

**IPA CONNECTICUT STATE**  
**FULL POWER & PUSH/PULL SHOWDOWN**  
**APRIL 27, 2024**  
**POWERHOUSE SUPER GYM NEW HAVEN**

**Entry Fees** ENTRY FEE PER DIVISION. PER LIFTRET ID \$85, Crossover-\$55.per division.

**Divisions** There are 2 divisions: Amateur is a drug-tested division and Professional is a non-Drug teste division. **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 Hogan, Connecticut Chairman.

**NO CHECKS WILL BE ACCEPTED AFTER DATE DEADLINE, ONLY CASH OR MONEY ORDERS WILL BE ACCEPTED.**

**DIVISIONS: Raw and Equipped**

- Open Professional
- Open Amateur

**SUB-DIVISIONS:**

- \* Men
- \* Women
- \* Teen
- \* Police/Fire
- \* Submaster
- \* Master (all age div)
- \* Junior

**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

**Weigh-ins** **LIFTING BEGINS AT 9:00 AM. No walk-in's day of event**  
Friday, April 26, 7:00 am – 1:00 pm next door to Powerhouse Gym  
Saturday 7:00-8:00 am

**LIFTING STARTS AT 9:00 AM, DISQUALIFIED IF ARRIVING LATE.**

No walk-ins accepted on the day of the Meet.

Weigh-in the day before is encouraged.

**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](http://www.IPAPOWER.com)*

**Deadline** ENTRY DEADLINE IS April 19<sup>th</sup>, OR UNTIL THE 30 LIFTER PER DAY LIMIT IS MET. Late entries may be accepted in *cash only* after April 19th through to the day before the Meet but will not be accepted if received after the 30-lifter limit is met. *There is a \$10 late fee for all entries postmarked after April 19, 2024.*

**IPA Registration** IPA cards must be presented at Weigh-ins, or a receipt from the IPA CARDS WILL NOT BE AVAILABLE FOR PURCHASE AT THE MEET.

**Membership cards.** To register in advance, download a registration form or sign-up online through PayPal at [www.IPAPOWER.com](http://www.IPAPOWER.com). Member registrations to be sent to: IPA, 190 Arsenal Rd., York, PA 17404.

**REMEMBER, GET YOUR ENTRIES IN EARLY! DEADLINE IS APRIL 19 OR WHEN THE 30 LIFTER LIMIT IS MET!**

**IPA CONNECTICUT STATE  
FULL POWER & PUSH PULL SHOWDOWN  
OFFICIAL ENTRY**

**April 27, 2024**

**[WWW.IPAPOWER.COM](http://WWW.IPAPOWER.COM)**

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FULL POWER     MAN     AMATEUR     RAW     EQUIP.

PUSH/PULL     WOMAN     PROFESSIONAL     ELITE AM

OPEN     TEEN (age)     JUNIOR     SUBMASTER     MASTER(age)

**WEIGHT CLASS**

**IPA EXPIRATION DATE**

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**OTHER FEES:**    Entry Fee:    **\$85 per division \$55 each additional division**

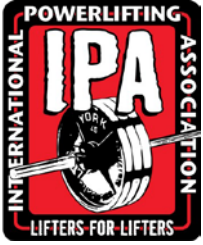
**Name:** \_\_\_\_\_ **Age** \_\_\_\_\_ **Birth Date** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

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

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

Check or Money Order must accompany entry form. Mailed entries must be postmarked by **April 20<sup>th</sup>**.  
Make checks payable to: Mark Hogan, 9 Wilson Ave., North Haven, CT 06473



# Competitor Waiver and Release of Claims

2020 IPA Connecticut State Ironman Push Pull

April 27, 2024

POWERHOUSE GYM, NEW HAVEN, CT. 06473

I (or I on behalf of my child) on behalf of myself, my heirs, executors, administrators, and assigns, (or my child's heirs, executors, administrators and assigns), hereby irrevocably waive, release and fully discharge the International Powerlifting Association (IPA) and POWERHOUSE GYM and 2020 IPA CONNECTICUT State Push Pullg Meet, their respective officers, directors, employees, agents, and shareholders, of and from any and all rights, claims, demands, expenses, costs, lawsuits, and causes of action (including, but not limited to, consequential damages) due to or arising from any accident, injury, damage or loss directly, indirectly or in any way associated with my participation of myself (or any participating child of mine under the age of 21 years) in the Powerlifting competition held at POWERHOUSE GYM sponsored by CONNECTICUT IPA.

I represent that I know of no medical reason or condition that would impair my ability (or my child's ability) to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting to me from my participation (or resulting to my child from his/her participation). I acknowledge, understand and accept the inherent risks of Powerlifting competition.

I fully understand that if I enter the Amateur (drug tested) division and achieve an Amateur status total, I may be randomly selected to submit to a urinalysis test for the presence of anabolic steroids. If I enter the Amateur division and achieve a Professional total, I agree to submit myself to a drug test by urinalysis for the presence of anabolic steroids 100% of the time. 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 test will be paid for by the IPA. 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. If signing on behalf of a child under the age of 21, I acknowledge that I as the legal guardian of such child and able to provide, on their behalf, the waivers and releases contained in this document.**

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Signature (in full) of applicant

Date

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Print name of applicant

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

Date

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Print name of applicant under 21 years of age