125.00 per division  
Push/Pull: \$100.00 per division  
Bench Only: \$80.00 per division  
Total Due: \$ \_\_\_\_\_

**LATE FEE AFTER ENTRY DEADLINE OF MARCH 12TH, 2016 - \$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](http://WWW.IPAPOWER.COM/IPAMEMBERSHIP.HTM) FOR AN ANNUAL FEE OF \$32

**Payment must accompany entry form. Mailed entries must be postmarked by MARCH 12th, 2016!**

**Please make checks payable to Shawna Mendelson, and return to: 140-23 KEYLAND CT BOHEMIA NY 11716 Questions? Contact SHAWNA MENDELSON AT [BLUECOLLARBARBELL1@GMAIL.COM](mailto: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, BLUECOLLARBARBELL, CLARION HOTEL AND CONVENTION CENTER their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the Blue Collar Barbell NEW YORK GRAND PRIX POWERLIFTING CHAMPIONSHIPS

Signature of Applicant

Date