

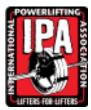
The Corpus Christi Texas Police Officers Assn. Presents: TITANS OF BENCH JUNE 25, 2016 <u>This Meet is Open to the Public</u>

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• Submaster (men & women)• Police (men & women)• Open Women• Master (men & women)• Junior (men & women)• Teen (men & women)• Junior (men & women)					
Weight Classes	Men:114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHWWomen:97, 105, 114, 123, 132, 148, 165, 181, 198, SHWRULES CLINIC AT 9:30AM - LIFTING BEGINS EACH DAY AT 10AM					
Weigh-ins	CCPOA HALL, 3122 Leopard St., Corpus Christi, TX 78408 <u>WEIGH-IN TIMES:</u> 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. <i>For rules and regulations, visit the IPA website at <u>www.IPAPOWER.com</u>. <u>NO CHECKS WILL BE ACCEPTED AFTER THE JUNE 20, 2016 DEADLINE.</u> <u>ONLY CASH OR MONEY ORDERS WILL BE ACCEPTED.</u></i>					
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 <u>www.IPAPOWER.com</u> . 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) <u>REVISED CLASSIFICATION TOTALS!</u>									
<u>MEN'S DIVISIONS</u> Professional & Elite Amateur					<u>WOMEN'S DIVISIONS</u> Professional & Elite Amateur				
Weight Class	<u>Equip</u> Pro	<u>ped</u> M*	<u>Unequ</u> Raw Pro	<u>uipped</u> RAW M*	Weight Class	<u>Equip</u> Pro	<u>ped</u> M*	<u>Unequ</u> Raw Pro	<u>uipped</u> RAW M*
114 123 132 148 165 181 198 220 242 275 209	1085 1210 1300 1450 1580 1692 1780 1875 1940 2000	976 1089 1170 1305 1422 1523 1602 1687 1746 1800	904 984 1059 1185 1298 1396 1471 1551 1607 1654	850 904 974 1087 1190 1279 1354 1476 1497 1518	97 105 114 123 132 148 165 181 198 198+ (SHW)	680 732 790 857 895 953 1027 1192 1149 1260	612 659 711 771 805 858 924 1073 1034 1134	543 581 623 665 703 773 853 895 960 1012	491 529 567 604 637 702 759 815 871 918
308 SHW *To	2040 2085 otals below	1836 1876 7 those j	1728 1748 posted a	1594 1614 above are o	considered Amateur	Classif	ication		Master

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CCPC	TITANS OF OFFICIAL ENT E 25, 2016 DEA DA Hall, 3122 Leopard St., O m Hobbs: <u>williamh@cctexas</u>	'RY FORM ADLINE: JUNE 20, 20 Corpus Christi, TX 784	408
BENCH ONLY		AMATEUR PROFESSIONAL	RAW
Open Men's Open Women Weight Class			Submaster
ENTRY FEES: \$ 55 per			
Name:		AgeBirt	h Date
Street address:			
City		State	Zip
Phone	Email Addre	ess	
PAYMENT CHOICE:	Check Money	Order	

<u>Payment must accompany entry form. Mailed entries must be postmarked by JUNE 20!</u> No personal checks will be accepted after JUNE 20. Please make checks payable to and mail to: The Corpus Christi Texas Police Officers' Association, CCPOA Hall, 3122 Leopard St., Corpus Christi, TX 78408.

IMPORTANT!! <u>SANCTIONED LIFTERS</u>: YOU MUST BE A MEMBER OF THE IPA TO COMPETE. MEMBERSHIPS MUST BE PAID FOR SEPARATELY FROM THE ENTRY. IPA CARDS ARE AVAILABLE FOR PURCHASE IN ADVANCE ONLINE AT <u>WWW.IPAPOWER.COM/IPAMEMBERSHIP.HTM</u> FOR AN ANNUAL FEE OF \$35 FOR ADULTS, AND \$30 FOR TEENS. <u>NON-SANCTIONED LIFTERS</u>: BASIC GYM RULES APPLY. SEE ENTRY FORM FOR DETAILS OR EMAIL THE MEET DIRECTOR FOR MORE INFORMATION. *Non-sanctioned lifters will not compete against sanctioned lifters. Non-sanctioned lifts are <u>NOT</u> counted as competitive lifts and will not be recorded in the meet results, however, they will receive an award. See entry form for more details.

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), **The Corpus Christi Texas Police Officers' Association**, 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 **The Corpus Christi Texas Police Officers' Association**.

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