



The Corpus Christi Texas Police Officers Assn. Presents:

TITANS OF BENCH

JUNE 25, 2016

This Meet is Open to the Public

Sponsored by: Titan Support Systems, Rocks Discount Vitamins, Powerlifting Watch, Armadillo Chiropractic & Heavy Medal Fitness Apparel

General Information

- Date** June 25, 2016
- Location** CCPOA Hall, 3122 Leopard St., Corpus Christi, TX 78408, (361) 882-2762
- Directors** William Hobbs, work: (361) 886-2878, cell: (361) 730-3815, email: williamh@cctexas.com.
- Entry Fees** \$55.00 per lifter, \$20 each additional division. **BENCH ONLY DIVISION OFFERED.** (Raw, Single Ply, Multi-ply). **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 William Hobbs only.**
- Divisions** There are 2 divisions: Amateur which is a drug-tested division, and Professional which is a non-drug tested division. **Drug testing is by urinalysis.**
RAW AND EQUIPPED SUB-DIVISIONS:
- Open Men
 - Open Women
 - Teen (*men & women*)
 - Submaster (*men & women*)
 - Master (*men & women*)
 - Junior (*men & women*)
 - Police (*men & women*)
- 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
RULES CLINIC AT 9:30AM - LIFTING BEGINS EACH DAY AT 10AM
- Weigh-ins** CCPOA HALL, 3122 Leopard St., Corpus Christi, TX 78408
WEIGH-IN TIMES: Friday, June 24 – 6PM – 8PM, Saturday, June 25 – 6AM – 8AM
- 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.*
NO CHECKS WILL BE ACCEPTED AFTER THE JUNE 20, 2016 DEADLINE.
ONLY CASH OR MONEY ORDERS WILL BE ACCEPTED.
- Deadline** ENTRY DEADLINE IS **JUNE 20, 2016.**
- IPA Registration** IPA cards will be available at the meet for \$35, and \$30 for teen athletes. **To register in advance for an IPA membership, register online or download a registration form available on the IPA website at www.IPAPOWER.com.** Complete the IPA Registration Form online or print and return with payment along with your meet entry to IPA, 190 Arsenal Rd., York, PA 17404.
- Concessions:** Food and drinks will be sold on-site. Facility is located within minutes of the ocean/beaches.

A Portion of the Proceeds will be Donated to a Local Charity



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* 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)

REVISED CLASSIFICATION TOTALS!

MEN'S DIVISIONS

PROFESSIONAL & ELITE AMATEUR

<i>Weight Class</i>	<i>Equipped</i>		<i>Unequipped</i>	
	PRO	M*	RAW PRO	RAW M*
114	1085	976	904	850
123	1210	1089	984	904
132	1300	1170	1059	974
148	1450	1305	1185	1087
165	1580	1422	1298	1190
181	1692	1523	1396	1279
198	1780	1602	1471	1354
220	1875	1687	1551	1476
242	1940	1746	1607	1497
275	2000	1800	1654	1518
308	2040	1836	1728	1594
SHW	2085	1876	1748	1614

WOMEN'S DIVISIONS

PROFESSIONAL & ELITE AMATEUR

<i>Weight Class</i>	<i>Equipped</i>		<i>Unequipped</i>	
	PRO	M*	RAW PRO	RAW M*
97	680	612	543	491
105	732	659	581	529
114	790	711	623	567
123	857	771	665	604
132	895	805	703	637
148	953	858	773	702
165	1027	924	853	759
181	1192	1073	895	815
198	1149	1034	960	871
198+ (SHW)	1260	1134	1012	918

*M - Master

*Totals below those posted above are considered Amateur Classification totals.

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