



2013 IPA PENNSYLVANIA STATE POWERLIFTING CHAMPIONSHIPS

Chaillet's Private Fitness

Date	March 2, 2013
Location	York Barbell Company 3300 Board Rd., York, PA 17406
Directors	Mark and Ellen Chaillet, sponsored by Chaillet's Private Fitness. (717) 495-0024, ipapower2@gmail.com
Entry Fees	ENTRY FEE PER DIVISION, PER LIFTER IS \$99. Crossover - \$55 per division.
Divisions	There are 3 divisions: Amateur is a drug-tested division, Elite Amateur (fully drug tested, designed for those who total Pro, drug free); and a non-drug tested, Professional division. Drug testing is by urinalysis. <u>We will not issue refunds for cancellations for any reason. If cancellation is due to injury, we will credit the entry fee toward the next IPA event directed by Mark and Ellen Chaillet only.</u>
Weight Classes	<u>RAW AND EQUIPPED SUB-DIVISIONS:</u> <ul style="list-style-type: none"> • Open Men • Open Women • Teen (men & women) • Submaster (men & women) • Master (men & women) • Junior (men & women) • Police (men & women) Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW

LIFTING BEGINS AT 9:30 A.M.

Lifting Schedule: The number of sessions (one session, or two session - morning and afternoon) will depend on the number of entries. The composition of the sessions will be determined after the entry deadline date of February 23, 2013. Each session's classes will perform the squat, bench, and deadlift. Award ceremonies will follow each session. Single session lifting will begin at 9:30 A.M. Two session lifting: the morning session will begin at 9:30 A.M.; the afternoon session will begin at approximately 3 to 4 P.M., depending on the number of lifters in the morning session, injuries, equipment, etc.

Weigh-ins	<u>24 HOUR WEIGH-IN RULE IN EFFECT. ALL WEIGH-INS WILL TAKE PLACE IN THE GYM AT YORK BARBELL COMPANY, 3300 Board Rd., York, PA.</u> Friday, March 1: 10 A.M. – NOON, and 4 P.M. – 8 P.M. Saturday, March 2: 6:30 A.M. – 8 A.M.
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 www.IPAPOWER.com</i>
Entry Fee	\$99 for the first division and \$55 for each additional division/s. <u>Get your entry in early, lifting will be limited to 60 lifters per day! We will not issue refunds for cancellations due to any reason. If cancellation is due to an injury, we will credit the entry fee toward the next IPA event directed by Mark and Ellen Chaillet only.</u>

REMEMBER, GET YOUR ENTRIES IN EARLY! THE DEADLINE IS FEBRUARY 23, 2013 OR WHEN THE 60 DAILY LIFTER LIMIT IS MET!

NO CHECKS WILL BE ACCEPTED AFTER THE FEBRUARY 23th DEADLINE. ONLY CASH OR CREDIT WILL BE ACCEPTED.
CASH ONLY WILL BE ACCEPTED FOR ENTRIES PAID ON-SITE MARCH 1st – 2nd.

Deadline

ENTRY DEADLINE IS FEBRUARY 23 OR UNTIL THE 60 LIFTER PER DAY LIMIT IS MET. Late entries may be accepted after February 23 through to the day of the meet, but will not be accepted if received after the 60 lifter limit is met. *There is a \$25 late fee for all entries postmarked after February 23, 2013.*

IPA Registration

IPA cards will be available at the meet for \$30, and \$25 for teen athletes. *Cash only accepted for on-site IPA registration .*

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.

Awards

Custom awards will be distributed to the top three places in each weight class, division, and sub-division (including full age divisions).

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

The **PA State Champion of Champions Award** will be awarded to the best lifter overall based on coefficient total. The *Champion of Champions* award is in memory of two of PA's finest lifters and supporters, Dave Barno and John Newman.

LIFTERS MUST MAKE ARRANGEMENTS TO HAVE AWARDS PICKED UP. WE WILL NOT SHIP UNCLAIMED AWARDS.

Hotel

The Comfort Inn Corporate Gateway is the closest hotel for the IPA Senior National Powerlifting Championships. **The Comfort Inn Corporate Gateway** received its Gold Award Hospitality rating from Choice Hotels International. It is the closest hotel, located just down the street (2 miles) from York Barbell Company.

Included in the price of each room is a deluxe continental breakfast. There are Jacuzzi suites available. Included in the amenities are: free access to Gold's Gym next door, free high speed wireless internet, microwave, refrigerator, in-room safe, ironing board and iron, hair dryer, and much more. Check-in is at 3 pm, check-out is at 11 am. **To reserve a room, call (717) 699-1919.**

Transportation

The *Harrisburg International Airport* is located 26 miles (30 minutes) north of York Barbell Company. For routing information, please use www.Mapquest.com; the airport address is 510 Dauphin Dr., Middletown, PA 17057. For more airport information about directions, hotels, car rental, and limousine services, please visit www.flyhia.com/directions/directions.asp.

Baltimore Washington International Airport is located approximately 1 hour and 15 minutes south of York Barbell Company. Please visit BWI's website for detailed information regarding directions and car rentals at www.bwiairport.com. If you are driving, please visit www.mapquest.com or www.randmcnally.com for detailed directions to York Barbell Company from your home, 3300 Board Rd., York, PA 17406.

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PROFESSIONAL OR AMATEUR ... NEED HELP CHOOSING YOUR DIVISION?

The International Powerlifting Association (IPA) is an organization established as a "Lifters for Lifters" organization with three divisions, Professional (Pro), Elite Amateur and Amateur (Am). Qualification for these divisions is as follows:

Pro Division: Anyone who totals **Professional (Pro)** is entered into this division. Standard lifting rules apply, but the division is open to anyone who wants to enter as a Professional, no matter what he or she totals. There is no drug testing in this division. The *Pro Division* has its own world records. Records will be kept in the Men, Women, Junior, Open, Submaster, Raw, and Master Divisions only. There is not a Teenage or a Special Olympian Division in the *Pro Division*.

Amateur (Am) Division: This division is a very strict drug-free division. Any lifter under suspicion of drug use will be required to have a urinalysis test (same standards as the U.S. Olympic Committee). If the test is negative, the meet director will absorb the cost of the drug test. If the test results are positive, the lifter will be responsible for all expenses associated with the drug test, and all of the lifter's records and accomplishments to date will be considered disqualified. A lifter testing positive will be permanently banned from lifting in the *Am Division*. If the lifter enters the *Am Division* and totals a *Pro total*, the lifter will be classified as an *Amateur* in the meet he/she totals *pro*, but must compete in the *Pro* division in any subsequent IPA meets. The *Amateur Division* has its own elite and world records. *Amateur* records will be kept in the Men's, Women's, Teen (14-15, 16-17, 18-19), Junior (20-23), Open, Submaster, Raw, Master, Police, and Special Olympian Divisions.

Elite Amateur Division: This division is considered Amateur in that it is a completely drug free division. To qualify, the lifter must have a Pro total. Every athlete is tested by method of urinalysis, and the lifter pays for his/her own drug test.

Raw Lifting: This division requires that lifters use no equipment except wrist wraps, knee wraps (squat only) and a belt.

IPA PROFESSIONAL CLASSIFICATION TOTALS (EQUIPPED AND RAW)

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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Contact: (717) 495-0024, ipapower2@gmail.com

WWW.IPAPOWER.COM

DEADLINE: FEBRUARY 23, 2013

___ MAN ___ WOMAN	<u>DIVISION</u> ___ AMATEUR ___ PROFESSIONAL ___ ELITE AM ___ RAW	<u>SUBDIVISIONS</u> ___ OPEN MEN ___ OPEN WOMEN ___ TEEN ___ JUNIOR	___ SUBMASTER ___ MASTER ___ POLICE
Weight Class _____	IPA Expiration Date _____	<u>ENTRY FEE:</u>	

\$99 First Division **SPECTATOR:** \$12 adults
\$55 Each Additional Division \$5 children under 10
FREE children under 5
COACHES: \$5 per day (2 coaches/lifter)

Name: _____ Age _____ Birth Date _____

Street address: _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

PAYMENT CHOICE: Check Money Order Credit Card PayPal (www.ipapower.com)

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 and be postmarked be FEBRUARY 23, 2013! No personal checks will be accepted after FEBRUARY 23rd! Please make checks payable to: Mark Chaillet, 190 Arsenal Rd., York, PA 17404. We will not issue refunds for cancellations due to any reason. If cancellation is due to an injury, we will credit the entry fee toward the next IPA event directed by Mark and Ellen Chaillet only.

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), Chaillet's Private Fitness, Inc., York Barbell Company, 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 Chaillet's Private Fitness, Inc.

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.