

Payment must accompany Entry Form
Date: November 2, 2024
2024 IPA Connecticut State
Power Lifting Championships
Toys For Tots Benefit

World and State Records will be recognized in this Meet.

Location:	Powerhouse Gym 31 Bernhard Rd., New Haven, CT 06473 Information: Mark Hogan, 203-623-6456. Make checks payable to Mark Hogan, 9 Wilson Ave., North Haven, CT 06473 mhogan@promednutrition.com														
Entry Fees	ENTRY FEE PER DIVISION: \$85 (Full Meet: \$85; Bench Only: \$85 Deadlift Only \$85: \$55 for each Crossover)														
Divisions	This Meet includes two divisions: Amateur: a drug-tested division, and a non-drug tested, for the Professional division. Drug testing is by urinalysis. <table><tr><td><u>DIVISIONS: Raw and Equipped</u></td><td><u>SUB-DIVISIONS:</u></td></tr><tr><td>• Professional</td><td>• Men</td></tr><tr><td>• Amateur</td><td>• Women</td></tr><tr><td></td><td>• Teen</td></tr><tr><td></td><td>• Submaster</td></tr><tr><td></td><td>• Master (all age divisions)</td></tr><tr><td></td><td>• Junior • Police • Fire</td></tr></table>	<u>DIVISIONS: Raw and Equipped</u>	<u>SUB-DIVISIONS:</u>	• Professional	• Men	• Amateur	• Women		• Teen		• Submaster		• Master (all age divisions)		• Junior • Police • Fire
<u>DIVISIONS: Raw and Equipped</u>	<u>SUB-DIVISIONS:</u>														
• Professional	• Men														
• Amateur	• Women														
	• Teen														
	• Submaster														
	• Master (all age divisions)														
	• Junior • Police • Fire														
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-in	Friday, November 1, 2024, 7:00 am – 12:00 pm; 4PM-7:00PM, next door to Powerhouse Gym On Saturday 7:00-8:00 am <u>LIFTING STARTS AT 9:00 AM, DISQUALIFIED IF ARRIVING LATE.</u> 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. <i>For rules and regulations, visit the IPA website at www.IPAPOWER.com</i>														
Deadline	ENTRY DEADLINE IS October 23RD, OR UNTIL THE 30 LIFTER PER DAY LIMIT IS MET. Late entries will be accepted in <i>cash only</i> after October 23RD, through to the day before the meet, but will not be accepted if received after the 30-lifter limit is met. <i>There will be a \$10 late fee for all entries postmarked after October 23RD, 2024</i>														
IPA Registration	IPA cards must be presented at Weigh-ins, or a receipt from the IPA.														

To register in advance for an IPA membership, download a registration form or sign-up online through PayPal at www.IPAPOWER.com. Mailed registrations can be sent to: IPA, 190 Arsenal Rd., York, PA 17404.

(In lieu of trophies, \$30.00 from each entry fee will be used to purchase new toys to benefit Toys for Tots)

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

Nov. 2nd, 2024

WWW.IPAPOWER.COM

FULL POWER MAN AMATEUR RAW EQUIP.

PUSH/PULL WOMAN PROFESSIONAL ELITE AM

OPEN TEEN (age) JUNIOR SUBMASTER MASTER(age)

WEIGHT CLASS

IPA EXPIRATION DATE

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

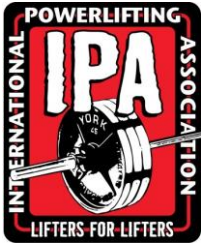
Name: _____ **Age** _____ **Birth Date** _____

Street Address: _____

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

Phone _____ **Email Address** _____

Check or Money Order must accompany entry form. Mailed entries must be postmarked by **October, 23rd. Make checks payable to: Mark Hogan, 9 Wilson Ave., North Haven, CT 06473**



Competitor Waiver and Release of Claims

2024 IPA Connecticut Powerlifting Championship

November 2nd, 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 the 2024 IPA Connecticut State Powerlifting Championships, 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 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 a 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.**

Signature (in full) of applicant

Date

Print name of applicant

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

Date

Print name of applicant under 21 years of age

NEW IPA CLASSIFICATION TOTALS IN EFFECT!

We urge all equipped Professional and Amateur lifters to take a look at the new upgraded the IPA Classification Totals. The Raw classification totals are unchanged. As a result of research to provide lifters an online resource for the three main organizations with powerlifting classification totals, we realized that there were inconsistencies in our own classification totals.

We based the new classification totals on the existing and commonly accepted classification totals of the APF for the Professional Divisions, and the 100% Raw/AAU totals for the Professional and Amateur Raw Divisions. The Powerlifting Classification Totals for APF, RAW (100% Raw/AAU) and USPF can be found in both the Lifter Resources and Meet Director Resources sections of the new IPA website.

Please find the IPA's new classification totals below.

IPA PROFESSIONAL CLASSIFICATION TOTALS (EQUIPPED AND RAW)									
<u>MEN'S DIVISIONS</u>					<u>WOMEN'S DIVISIONS</u>				
<i>Weight Class</i>	<i><u>Equipped</u></i>		<i><u>Unequipped</u></i>		<i>Weight Class</i>	<i><u>Equipped</u></i>		<i><u>Unequipped</u></i>	
	PRO	M*	RAW PRO	RAW M*		PRO	M*	RAW PRO	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	1192	1073	895	815
242	1940	1746	1607	1497	198	1149	1034	960	871
275	2000	1800	1654	1518	198+ (SHW)	1260	1134	1012	918
308	2040	1836	1728	1594					
SHW	2085	1876	1748	1614					

***M - Master**

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