

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

November 18-19, 2023

Where it all began...

YORK
BARBELL

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 SUB-DIVISIONS:

Open ProfessionalMenSubmaster

Open Amateur
 Women
 Master (all age divisions)

Elite AmateurTeenJunior

• Police

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 All Women and Teens.

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

Raw and Equipped 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 <u>NOVEMBER 13, 2023</u> OR UNTIL THE 60 LIFTER PER DAY LIMIT IS MET. Late entries <u>may</u> 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 WEIGHINS. CARDS WILL NOT BE SOLD ON-SITE. GO TO <u>WWW.IPAPOWER.COM</u>, "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 <u>Champion of Champions Award</u> 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.



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					
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					I		
SHW	2085	1876	1748	1614					*M - I	Master	
*Totals below those posted above are considered Amateur Classification totals.											



2023 IPA NATIONAL & PA STATE POWERLIFTING OFFICIAL ENTRY FORM

NOVEMBER 18-19, 2023 <u>IPAPOWER2@gmail.com</u>

York Barbell Company WWW.IPAPOWER.COM

Events: □ FULL PO	WER 🗆 1	BENCH ON	LY 🗆	DEADLII	FT ONLY	□ IRONMA	N	
Gender: □ MALE	□ FEMALE			Payment f	for your IPA Me	embership must be	e made	
Equipment: \square UNE	QUIPPED	□ EQUIPPE	D	separate f	orm. Do not comb nembership fee.			
Divisions: □ PROFE	ESSIONAL	□ AMATEU	R	entry rec	with your II A ii	embersiip tee.		
Sub-Divisions: □Ope	en Men □Op	en Women	□Teen	□Junior	□Submaste	r □Master	☐ Police	
Weight Class	IPA Exp	oiration Date		<u>ENTR</u>	Y DEADLIN	E: NOVEMBE	R 13, 2023	
FEES:	Entry Fee: Adu			Teens, \$75				
	Spectator Fees:		daily under 10 y	years. \$22 2-day ticket No charge for competitors.				
	Coaches Fee:	\$5			\$8			
Name:				Age	Birth D	ate		
Street address:								
City					State	Zip		
Phone		Em	ail Address	·				
PAYMENT CHOICE	E: Check Visa	☐ Maste	ercard					
Cardholder Name:			C	ard Numbe	er:			
Cardholder Street Add	lress:							
City:Exp. Month/Year:			S 3-Digit CV	state: /C2 Securit	Zıp tv Number:	:		
Exp. Month/Year:								
Powerlifting Association (IPA shareholders, of and from any directly, indirectly or in any v I represent that I kn all risk of accidental, medical of powerlifting. I fully understand the anabolic steroids I (the signed release from liability, I irrevo regard to the result of any druterms and have signed this in the signed that it is the signed to the result of any druterms and have signed this in the signed that it is the signed that i	f, my heirs, executors A), Chaillet's Private and all rights, claim way associated with row of no medical readinjury or consequent that if I enter the Am all applicant) will pay a cably waive all rights ag test. I have read the release freely and vo	Fitness, Inc., Yorls, demands, lawsuny participation in ison or condition that damages result (drug tested) division the cost of this s, claims, demands the above release, pluntarily.	s Barbell Compits, and causes the powerlifting hat would impating from my poions, I may be test. If the tests, lawsuits and understand its	pany, Inc., their of action due to ge competition uir my ability to articipation. I a selected to take is found to be causes of action ameaning and	respective officers o or arising from a sponsored by Chai o participate in this cknowledge, under e a urinalysis test. negative, the IPA n against everyone consequences, an	ny accident, injury, da llet's Private Fitness, event, and I hereby a estand and accept the off this test is found po will pay for the test. E connected with this c d intend to be legall	es, agents, and amage or loss Inc. Assume any and inherent risks esitive for By signing this contest with y bound by its	
Signature (in full) of applie	cant	Date		nature (in full) nder 18 years (of parent or guard of age.	an if applicant	Date	