

2020 IPA PENNSYLVANIA STATE POWERLIFTING CHAMPIONSHIPS

Chaillet's Private Fitness

Date | February 29 – March 1, 2020

YOU MUST BE A RESIDENT OF PENNSYLVANIA TO SET OR BREAK IPA PA STATE

RECORDS.

Location York Barbell Company, 3300 Board Rd., York, PA 17406

MANY THANKS TO YORK BARBELL COMPANY FOR SPONSORING

THE BOB HOFFMAN AUDITORIUM FOR THE 2020 IPA PENNSYLVANIA STATE

POWERLIFTING CHAMPIONSHIPS

Directors Mark Chaillet and Ellen Chaillet, sponsored by Chaillet's Private Fitness.

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

Entry Fees Divisions

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.** 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.

RAW AND EQUIPPED SUB-DIVISIONS:

• Open Men • Submaster (men & women)

• Open Women • Master (men & women)

• Teen (men & women) • Junior (men & women) • Police (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

SATURDAY: Lifters include all women, teens, and men's weight classes 114, 123, 132, 165, 181,

and 198 lbs.

SUNDAY: Lifters include all men's weight classes 220, 242, 275, 308, and SHW

LIFTING BEGINS AT 9:30 A.M.

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

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. Friday, February 28: 8 am – 10 am and 5 pm – 8 pm

Saturday, February 29: 8 am = 10 am and 3 pm = 8 pm

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. For rules and regulations, visit the IPA website at

www.IPAPOWER.com

Entry Fee

\$129 for the first division and \$60 for each additional division/s. 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.

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. *There is a <u>\$25 late fee for all entries postmarked after February 24, 2020.</u>*

IPA Registration

IMPORTANT!! 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

Custom awards will be distributed to the top three places in each weight class, division, and subdivision (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 <u>PA State Champion of Champions Award</u> will be awarded to the overall best lifter 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. 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.

Hotel

Hotels closest to York Barbell Company include:

Comfort Inn:

- Double Queen rooms (smoking or non-smoking) and King rooms are available.
- Check-in: 3 pm, Check-out: 11 am.
- Continental breakfast included.
 2250 North George St., York, PA 17406, (717) 699-1919.

http://www.comfortinn.com/ires/en-US/html/HotelHome?hotel=PA257

Homewood Suites by Hilton:

- Check-in: 3 pm, Check-out: 12 pm.
- Complimentary "Suite Start" hot breakfast every day. 200 Masonic Drive, York, PA 17406, (717) 434-1800.

http://homewoodsuites3.hilton.com/en/hotels/pennsylvania/homewood-suites-by-hilton-york-YRKHWHW/index.html

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 <a href="www.



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.

MEN'S DIVISIONS PROFESSIONAL					CATION TOTALS (EQUIPPED AND RAW) WOMEN'S DIVISIONS PROFESSIONAL					
Weight Class	<u>Equip</u> Pro	<u>ped</u> M*	<u>Unequ</u> RAW PRO	uipped RAW M*	Weight Class	<u>Equip</u> Pro	<u>ped</u> M*	<u>Unequ</u> RAW PRO	uipped 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 - Mast			Master		

2020 PA STATE POWERLIFTING CHAMPIONSHIPS

FEBRUARY 29 – MARCH 1, 2020 DEADLINE: February 24, 2020
Contact: (717) 495-0024 ipanower 2@gmail.com www.ipanower.c

Contact: (717) 175 0021	ipupo werz	(w, Siliali.col	11	n mapaponei	·com								
Events: \square FULL POWER \square BENCH ON	LY 🗆	DEADLIF	T ONLY	□ IRONMA!	1								
Gender: □ MALE □ FEMALE													
Equipment: UNEQUIPPED EQUIPPED	ED												
<u>Divisions:</u> □ PROFESSIONAL □ AMATEU	JR												
Sub-Divisions: □Open Men □Open Women	□Teen	□Junior	□Submaster	□Master	☐ Police								
Weight Class IPA Expiration Date	<u>2</u>	ENTRY	Y FEE: 129.00/C	CROSSOVE	R: \$60.00								
\$129 First Division <u>SPEC</u> \$60 Each Additional Division	TATOR:	\$22 \$5	Adults per day Adults – 2-day ti Children under 1 Children under 5	0									
COA	CHES:	\$5	Per day (2 coache	es/lifter), \$8 - 2	-day ticket								
Name:		Age	Birth Date										
Street address:													
City		Stat	eZip _										
Phone Er													
PAYMENT CHOICE: Check Money	y Order 🗆	Credit Card	□Visa	☐Mastercard									
Cardholder Name:	Card N	Number:											
Cardholder Street Address:													
City:													
Exp. Month/Year: Payment must accompany entry form and be powill be accepted after FEBRUARY 24TH! Please York, PA 17404. We will not issue refunds for call we will credit the entry fee toward the next IPA even	se make cho ncellations o	ecks payabl lue to any re	e to: Mark Cha ason. If cancellat	illet, 190 Arsoion is due to a	enal Rd.,								
RELEASE FROM LIABILITY On behalf of myself, my heirs, executors, administrators, Powerlifting Association (IPA), Chaillet's Private Fitness, Inc., Yor shareholders, of and from any and all rights, claims, demands, laws directly, indirectly or in any way associated with my participation in I represent that I know of no medical reason or condition all risk of accidental, medical injury or consequential damages resured powerlifting. I fully understand that if I enter the Am (drug tested anabolic steroids I (the signed applicant) will pay for the cost of this release from liability, I irrevocably waive all rights, claims, demand regard to the result of any drug test. I have read the above release, terms and have signed this release freely and voluntarily.	k Barbell Comuits, and causes the powerlift that would implifting from my plotting from my plotting from the test is, lawsuits and punderstand it	pany, Inc., their of action due to ng competition sair my ability to participation. I aday be selected to tis found to be causes of actions meaning and	respective officers, die or arising from any a sponsored by Chaillet' participate in this even cknowledge, understar to take a urinalysis test negative, the IPA will a against everyone con consequences, and in	rectors, employees ccident, injury, da is Private Fitness, I int, and I hereby as and and accept the i i. If this test is fou pay for the test. B nected with this contend to be legally	s, agents, and mage or loss inc. sume any and nherent risks nd positive for y signing this pottest with bound by its								
Signature (in full) of applicant Date	Sig	gnature (ın full)	of parent or guardian i	t applicant	Date								

is under 21 years of age.