

ULTIMATE ATHLETICS

March 5, 2016 Ultimate IPA Powerlifting

General Information

MEET DIRECTOR: James Howell – (607) 379-0200 *E-mail jh198@hotmail.com

EVENT LOCATION: Ultimate Athletics, MMA (www.UAGym.com)
40 Catherwood Road, Ithaca Mall
Ithaca, NY 14850
(607) 319-0685

MEET FEES: Entry fee* is \$125 for all lifters. Additional divisions - \$55 per division. \$100 Team Entry Fee.
(*Note. Includes free meet t-shirt.)

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 James Howell 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*)
- Police (*men & women*)
- Submaster (*men & women*)
- Master (*men & women*)
- Junior (*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

WEIGH-INS: **24-HOUR WEIGH-IN RULE APPLIES**
Weigh-ins: Friday, March 4th 10:00am-12:00pm, 6:00-8:00pm
Saturday, March 5th 7:30-9:00am
Location: Ultimate Athletics
40 Catherwood Road – Ithaca Mall, Ithaca, NY

EVENT START TIME: Saturday March 5, 2016, 10:00 AM
Mandatory Rules Meeting: Saturday March 5, 2016, at 9:30 AM

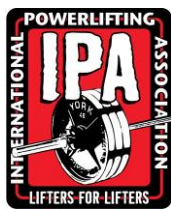
Rules International Powerlifting Association (IPA) rules apply. Equipment must meet IPA specifications. One-piece lifting suit must be worn. *For rules and regulations, visit the IPA website at www.IPAPOWER.com*

NO CHECKS WILL BE ACCEPTED AFTER THE February 19, 2016 DEADLINE. ONLY CASH OR MONEY ORDERS WILL BE ACCEPTED.

Deadline ENTRY DEADLINE IS **February 26, 2016** or sooner if the meet is filled.

IPA Registration IPA membership is required to participate and is available for \$35, and \$30 for teen athletes. To register 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 to IPA, 190 Arsenal Rd., York, PA 17404.

REMEMBER, GET YOUR ENTRIES IN EARLY! THE DEADLINE IS February 26, 2016!



**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

Weight Class	<u>Equipped</u>		<u>Unequipped</u>	
	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

Weight Class	<u>Equipped</u>		<u>Unequipped</u>	
	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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March 5, 2016 Ultimate IPA Powerlifting OFFICIAL ENTRY FORM WWW.IPAPOWER.COM

<input type="checkbox"/> FULL POWER	<input type="checkbox"/> MAN	<input type="checkbox"/> AMATEUR	<input type="checkbox"/> RAW
<input type="checkbox"/> BENCH ONLY	<input type="checkbox"/> WOMAN	<input type="checkbox"/> PROFESSIONAL	
		<input type="checkbox"/> ELITE AM	
<input type="checkbox"/> Open Men's	<input type="checkbox"/> Teen (age)	<input type="checkbox"/> Junior	<input type="checkbox"/> Submaster
<input type="checkbox"/> Open Women	<input type="checkbox"/> Master (age)	<input type="checkbox"/> Police	
Weight Class _____		IPA Expiration Date _____	

OTHER FEES: Entry Fee: \$125 per division, \$55 each additional division

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 February 26, 2016. No personal checks will be accepted after February 19, 2016. Please make checks payable to: James Howell and send to: James Howell at 244 Piper Road, Newfield, NY 14867.

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), James Howell, Meet Director, Ultimate Athletics, Chaillet's Private Fitness, 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 James Howell and Ultimate Athletics.

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.