



United States Powerlifting Championships

March 4-5, 2017

General Information

Dates	March 4, 2017 – all lifters 198 lbs. and under March 5, 2017 – all lifters 220 lbs. and over														
Location	Ultimate Athletics The Shops at Ithaca Mall 40 Catherwood Rd. Ithaca, NY 14850														
Directors	James Howell, (607) 379-0200, jh198@hotmail.com														
Entry Fees	ENTRY FEE PER DIVISION, PER LIFTER IS \$110.00 Crossover - \$45.00 per division.														
Divisions	There are 3 divisions: Amateur is a drug-tested division, Elite Amateur (fully drug tested, designed for those who total Pro, drug free); and a non-drug tested, Professional division. Drug testing is by urinalysis. <u>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 James Howell.</u>														
	<table><tr><td><u>DIVISIONS: Raw and Equipped</u></td><td><u>SUB-DIVISIONS:</u></td></tr><tr><td>• Open Professional</td><td>• Men</td><td>• Submaster</td></tr><tr><td>• Open Amateur</td><td>• Women</td><td>• Master (all age divisions)</td></tr><tr><td>• Elite Amateur</td><td>• Teen</td><td>• Junior</td></tr><tr><td></td><td>• Police</td><td></td></tr></table>	<u>DIVISIONS: Raw and Equipped</u>	<u>SUB-DIVISIONS:</u>	• Open Professional	• Men	• Submaster	• Open Amateur	• Women	• Master (all age divisions)	• Elite Amateur	• Teen	• Junior		• Police	
<u>DIVISIONS: Raw and Equipped</u>	<u>SUB-DIVISIONS:</u>														
• Open Professional	• Men	• Submaster													
• Open Amateur	• Women	• Master (all age divisions)													
• Elite Amateur	• Teen	• Junior													
	• Police														
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>LIFTING BEGINS EACH DAY AT 10:00 A.M.</u>														
Weigh-ins	Weigh-in at UA Friday from 10:00am-Noon, then 6:00pm-9:00pm. Saturday 7:00am – 9:30am, then 4:00pm – 6:00pm														
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	\$110.00 for the first division and \$45.00 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 James Howell.														
	<u>NO CHECKS WILL BE ACCEPTED AFTER THE FEBRUARY, 11TH DEADLINE. ONLY CASH OR MONEY ORDERS WILL BE ACCEPTED.</u>														
Deadline	ENTRY DEADLINE IS _02/11/2017_ OR UNTIL THE 60 LIFTER PER DAY LIMIT IS MET. Late entries <u>may</u> be accepted after _02/11/2017_ through to the day of the meet, but will not be accepted if received after the 60 lifter limit is met. <i>There is a \$25.00 late fee for all entries postmarked after 02/11/2017 .</i>														

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 \$40 for adults and \$35 for teens.

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.

Best Lifters: **Full Power:** Open divisions (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only), Master (Pro & Am).

Bench Only: Open divisions Men's Open (Pro & Am), Men's Master (Pro & Am), Women (Pro & Am), Teen (Men & Women, Am Only)

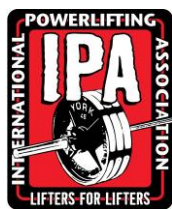
LIFTERS MUST MAKE ARRANGEMENTS TO HAVE AWARDS PICKED UP. WE WILL NOT SHIP UNCLAIMED AWARDS.

Hotel
Ramada Ithaca
2310 N. Triphammer Rd.
Ithaca, NY 14850
607-257-3100
Rate \$140/night
Group Name: IPA Powerlifting

Marriot Ithaca Downtown Commons
120 S. Aurora St.
Ithaca, NY 14850
607-272-222
Rate \$159/night
Group Name: IPA Powerlifting

Econo Lodge
2303 N. Triphammer Rd.
Ithaca, NY 14850
607-257-1400
607-257-6359
Rate \$100/night
Group Name: IPA Powerlifting

**REMEMBER, GET YOUR ENTRIES IN EARLY! THE DEADLINE IS_02/11/2017_
OR WHEN THE 60 DAILY LIFTER LIMIT IS MET!**



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 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.

IPA PROFESSIONAL CLASSIFICATION TOTALS (EQUIPPED AND RAW) REVISED CLASSIFICATION TOTALS!

MEN'S DIVISIONS

PROFESSIONAL & ELITE AMATEUR

Weight Class	<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

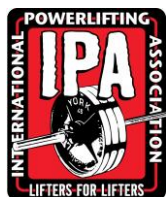
PROFESSIONAL & ELITE AMATEUR

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

***M - Master**

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

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02/11/2017 OR WHEN THE 60 DAILY LIFTER LIMIT IS MET!**



United States Powerlifting Championships

OFFICIAL ENTRY FORM

03/04/2015 & 03/05/2015 Ultimate Athletics

Jh198@hotmail.com

WWW.IPAPOWER.COM

Events: ☐ FULL POWER ☐ BENCH ONLY ☐ DEADLIFT ONLY ☐ IRONMAN

Gender: ☐ MALE ☐ FEMALE

Equipment: ☐ UNEQUIPPED ☐ EQUIPPED

Divisions: ☐ PROFESSIONAL ☐ AMATEUR

Sub-Divisions: ☐ Open Men ☐ Open Women ☐ Teen ☐ Junior ☐ Submaster ☐ Master ☐ Police

Weight Class _____ **IPA Expiration Date** _____ **ENTRY DEADLINE: 10/17/2015**

FEES:

Entry Fee: \$110.00

Spectator Fees: Free

Coaches Fee: Free

Name: _____ **Age** _____ **Birth Date** _____

Street address: _____

City _____ **State** _____ **Zip** _____

Phone _____ **Email Address** _____

PAYMENT CHOICE: ☐ Check ☐ Money Order ☐ Visa ☐ Mastercard

Cardholder Name: _____ **Card Number:** _____

Cardholder Street Address: _____

City: _____ **State:** _____ **Zip:** _____

Exp. Month/Year: _____ **3-Digit CVC2 Security Number:** _____

Payment must accompany entry form. Mailed entries must be postmarked by 02/11/2017! No personal checks will be accepted after 02/11/2017! Please make checks payable to James Howell, 244 Piper Road Newfield, NY 14867, jh198@hotmail.com, AND/OR 607-379-0200.

RELEASE FROM LIABILITY

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release and fully discharge the International Powerlifting Association (IPA), **James Howell**, their respective officers, directors, employees, agents, and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly or in any way associated with my participation in the powerlifting competition sponsored by **James Howell**.

I represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of powerlifting.

I fully understand that if I enter the Am (drug tested) divisions, I may be selected to take a urinalysis test. If this test is found positive for anabolic steroids I (the signed applicant) will pay for the cost of this test. If the test is found to be negative, the IPA will pay for the test. By signing this release from liability, I irrevocably waive all rights, claims, demands, lawsuits and causes of action against everyone connected with this contest with regard to the result of any drug test. **I have read the above release, understand its meaning and consequences, and intend to be legally bound by its terms and have signed this release freely and voluntarily.**

Signature (in full) of applicant Date

Signature (in full) of parent or guardian if applicant is under 21 years of age. Date