



# 2010 IPA STRENGTH SPECTACULAR WORLD POWERLIFTING & BENCH PRESS CHAMPIONSHIPS

Chaillet's Private Fitness

## General Information



<b>Date</b>	June 26 – 27, 2010																		
<b>Location</b>	York Barbell Company 3300 Board Rd., York, PA 17406 <i>MANY THANKS TO YORK BARBELL COMPANY FOR SPONSORING THEIR AUDITORIUM FOR THE 2010 IPA STRENGTH SPECTACULAR!</i>																		
<b>Directors</b>	Mark and Ellen Chaillet, sponsored by Chaillet's Private Fitness. Mark: (717) 495-0024 <a href="mailto:chailfit@yahoo.com">chailfit@yahoo.com</a> , Ellen: <a href="mailto:echaillet@aol.com">echaillet@aol.com</a>																		
<b>Entry Fees</b>	<b>ENTRY FEE PER DIVISION, PER LIFTER IS \$109. Crossover - \$55 per division.</b>																		
<b>Divisions</b>	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. <b>Drug testing is by urinalysis. <u>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.</u></b>																		
	<table border="0"> <tr> <td><b><u>DIVISIONS:</u></b></td> <td><b><u>SUB-DIVISIONS:</u></b></td> </tr> <tr> <td>• Open Professional</td> <td>• Men</td> </tr> <tr> <td>• Open Amateur</td> <td>• Women</td> </tr> <tr> <td>• Elite Amateur</td> <td>• Teen</td> </tr> <tr> <td></td> <td>• Police</td> </tr> <tr> <td></td> <td>• Submaster</td> </tr> <tr> <td></td> <td>• Master (all age divisions)</td> </tr> <tr> <td></td> <td>• Junior</td> </tr> <tr> <td></td> <td>• Raw</td> </tr> </table>	<b><u>DIVISIONS:</u></b>	<b><u>SUB-DIVISIONS:</u></b>	• Open Professional	• Men	• Open Amateur	• Women	• Elite Amateur	• Teen		• Police		• Submaster		• Master (all age divisions)		• Junior		• Raw
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	• Raw																		
<b>Weight Classes</b>	Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW																		

### LIFTING BEGINS EACH DAY AT 9 A.M.

**Lifting Schedule:** The number of sessions (one session, or two session - morning and afternoon) per day will depend on the number of entries. The composition of the sessions will be determined after the **entry deadline date of June 18, 2010**. Each session's classes will perform the squat, bench, and deadlift. Award ceremonies will follow each session. Single session lifting will begin at 9 A.M. Two session lifting: Morning sessions will begin at 9 A.M; afternoon sessions will begin at approximately 3 to 4 P.M., depending on the number of lifters in the morning session, injuries, equipment, etc.

<b>Saturday</b>	All Women and Teens. Open, Junior, Raw, Submaster, Master, Police (Pro., Am., and Elite Am divs.). <b>Weight Classes:</b> 114, 123, 132, 148, 165, 181, and 198 lb. weight classes.
<b>Sunday</b>	Open, Junior, Raw, Submaster, Master, Police (Pro., Am., and Elite Am divs.). <b>Weight Classes:</b> 220, 242, 275, 308 and SHW weight classes.
<b>Weigh-ins</b>	<b><u>24 HOUR WEIGH-IN RULE IN EFFECT. ALL WEIGH-INS WILL TAKE PLACE AT YORK BARBELL COMPANY, 3300 Board Rd., York, PA.</u></b> Friday, June 25: 10 A.M. – NOON, and 4 P.M. – 8 P.M. Saturday, June 26: 6:30 A.M. – 8 A.M., and 3 P.M. – 6 P.M. Sunday, June 27: 6:30 A.M. – 8 A.M
<b>Rules</b>	International Powerlifting Association (IPA) rules apply. Equipment must meet IPA specifications. One-piece lifting suit must be worn. <b>For rules and regulations, visit the IPA website at <a href="http://www.IPAPOWER.com">www.IPAPOWER.com</a></b>

**Entry Fee** \$109 for the first division and \$55 for each additional division/s. **Get your entry in early, lifting will be limited to 65 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 JUNE 18TH DEADLINE. ONLY CASH OR MONEY ORDERS WILL BE ACCEPTED.**

**Deadline** ENTRY DEADLINE IS **JUNE 18, 2010** OR UNTIL THE 65 LIFTER PER DAY LIMIT IS MET. Late entries may be accepted after June 18 through to the day of the meet, but will not be accepted if received after the 65 lifter limit is met. *There is a \$25 late fee for all entries postmarked after June 18, 2010.*

**IPA Registration** IPA cards will be available at the meet for \$30, and \$25 for teen athletes. *Cash or money order only accepted for IPA registration.*

To register in advance for an IPA membership, download a registration form available on the IPA website at [www.IPAPOWER.com](http://www.IPAPOWER.com). Complete the IPA Registration Form and return with payment along with your meet entry to IPA, 190 Arsenal Rd., York, PA 17404.

**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 light & heavy (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)

**NEW AWARDS  
CATEGORY!**

Lifter of Lifter Awards will be distributed to the overall best Professional man and woman, and overall best Amateur man. See the IPA website for more details, [www.ipapower.com](http://www.ipapower.com).

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

**Hotel**

**Comfort Inn  
Corporate  
Gateway**

2250 N. George St.  
York, PA 17402  
(717) 699-1919  
Exit 22 off I-83

**Mention the IPA**  
Single or  
Double rate: \$82

The **Comfort Inn Corporate Gateway** is the official hotel for the IPA World Powerlifting Championships. The Comfort Inn offers special rates to our group. **Be sure to mention the IPA to receive the special rate of \$82 plus tax per night, single or double occupancy. The Comfort Inn Corporate Gateway** received its Gold Award Hospitality rating from Choice Hotels International. It is one of the closest hotels, located just down the street (2 miles) from York Barbell Company.

Included in the price of each room is a deluxe continental breakfast. Jacuzzi suites are available. Amenities include: free access to Gold's Gym next door, free high speed wireless internet, microwave, refrigerator, in-room safe, ironing board and iron, hair dryer, and much more. Check-in is at 3 pm, check-out is at 11 am.

**To reserve a room, call (717) 699-1919. Be sure to mention the IPA to receive the special group rate. The deadline for room reservations is June 24, 2010, however, the cost for rooms reserved after the deadline will remain at the group rate while rooms are available.**

**Transportation**

The *Harrisburg International Airport* is located 26 miles (30 minutes) north of York Barbell Company. For routing information, please use [www.Mapquest.com](http://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](http://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.bwairport.com](http://www.bwairport.com). If you are driving, please visit [www.mapquest.com](http://www.mapquest.com) or [www.randmcnally.com](http://www.randmcnally.com) for detailed directions to York Barbell Company from your home, 3300 Board Rd., York, PA 17406.



## PROFESSIONAL OR AMATEUR . . . NEED HELP CHOOSING YOUR DIVISION?

The International Powerlifting Association (IPA) is an organization established as a "Lifters for Lifters" organization with three divisions, Professional (Pro), Elite Amateur and Amateur (Am). Qualification for these divisions is as follows:

**Pro Division:** Anyone who totals **Professional (Pro)** is entered into this division. Standard lifting rules apply, but the division is open to anyone who wants to enter as a Professional, no matter what he or she totals. There is no drug testing in this division. The *Pro Division* has its own world records. Records will be kept in the Men, Women, Junior, Open, Submaster, Raw, and Master Divisions only. There is not a Teenage or a Special Olympian Division in the *Pro Division*.

**Amateur (Am) Division:** This division is a very strict drug-free division. Any lifter under suspicion of drug use will be required to have a urinalysis test (same standards as the U.S. Olympic Committee). If the test is negative, the meet director will absorb the cost of the drug test. If the test results are positive, the lifter will be responsible for all expenses associated with the drug test, and all of the lifter's records and accomplishments to date will be considered disqualified. A lifter testing positive will be permanently banned from lifting in the *Am Division*. If the lifter enters the *Am Division* and totals a *Pro total*, the lifter will be classified as an *Amateur* in the meet he/she totals *pro*, but must compete in the *Pro* division in any subsequent IPA meets. The *Amateur Division* has its own elite and world records. *Amateur* records will be kept in the Men, Women, Teen (14-15, 16-17, 18-19), Junior (20-23), Open, Submaster, Raw, Master, Police, and Special Olympian Divisions.

**Elite Amateur Division:** This division is considered Amateur in that it is a completely drug free division. To qualify, the lifter must have a Pro total. Every athlete is tested by method of urinalysis, and the lifter pays for his/her own drug test.

**Raw Lifting:** This division requires that lifters use no equipment except wrist wraps and a belt.

### IPA PROFESSIONAL CLASSIFICATION TOTALS

<u>MEN'S DIVISIONS</u>			<u>WOMEN'S DIVISIONS</u>		
<u>MEN'S WEIGHT CLASSES</u>	<u>PROFESSIONAL</u>		<u>WOMEN'S WEIGHT CLASSES</u>	<u>PROFESSIONAL</u>	
	<u>PRO</u>	<u>MASTER</u>		<u>PRO</u>	<u>MASTER</u>
114	1080	975	97	671	605
123	1180	1060	105	718	647
132	1330	1195	114	770	694
148	1480	1330	123	822	740
165	1610	1450	132	868	782
181	1680	1510	148	955	860
198	1790	1610	165	1030	928
220	1870	1680	181	1105	995
242	1900	1710	198	1168	1052
275	1940	1745	198+	1250	1126
308	1960	1765			
SHW	1980	1785			

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

**REMEMBER, GET YOUR ENTRIES IN EARLY! THE DEADLINE IS**



JUNE 18, 2010 OR WHEN THE 65 DAILY LIFTER LIMIT IS MET!

# 2010 IPA WORLDS OFFICIAL ENTRY FORM

JUNE 26 - 27, 2010

York Barbell Company

Mark Chaillet at 717-495-0024, [Chailfit@yahoo.com](mailto:Chailfit@yahoo.com) or Ellen at [Echaillet@aol.com](mailto:Echaillet@aol.com)

**Entry fee for each division per lifter is \$109. Additional divisions - \$55 per division.**

FULL POWER       MAN       AMATEUR       RAW  
 BENCH ONLY       WOMAN       PROFESSIONAL  
 ELITE AM



Open Men's       Teen (age)       Junior       Submaster  
 Open Women       Master       Police  
**Weight Class** \_\_\_\_\_      **IPA Expiration Date** \_\_\_\_\_

### OTHER FEES:

**Spectator Fees:**      \$12 daily      \$22 2-day ticket  
                                  \$5 daily children under 10  
                                  FREE children under 5  
**Coaches Fee:**      \$5 per day      \$8 2-day ticket  
**Two coaches per lifter.**

Name: \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Street address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

### PAYMENT CHOICE:

Check       Money Order       Credit Card

Visa       Mastercard

Cardholder Name: \_\_\_\_\_ Card Number: \_\_\_\_\_

Cardholder Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Exp. Month/Year: \_\_\_\_\_ 3-Digit CVC2 Security Number: \_\_\_\_\_

**PLEASE DO NOT EMAIL ENTRIES. Payment must accompany entry form and be postmarked by June 18, 2010! No personal checks will be accepted after June 18th! Please make checks payable to: Mark Chaillet, 190 Arsenal Rd., York, PA 17404. 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.**

#### • **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), Chaillet's Private Fitness, Inc., York Barbell Company, Inc., 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 Chaillet's Private Fitness, Inc.

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      Date

is under 21 years of age.