THE 2015
IPA BATTLE OF THE TITANS
March 14th 2015
CASH AND PRIZES!!

MEET DIRECTOR: IPA OHIO STATE CHAIRMAN DAVID HOFF AND SHAWNA MENDELSON

SUPPORTERS: WESTSIDE BARBELL, INZER ADVANCE DESIGNS, SWOLLEN KNUCKLES CLOTHING, AT LARGE NUTRITION

EVENT LOCATION: GREATER COLUMBUS CONVENTION CENTER

**MUST BE AN IPA MEMBER TO COMPETE, MUST SIGN UP FOR MEMBERSHIP AT WWW.IPAPOWER.COM NO CARDS WILL BE SOLD AT MEET!!

Make Checks Payable to: DAVID HOFF

Mail entries to: SHAWNA MENDELSON
7 CARDINAL CT, WHEATLEY HEIGHTS, NY 11798. 516-993-6378

ELIGIBILITY: Open to all IPA Registered Athletes.

WEIGH-IN: WESTSIDE BARBELL
24 hour weigh in rule will apply.
Friday- MARCH 13th
8:30am -12:00pm
5:00 pm – 7:00 pm
Raw with Wraps, and Multiply!

COMPETITION: THIS MEET WILL BE RUN IN PLATES IN POUNDS, 65LB BULLDOG SQUAT BARS, 60LB BULLDOG BENCH BARS, 45LB TEXAS DEADLIFT BARS.

Mandatory rules briefing Saturday 8:00am *(Recommended all lifters attend rules briefing)*

LIFTING SCHEDULE: Saturday March 14th
The meets will start at 8:30 am Sharp!

UNIFORM: Mandatory - Must have one piece lifting suit or wrestling singlet.

CONTEST LIFTS: Full Power, Bench Press Only

ENTRY Fee: Sat Full Power $150.00, Bench only $100.00 Crossovers $50.00
ALL ENTRIES MUST BE POST MARKED BY FEB 16TH 2015 . $50.00 late fee for any entries allowed in after the deadline.

AWARDS: 1-3rd place and Best Lifter in each category based on content of entries.
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 100% drug testing. 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.

***** THE BELOW TOTALS ARE THE QUALIFYING TOTALS FOR THE IPA “PRO” CASH MEETS ONLY!***

ALL OTHER MEETS WILL FOLLOW NORMAL PROTOCOL WHICH CAN BE FOUND AT www.IPAPower.Com

<table>
<thead>
<tr>
<th>MENS DIVISIONS</th>
<th>WOMENS DIVISIONS</th>
<th>BENCH ONLY</th>
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<tbody>
<tr>
<td><strong>Weight</strong></td>
<td><strong>Equipped</strong></td>
<td><strong>Unequipped</strong></td>
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<tr>
<td>Class PRO RAW PRO</td>
<td>Class PRO RAW PRO</td>
<td>MULTIPLY PRO DIV</td>
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<tr>
<td>114 1200 1060</td>
<td>97 748 630</td>
<td>148 500</td>
</tr>
<tr>
<td>123 1300 1130</td>
<td>105 805 670</td>
<td>165 550</td>
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<td>132 1400 1230</td>
<td>114 870 710</td>
<td>181 600</td>
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<tr>
<td>148 1650 1230</td>
<td>123 965 810</td>
<td>198 650</td>
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<td>165 1750 1480</td>
<td>132 1010 850</td>
<td>220 700</td>
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<td>181 1810 1590</td>
<td>148 1150 925</td>
<td>242 750</td>
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<td>165 1200 975</td>
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<td>242 2150 1820</td>
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*PRO MULTIPLY AND RAW TOTALS ONLY. FULL POWER AND BENCH PRESS ONLY*
## 2015 Battle of the Titans
### Official Entry Form

**Events:** □ FULL POWER  □ BENCH ONLY

**Gender:** □ MALE  □ FEMALE

**Equipment:** □ RAW CLASSIC  □ MULTI-PLY

**Divisions:** □ PROFESSIONAL  □ AMATEUR

**Sub-Divisions:** □ Open Men Pro  □ Open Women Pro Sat
□ Amateur Men  □ Amateur Women  □ Teen  □ Master

<table>
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<tr>
<td>Full Power</td>
<td>$150.00 per division</td>
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<tr>
<td>Bench Only</td>
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<tr>
<td>Crossover</td>
<td>$50.00</td>
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**Weight Class:** ___________  **IPA Expiration Date:** ____________

**Name:** _______________________________________________  **Age:** _____  **Birth Date:** ________________

**Street address:** ________________________________________________________________________________

**City:** _______________________________  **State:** ________  **Zip:** ______________

**Phone:** _______________________________  **Email Address:** _______________________________________

**ENTRY DEADLINE:** FEBRUARY 16TH, 2015  
**LATE FEE AFTER ENTRY DEADLINE OF FEBRUARY 16TH, 2015:** $50

**Paid:** □ Cash  □ Check  □ Money Order/Cashiers Check

IPA MEMBERSHIPS MUST BE PAID FOR SEPARATELY FROM THE ENTRY. IPA CARDS ARE AVAILABLE FOR PURCHASE IN ADVANCE ONLINE AT WWW.IPAPOWER.COM/IPAMEMBERSHIP.HTM FOR AN ANNUAL FEE OF $32. MUST PURCHASE AN IPA CARD ONLINE ONLY! NO MEMBERSHIPS WILL BE ACCEPTED AT THE MEET!

Payment must accompany entry form. Mailed entries must be postmarked by FEBRUARY 16TH, 2015!

SEND ALL ENTRIES TO SHAWNA MENDELSON 7 Cardinal CT Wheatley Heights, NY 11798

Questions?  (516) 993-6378 Shawna Mendelson. If I do not answer the phone please leave me a VM I will return your call., bluecollarbarbell1@gmail.com

**WAIVER**

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the IPA, Shawna Mendelson, WESTSIDE BARBELL; David Hoff, Donnie Thompson their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the 2015 IPA Battle of the Titans MARCH 14th.

**Signature of Applicant:** __________________________  **Date:** __________________________