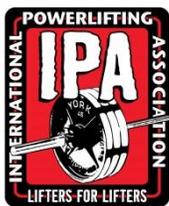


Payment must accompany Entry Form

2026 IPA Connecticut Ironman Push/Pull Showdown

World Records will be recognized in this Meet.

- Date:** May 2, 2026
- 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: \$90
- 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.**
- DIVISIONS: Raw and Equipped**
- Professional
 - Amateur
- SUB-DIVISIONS:**
- Men
 - Women
 - Teen
 - Submaster
 - Master (all age divisions)
 - 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
- Weigh-in** Friday, May 1ST 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*
- Deadline** ENTRY DEADLINE IS April 24, OR UNTIL THE 30 LIFTER PER DAY LIMIT IS MET. Late entries may be accepted in *cash only* after April 24th, 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 24th*
- 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.
- Awards** Custom trophies will be distributed to the first, second and third place winner in each weight class and division and sub-division.



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) | | | | | | | | | |
|---|-----------------|------|-------------------|--------|--------------------------|-----------------|------|-------------------|--------|
| <u>MEN'S DIVISIONS</u> | | | | | <u>WOMEN'S DIVISIONS</u> | | | | |
| <i>Weight Class</i> | <i>Equipped</i> | | <i>Unequipped</i> | | <i>Weight Class</i> | <i>Equipped</i> | | <i>Unequipped</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 | | | | | |
| 2085 | 1876 | 1748 | 1614 | | | | | | |

***M - Master**

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

**REMEMBER TO GET YOUR ENTRIES IN EARLY! THE DEADLINE IS
April, 24th OR WHEN THE 30 LIFTER LIMIT IS MET!**



Payment must accompany entry form.

Mailed entries must be postmarked by April 24, 2026

**2026 IPA CONNECTICUT IRONMAN PUSH/PULL
OFFICIAL ENTRY FORM**

May, 2nd 2026

Powerhouse Gym

31 Bernhard Rd., New Haven, CT, 06473

CONTACT: Mark Hogan 203-623-6456

mhogan@promednutrition.com

ENTRY FEE PER DIVISION: \$90.

Ironman \$90: \$55 per division.

No walk-ins will be accepted on the day of the meet.

| | | | |
|--|---------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> IRONMAN | <input type="checkbox"/> MAN | <input type="checkbox"/> AMATEUR | <input type="checkbox"/> RAW |
| <input type="checkbox"/> BENCH ONLY | <input type="checkbox"/> WOMAN | <input type="checkbox"/> PROFESSIONAL | |
| <input type="checkbox"/> SQUAT ONLY | | | |
| <input type="checkbox"/> DEADLIFT ONLY | | | |
| <input type="checkbox"/> Open Men's | <input type="checkbox"/> Teen (age) | <input type="checkbox"/> Junior | <input type="checkbox"/> Submaster |
| <input type="checkbox"/> Open Women | <input type="checkbox"/> Master (age) | <input type="checkbox"/> Police | <input type="checkbox"/> Waiver |

Weight Class _____

IPA CARD EXPIRATION DATE: - _____

Name: _____ Age _____ Birth Date _____

Street address: _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

Mail entry forms & make check payable to:

Mark Hogan 9 Wilson Ave., North Haven, CT 06473