

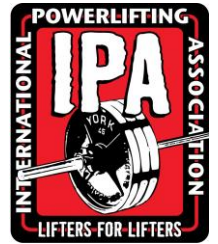


CHAILLET'S
PRIVATE FITNESS

ON TARGET PERSONAL TRAINING

2023 IPA NATIONAL & PENNSYLVANIA STATE POWERLIFTING CHAMPIONSHIPS

(www.ipapower.com)



**PA RESIDENTS ARE ELIGIBLE TO SET OR BREAK PA STATE RECORDS.
ALL ARE ELIGIBLE TO SET OR BREAK IPA WORLD RECORDS.**

General Information

Date November 18-19, 2023

Location



3300 Board Rd., York, PA 17406

**MANY THANKS TO YORK BARBELL COMPANY FOR SPONSORING
THE VENUE FOR THE 2023 IPA NATIONALS/PA STATE'S!**

Directors

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

Mark: (717) 495-0024 chailfit@yahoo.com, Ellen: ipapower2@gmail.com

Entry Fee

ENTRY FEE PER DIVISION, PER LIFTER IS

\$150-ADULTS

\$125-TEENS

CROSSOVER - \$75 per division.

There are 2 divisions: Amateur is a drug-tested division and Professional is non-drug tested. **Drug testing is by urinalysis. No refunds for cancellations. If cancellation is due to injury or family emergency, we will credit the entry fee toward the next IPA event directed by Mark and Ellen Chaillet. NO CHECKS WILL BE ACCEPTED AFTER THE NOVEMBER 13, 2022 DEADLINE. ONLY CASH OR MONEY ORDERS WILL BE ACCEPTED.**

DIVISIONS: Raw and Equipped

- Open Professional
- Open Amateur
- Elite Amateur

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

Weight Classes Women:

97, 105, 114, 123, 132, 148, 165, 181, 198, SHW

LIFTING BEGINS EACH DAY AT 9:30 A.M.

Saturday

Raw and Equipped

All Women and Teens.

All Men's Open, Junior, Submaster, Master, Police (Pro. & Am Divs.).

Weight Classes: 114, 123, 132, 148, 165, 181 and 198 lb. weight classes.

Sunday

Raw and Equipped

All Men's Open, Junior, Submaster, Master, Police (Pro & Am Divs.).

Weight Classes: 220, 242, 275, 308 and SHW weight classes.

**PLEASE DO NOT COMBINE PAYMENT FOR YOUR IPA MEMBERSHIP WITH THIS ENTRY FORM.
VISIT <https://www.ipapower.com/join/> TO PURCHASE YOUR MEMBERSHIP SEPARATELY.**

THE ENTRY DEADLINE IS NOVEMBER 13, 2023 OR THE 60 LIFTER DAILY LIMIT!

- Weigh-ins** **24 HOUR WEIGH-IN RULE IN EFFECT. ALL WEIGH-INS WILL TAKE PLACE AT YORK BARBELL COMPANY, 3300 Board Rd., York, PA, 17406.**
Friday, November 17 (*Sat. lifters only*) _____ 8 am-10 am and 5 pm-7 pm
Saturday, November 18 _____ 6:30 am- 8 am and 3 pm-5 pm
(*Sat. am only & Sun. lifters am & pm*)
Sunday, November 19 (*Sun. lifters only*) _____ 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** \$150 – Adults, \$125-Teens for the first division and \$75 for each additional division/s. **No refunds for cancellation. If cancellation is due to an injury or family emergency, we will credit the entry fee toward the next IPA event directed by Mark and Ellen Chaillet.**
NO CHECKS WILL BE ACCEPTED AFTER THE NOVEMBER 13, 2023 DEADLINE.
- Deadline** **ENTRY DEADLINE IS NOVEMBER 13, 2023 OR UNTIL THE 60 LIFTER PER DAY LIMIT IS MET.** Late entries may be accepted after November 13 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 November 13, 2023.*
- 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.

*****PLEASE DO NOT SEND YOUR IPA MEMBERSHIP REGISTRATION FORM AND PAYMENT WITH THIS ENTRY FORM.*****

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.

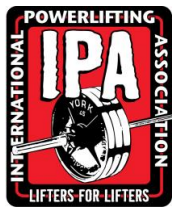
- Awards** Custom awards will be distributed to the top three places in each weight class and every division and sub-division (to include full age divisions) in the full power and bench only meets. A **Champion of Champions Award** will be awarded to the overall best lifter based on coefficient total.

BEST LIFTERS: FULL POWER ONLY, Raw and Equipped: Open divisions (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only), Master (Pro & Am).

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.

- Closest Hotels** **Comfort Inn:**
2250 North George St., York, PA 17406, (717) 699-1919.
Homewood Suites by Hilton:
200 Masonic Drive, York, PA 17406, (717) 434-1848.

THE ENTRY DEADLINE IS NOVEMBER 13, 2023 OR THE 60 LIFTER DAILY LIMIT!



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.

Professional Division: Standard lifting rules apply (*please see Personal Equipment section of Rule Book at www.ipapower.com*). 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 at www.ipapower.com*). 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

<i>Weight Class</i>	<u><i>Equipped</i></u>		<u><i>Unequipped</i></u>		<i>Weight Class</i>	<u><i>Equipped</i></u>		<u><i>Unequipped</i></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.

