



2020 IPA PENNSYLVANIA STATE POWERLIFTING CHAMPIONSHIPS

Chaillet's Private Fitness

Date	February 29 – March 1, 2020 <i>YOU MUST BE A RESIDENT OF PENNSYLVANIA TO SET OR BREAK IPA PA STATE RECORDS.</i>
Location	York Barbell Company, 3300 Board Rd., York, PA 17406 <i>MANY THANKS TO YORK BARBELL COMPANY FOR SPONSORING THE BOB HOFFMAN AUDITORIUM FOR THE 2020 IPA PENNSYLVANIA STATE POWERLIFTING CHAMPIONSHIPS</i>
Directors	Mark Chaillet and Ellen Chaillet, sponsored by Chaillet's Private Fitness. (717) 495-0024, ipapower2@gmail.com
Entry Fees	ENTRY FEE PER DIVISION, PER LIFTER IS \$129. Crossover - \$60 per division. There are 2 divisions: Amateur is a drug-tested division 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> <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)
Divisions	
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 <u>SATURDAY:</u> Lifters include all women, teens, and men's weight classes 114, 123, 132, 165, 181, and 198 lbs. <u>SUNDAY:</u> Lifters include all men's weight classes 220, 242, 275, 308, and SHW <u>LIFTING BEGINS AT 9:30 A.M.</u> The composition of the sessions will be determined after the entry deadline date of February 24, 2020. The session classes will perform the squat, bench, and deadlift. Award ceremonies will follow. Lifting will begin at 9:30 A.M.
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, February 28: 8 am – 10 am and 5 pm – 8 pm Saturday, February 29: 6:30 am – 8 am and 3 pm – 5 pm Sunday, March 1: 6:30 am – 8 am
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	\$129 for the first division and \$60 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. NO CHECKS WILL BE ACCEPTED AFTER THE FEBRUARY 24TH DEADLINE. CASH ONLY WILL BE ACCEPTED FOR ENTRIES PAID ON-SITE FEBRUARY 29 – MARCH 1. SPACE IS ON AN AVAILABILITY BASIS, 60 LIFTER LIMIT PER DAY.</u>

THE DEADLINE IS FEBRUARY 24, 2020 OR WHEN THE 60 DAILY LIFTER LIMIT IS MET!

Deadline	ENTRY DEADLINE IS <u>FEBRUARY 24th</u> OR UNTIL THE 60 LIFTER PER DAY LIMIT IS MET. Late entries <u>may</u> be accepted after February 24th through to the day of the meet, but will not be accepted if received after the 60 lifter limit per day is met. <i>There is a <u>\$25 late fee for all entries postmarked after February 24, 2020.</u></i>
IPA Registration	<u>IMPORTANT!!</u> IPA CARDS WILL NOT BE AVAILABLE FOR PURCHASE AT THE MEET. 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 \$35 FOR ADULTS, AND \$30 FOR TEENS IF MAILED. ONLINE PURCHASES THROUGH PAYPAL ARE \$37 ADULTS AND \$32 TEENS.
Awards	<p>Custom awards will be distributed to the top three places in each weight class, division, and sub-division (including full age divisions).</p> <p>Best Lifters: <u>Full Power Only:</u> Open divisions (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only), Master (Pro & Am).</p> <p>The PA State Champion of Champions Award will be awarded to the overall best lifter based on coefficient total. The <i>Champion of Champions</i> award is in memory of two of PA's finest lifters and supporters, Dave Barno and John Newman.</p> <p><u>LIFTERS MUST MAKE ARRANGEMENTS TO HAVE AWARDS PICKED UP. WE WILL NOT SHIP UNCLAIMED AWARDS. WE ARE NOT RESPONSIBLE FOR ANY LOST, STOLEN, OR FORGOTTEN ITEMS LEFT AT YORK BARBELL. WE WILL NOT SHIP ANY FORGOTTEN ITEMS LEFT AT YORK BARBELL.</u></p>
Hotel	<p>Hotels closest to York Barbell Company include:</p> <p><u>Comfort Inn:</u></p> <ul style="list-style-type: none"> • Double Queen rooms (smoking or non-smoking) and King rooms are available. • Check-in: 3 pm, Check-out: 11 am. • Continental breakfast included. <p>2250 North George St., York, PA 17406, (717) 699-1919.</p> <p>http://www.comfortinn.com/ires/en-US/html/HotelHome?hotel=PA257</p> <p><u>Homewood Suites by Hilton:</u></p> <ul style="list-style-type: none"> • Check-in: 3 pm, Check-out: 12 pm. • Complimentary "Suite Start" hot breakfast every day. <p>200 Masonic Drive, York, PA 17406, (717) 434-1800.</p> <p>http://homewoodsuites3.hilton.com/en/hotels/pennsylvania/homewood-suites-by-hilton-york-YRKHWHW/index.html</p>
Transportation	<p>The <i>Harrisburg International Airport</i> 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.</p> <p><i>Baltimore Washington International Airport</i> 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.</p>

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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)

MEN'S DIVISIONS

PROFESSIONAL

<i>Weight Class</i>	<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

<i>Weight Class</i>	<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	1149	1034	895	815
198	1192	1073	960	871
198+ (SHW)	1260	1134	1012	918

***M - Master**

*Totals below those posted above are considered Amateur Classification totals.

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