

RYCHLAKPOWERSYSTEMS.COM

& THE IPA PRESENT

6th ANNUAL

**Christmas
CARNAGE**

AND



PSPCA

Donation Drive & Fund Raiser

visit RPS website for list of needed items

DATE: December 4, 2010

LOCATION: Gold's Gym Whitehall Mall, Located behind Kohl's
1951 Whitehall Mall, Fullerton (Allentown), PA 18052

DIRECTOR: Gene Rychlak Jr.
bench_a_grand@yahoo.com
610-948-7823 • 484-363-3983

ENTRY FEES: PER DIVISION PER LIFTER IS \$75.00

Crossover - \$45 per Division

Spectators & Coaches - \$10 admission

ENTRY DEADLINE: NOVEMBER 19, 2010

60 Lifter Limit • \$25 Late Entry Fee

HOTEL

Ramada Allentown/Whitehall, 1500 MacArthur Road, Whitehall, PA 18052 • (610) 439-1037

6th ANNUAL Christmas CARNAGE

LIFTING BEGINS AT 10:00 A.M.

WEIGH INS:

Friday AM, December 3, 2010
Friday PM, December 3, 2010
Saturday, December 4, 2020

10 A.M. - 11 A.M. (by appointment)
5 P.M. - 7 P.M.
7:30 A.M. - 8:30 A.M.

AT **Gold's Gym**
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DIVISIONS:

- Professional - Raw Professional
- Amateur - Raw Amateur

SUB-DIVISIONS:

-Open -Sub Master (age 33-39) -Elite AM
-Teen (13-19) -Junior (20-23) -Police
-Master (all age divisions)

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

RULES:

ALL LIFTERS MUST BE PRESENT FOR RULES CLINIC THE MORNING THEY LIFT. FAILURE TO BE PRESENT FOR THE PRESENTATION OF RULES MAY RESULT IN FORFEIT OF ENTRY. International Powerlifting Association (IPA) rules apply. Equipment must meet IPA specifications. One-piece lifting suit (singlet) must be worn. *For rules and regulations, please visit the IPA website at www.IPAPOWER.com*

DEADLINE: Entry deadline is **November 19, 2010**, entries must be received by this date. Late entries will be accepted on a case-by-case basis. Lifters who miss the entry deadline must contact the meet director for availability to be put on meet roster. **Failure to contact the meet director before "walking in" runs the risk of being excluded from the meet if 60 lifter limit has been reached for the day. A late fee of \$25.00 will be charged. NO REFUNDS will be made after entry deadline, a meet credit will be honored for any other RPS meet within one year. \$50 charge on returned checks.**

IPA REGISTRATION: IPA cards will be available at the meet for \$30, and \$25 for high school athletes. (A 1-day high school membership can be purchased for \$10, this can be applied to a full year membership, if the student wishes to compete within the next year. A full membership must be purchased to set records). *Cash or money order only will be accepted for IPA registrations day of meet.*

AWARDS:

Sculptured awards will be distributed to the **top three places in each weight class and every sub-division (to include full age divisions)**

Best Lifters as warranted by Entries: Open divisions Light & Heavy (Pro & Am), Women (Pro & AM), Master (Pro & Am), Teen (Am)

Professional or Amateur.... Need Help Choosing Your Division?

The International Powerlifting Association (IPA) is an organization established as a "Lifters for Lifters" organization with two divisions. Professional (Pro) and Amateur (AM). The definitions for qualifications for these two divisions are as follows:

Pro Division: Anyone who **totals Professional (Pro)** is entered into this division. Standard lifting rules apply, and the division is open to anyone who wants to enter as a Pro, 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, and Master Divisions only. There is no 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 undergo a urinalysis test (same standards as the U.S. Olympic Committee). If the test results are 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 disqualified. A lifter testing positive will be **permanently banned from lifting in the AM Division. . If the lifter enters the Am Division and totals Pro, the lifter will automatically be transferred to the Pro Division in the same meet (same weight class and sub-division).** The *Amateur Division* has its own elite and worlds records. *Amateur* records will be kept in the Men, Women, Teen (14-15, 16-17, 18-19), , Junior (20-23), Open, Submaster, Master, Police, and Special Olympian Divisions.

IPA Professional. Elite, Amateur, and Amateur Classification Totals

MEN'S DIVISIONS

MEN'S WEIGHT CLASSES	<u>PROF.</u>		<u>AMATEUR</u>	
	PRO	M*	AM	M*
114	1080	975	950	845
123	1180	1060	1050	930
132	1330	1195	1200	1065
148	1480	1330	1350	1200
165	1610	1450	1480	1320
181	1680	1510	1550	1380
198	1790	1610	1660	1480
220	1870	1680	1740	1550
242	1900	1710	1770	1580
275	1940	1745	1810	1615
308	1960	1765	1830	1635
SHW	1980	1785	1850	1655
*MASTER				

WOMEN'S DIVISIONS

WOMEN'S WEIGHT CLASSES	<u>PROF.</u>		<u>AMATEUR</u>	
	PRO	M*	AM	M*
97	671	605	607	547
105	718	647	649	585
114	770	694	696	627
123	822	740	744	670
132	868	782	785	707
148	955	860	864	778
165	1030	928	932	840
181	1105	995	1000	901
198	1168	1052	1073	967
198+	1250	1126	1131	1019

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December 4, 2010
Allentown, PA

IMPORTANT: DO NOT SEND ENTRIES CERTIFIED MAIL!
Priority or Express Mail **WITHOUT SIGNATURE REQUIRED** will be accepted.
Check at least one in Boxes 1, 2 & 3. More than one Check in a Box equals a Crossover.

Entry fee for each division per lifter is \$75. Additional divisions - \$45 per Crossover.

1 <input type="checkbox"/> FULL POWER <input type="checkbox"/> DEADLIFT ONLY <input type="checkbox"/> IRONMAN (push/pull) <input type="checkbox"/> BENCH ONLY	2 <input type="checkbox"/> Am (drug tested) <input type="checkbox"/> Pro (non-drug tested) <input type="checkbox"/> Raw Am <input type="checkbox"/> Raw Pro
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Subdivisions: 3 <i>Must Check at least one</i>	<input type="checkbox"/> Open	<input type="checkbox"/> Teenage (age: _____)	<input type="checkbox"/> Junior (20-23)	<input type="checkbox"/> Elite AM* (Please Include Mandatory Test Fee -* \$85)
	<input type="checkbox"/> Sub-master (33-39)	<input type="checkbox"/> Master (age: _____)	<input type="checkbox"/> Police	

IPA Membership

Expiration Date _____ **Weight Class:** _____ **Sex: M or F**

Check here if IPA Membership Payment is included

OTHER FEES Paid at the Door: Spectator Fees: \$10 Coaches Fees: \$10
Two coaches per lifter.

Name: _____ Age: _____ Birth Date: _____

Street Address: _____ City: _____

State: _____ Zip: _____ *E-mail Address: _____

*Please fill in legibly, will be used for important information about meet,
do not provide if it is not an acceptable means of communication.

Phone: _____ T-Shirt Size: M L XL 2XL 3XL 4XL Total Number of Division entered: _____

(T-Shirts are not guaranteed, lifter and/or sponsorship participation will determine availability)

PAYMENT CHOICE: Check Money Order Amount Enclosed \$ _____

ENTER & PAY ONLINE @ www.rychlakpowersystems.com

Payment must accompany form and be received by **November 19, 2010! Please make checks payable to:
Gene Rychlak Jr., 143 2nd Ave. Royersford, PA 19468. (\$50 fee on returned checks, no refunds after deadline)**

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), Gene Rychlak Jr., Gold's Gym, 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 powerlifting competition sponsored by Gene Rychlak Jr. I also relinquish any rights to imagery taken of myself during said event for the promotional use by the promoter and federation.

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 I enter the Am (drug tested) divisions. I may be selected to take a urinalysis test. If this test is found to be 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 the 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
is under 21 years of age

Date