



2018 IPA Connecticut Ironman Push/Pull Showdown

Date: March 3, 2018

Location: Powerhouse Gym, 31 Bernhard Rd., New Haven, CT 06473

Information: Mark Hogan, 203-623-6456, mhogan@promednutrition.com. Make checks payable to Mark Hogan, 9 Wilson Ave., North Haven, CT 06473.

Entry Fees **ENTRY FEE PER DIVISION:**
Push/Pull: \$85 Bench Only: \$85 Deadlift Only: \$85 \$55 for each Crossover. Team: \$50
NO CHECKS WILL BE ACCEPTED AFTER THE FEB. 24, 2018 DEADLINE. CASH OR MONEY ORDERS ONLY WILL BE ACCEPTED.

Divisions This meet includes two divisions: Amateur is a drug-tested division, and a non-drug tested, Professional division. **Drug testing is by urinalysis.**

DIVISIONS: Raw and Equipped

- Open Professional
- Open Amateur
- RAW
- EQUIPPED

SUB-DIVISIONS:

- Men
- Women
- Teen
- Police
- Submaster
- Master (all age divisions)
- Junior

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-in **Friday, March 2:** 4 pm – 8 pm. **Saturday, March 3** - 7:00 am – 8:00 am. Weigh-ins will take place next door to the gym. No walk-ins accepted on the day of the meet.

LIFTING STARTS AT 9:00 AM, DISQUALIFIED IF ARRIVING LATE.

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*

Deadline **ENTRY DEADLINE IS Feb. 24, 2018 OR UNTIL THE 50 LIFTER PER DAY LIMIT IS MET.** Late entries may be accepted ***cash only*** after Feb. 24, 2018 through to the day of the meet, but will not be accepted if received after the 50 lifter limit is met. ***There is a \$10 late fee for all entries postmarked after Feb. 24, 2018.***

IPA Registration Open to all IPA Registered Athletes: Must show proof of IPA card at weigh-in. All entries in IPA sanctioned events must have a valid IPA registration card. Annual fee is \$35 for adults and \$30 for teens. There is a nominal service charge if membership is purchased online through PayPal. **YOU MUST PURCHASE YOUR IPA MEMBERSHIP IN ADVANCE OF WEIGH-INS. CARDS WILL NOT BE SOLD ON-SITE. GO TO WWW.IPAPOWER.COM, JOIN US TAB FOR A DOWNLOADABLE MEMBERSHIP APPLICATION OR SIGN UP ONLINE VIA PAYPAL.**

Awards Custom trophies will be distributed to the first, second and third place winner in each weight class and every division and sub-division (to include full age divisions) in the full power, bench and first place team only award.

Best Lifters: **Full Power (Equipped and Raw):** Open divisions (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only), Master (Pro & Am).



Best Lifters: Bench Only (Equipped and Raw): Open divisions Men's Open (Pro & Am), Men's Master (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only)

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.**

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)									
MEN'S DIVISIONS					WOMEN'S DIVISIONS				
Weight CLASS	<u>Equipped</u>		<u>Unequipped</u>		Weight Class	<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	1149	1034	895	815
242	1940	1746	1607	1497	198	1192	1073	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.

**REMEMBER TO GET YOUR ENTRIES IN EARLY! THE DEADLINE IS
Feb. 24, 2018 OR WHEN THE 50 LIFTER LIMIT IS MET!**



Payment must accompany entry form.
Mailed entries must be postmarked by Feb. 24, 2018

**2018 IPA CONNECTICUT PUSH/PULL SHOWDOWN
OFFICIAL ENTRY FORM**

March 3, 2018
Powerhouse Gym
31 Bernhard Rd., New Haven, CT, 06473
CONTACT: Mark Hogan 203-623-6456
mhogan@promednutrition.com

ENTRY FEE PER DIVISION: Push/Pull: \$85. Bench Only: \$85 Deadlift Only: \$85 Crossover: \$55 per division.
Team: \$50

No walk-ins accepted on the day of the meet

<input type="checkbox"/> PUSH/PULL	<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"/> EQUIPPED
<input type="checkbox"/> DEADLIFT ONLY			
<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 CARD EXPIRATION DATE:- _____

Name: _____ Age _____ Birth Date _____

Street address: _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

Mail entry forms & make check payable to:
Mark Hogan 9 Wilson Ave., North Haven, Conn. 06473