

**November 7, 2015 Ultimate IPA Powerlifting**

**MEET DIRECTOR:** James Howell – (607) 379-0200

\*E-mail: jh198@hotmail.com

**EVENT LOCATION:** Ultimate Athletics, MMA (www.UAGym.com)

40 Catherwood Road, Ithaca Mall

Ithaca, NY 14850

(607) 319-0685

**ELIGIBILITY:** 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. Fee is $30 per card. IPA registration for junior division is $25.

Visit [www.IPAPower.com](http://www.IPAPower.com) to obtain your IPA card.

**WEIGH-INS:** 24-HOUR WEIGH-IN RULE APPLIES

Weigh-ins: Friday, November 6 - 10:00am-12:00pm, 6:00-8:00pm

 Saturday, November 7 - 7:30-9:00am

Location: Ultimate Athletics

40 Catherwood Road – Ithaca Mall, Ithaca, NY

**TOP MEET EQUIPMENT: Iron Wolfe bars, Metal Militia Pro-Monolifts and Pro-Benches,**

 **York pound plates. Simply the best equipment for Powerlifting.**

 **Fair consistent judging by competitive lifters who are National judges.**

**EVENT START TIME:** Saturday November 7, 2015 - 10:00 AM

Mandatory Rules Meeting at:

Saturday November 7 - 9:30 AM

**MEET HOTELS**: **Ramada Inn 2310 North Triphammer Road Ithaca**, **NY 14850– (607) 257-3100 – mention “Ultimate IPA Powerlifting” to receive the meet discount Note – hotel is located in the same parking lot as the meet facility. Other hotels are available in the immediate area including the Econolodge (607) 257-1400.**

**MEET FEES:** Entry fee\* is $110.00 for all lifters. Additional divisions - $55 per division. $100 Team Entry Fee. (\*Note. Includes free meet t-shirt.)

 **Elite sculpture awards** for 1**-**3 place in each division and weight class.

 **Awesome platform in our MMA gym!**

**RULES:** International Powerlifting Association (IPA). Check

www.IPAPower.com for information and rulebook. Also check for records – as world records can be broken at this meet.

**ATTIRE:** Must have one piece lifting suit or wrestling suit

**SPECTATOR FEE:** No spectator fees will be charged.



 **November 7 2105 Ultimate IPA Powerlifting**

 Mail entry to: James Howell

 244 Piper Road

 Newfield, NY 14867

First Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zip Code:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Occupation:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Team:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age at time of competition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sponsors: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\_\_\_\_ FULL POWER \_\_\_\_ MAN \_\_\_\_ AMATEUR \_\_\_\_ RAW**

**\_\_\_\_ BENCH ONLY \_\_\_\_WOMAN \_\_\_\_ PROFESSIONAL**

**\_\_\_\_ IRONMAN \_\_\_\_ ELITE AM \_\_\_\_EQUIPPED**

**\_\_\_\_ Open Men** \_\_\_\_ **Teen (age) \_\_\_\_ Junior \_\_\_\_ Submaster**

**\_\_\_\_ Open Women** \_\_\_\_ **Master (age) \_\_\_\_ Police**

**Weight Class** \_\_\_\_\_\_\_\_\_\_\_ **IPA Expiration Date**  \_\_\_\_\_\_\_\_\_\_\_\_\_

 **IPA Card Number**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TOTAL DUE:** $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Send payment to James Howell at the address at the top of the sheet.**

**Paid:** 􀍘 Cash $\_\_\_\_\_\_\_\_\_\_ 􀍘 Check #\_\_\_\_\_\_\_\_\_\_

**No spectator fees will be charged!**

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**IPA Ultimate Powerlifting Challenge RELEASE AND WAIVER (please read before signing):**

*I, (print name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the undersigned, hereby waive and release all rights and claims for damages that I may have against Ryan Ciotoli, ULTIMATE ATHLETICS, and all other persons associated with this event, including the Meet Director, James Howell, and the International Powerlifting Association and* *their respective officers, directors, employees, agents, and shareholders in any capacity from any and all liability due to injuries I may incur as a result of my attendance and/or participation at the November 7 2015, IPA Ultimate Powerlifting Challenge.  I understand the rules of the meet and will abide by them. I assume full responsibility for all of my actions during and connected to this meet.  I attest and verify that I have full knowledge of the risks involved in my competing in powerlifting, that it could cause injury, and hereby release the meet organizers, the IPA, and the facility, from any type of injury or loss I may sustain as a result of competing in this meet. I attest to the best of my knowledge, I am physically fit and able to participate in this event. I also understand that my attendance and/or performance at the meet may be photographed and this, as well as my meet results, may be submitted to Powerlifting USA with the overall meet results. My signature below indicates I have read, understand and completely agree with the contents of this waiver.*

*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 Meet Director 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**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Signature of parent if under 18 years old: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date (Required): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**For updates on the meet go to www.IPAPower.com**

**To check out the facility go to: www.UAGym.com**