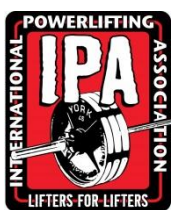




2026 IPA Connecticut State Power Lifting Championships

World and State Records will be recognized in this Meet.

- Date:** November 14, 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**
Full Meet: \$90; Bench Only: \$80 Deadlift Only \$80: \$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.**
- DIVISIONS: Raw and Equipped** **SUB-DIVISIONS:**
- Professional
 - Amateur
 - Men
 - 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 13, 2026, 7:00 am – 1:00 pm next door to Powerhouse Gym
On 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 November 7th, OR UNTIL THE 30 LIFTER PER DAY LIMIT IS MET. Late entries will be accepted in *cash only* after November 7th, through to the day before the meet, but will not be accepted if received after the 30-lifter limit is met. *There will be a \$10 late fee for all entries postmarked after November 7th, 2026*
- 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 and division and** Custom trophies will be distributed to the first, second and third place winner in each weight class 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 using 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 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)

MEN'S DIVISIONS

WOMEN'S DIVISIONS

<i>Weight Class</i>	<u>Equipped</u>		<u>Unequipped</u>		<i>Weight Class</i>	<u>Equipped</u>		<u>Unequipped</u>	
	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	159					

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
November 7th OR WHEN THE 30 LIFTER LIMIT IS MET!



Payment must accompany entry form.
Mailed entries must be postmarked by November 7th 2026

2026 IPA CONNECTICUT STATE POWERLIFTING CHAMPIONSHIPS OFFICIAL ENTRY FORM

November 14th , 2026

Powerhouse Gym

31 Bernhard Rd., New Haven, CT, 06473

CONTACT: Mark Hogan 203-623-6456

mhogan@promednutrition.com

ENTRY FEE PER DIVISION: \$90.

Bench Only: \$80 Deadlift Only: \$80 Crossover: \$55 per division.

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

<input type="checkbox"/> FULL POWER	<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

**2026 IPA Connecticut State
Power Lifting Championships
November 14th 2026**

**POWERHOUSE GYM, NEW HAVEN, CT. 06473
Competitor Waiver and Release of Claims**

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 2026 IPA CONNECTICUT State Powerlifting Championship 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 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.

regarding 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 them 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 Date
is under 21 years of age.

Print name of applicant under 21 years of age