



**RYCHLAKPOWERSYSTEMS.COM**  
**Presents**

# 2010 IPA PENNSYLVANIA STATE POWERLIFTING CHAMPIONSHIPS

## General Information

**DATE:** Saturday, September 11, 2010

**LOCATION:** National Guard Armory  
51 West Clearview Road  
Hanover, PA 17331

**DIRECTOR:** Gene Rychlak Jr.  
bench\_a\_grand@yahoo.com  
h - 610-948-7823 · c - 484-363-3983



**ENTRY FEES: PER DIVISION PER LIFTER IS \$75.00**  
**Crossover - \$45 per Division.**

**ENTRY DEADLINE - FRIDAY, August 27th, 2010**  
**Entries will be accepted after the 27th with a \$25 Late Fee.**

## HOTELS

**Hampton Inn (★★★★)**  
309 Wilson Avenue, Hanover, PA 17331  
(717) 633-1117, ~\$125.00

**Hotels.com typically provides  
best prices for rooms**

**Holiday Inn Express (★★★)**  
305 Wilson Avenue, Hanover, PA 17331  
(717) 637-1228, ~\$110/night

**Super 8 (★★)**  
40 Wetzel Drive, Hanover, PA 17331  
(717) 630-8888 ~\$70.00/night

# LIFTING BEGINS AT 10:00 A.M.

## ALL LIFTERS TO REPORT FOR RULES CLINIC BY 8:45 A.M.

### 2<sup>ND</sup> SESSION (IF NECESSARY) WILL BEGIN APX 3 P.M.

#### **WEIGH INS** (24-Hour Weigh In rule applies, contact meet director for Friday Am Appointment):

AM Friday, September 10	11 A.M. - Noon	By Appt. At National Guard Armory
PM Friday, September 10	6 P.M. - 8 P.M.	At National Guard Armory
Saturday, September 11	7:30 A.M. - 8:30 A.M.	At National Guard Armory

**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

#### 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)

**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 must be worn. *For rules and regulations, please visit the IPA website at [www.IPAPOWER.com](http://www.IPAPOWER.com)*

**DEADLINE:** Entry deadline is August 27, 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** to have their name placed on meet roster. **A late fee of \$25.00 will be charged.** Refunds will not be issued after meet deadline.

**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. **NOTE: RECORDS CANNOT BE MADE WITH \$10 MEMBERSHIP).** Cash or money order only will be accepted for IPA registrations.

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

**Best Lifters:** Awarded per event and division based on entries.

**Go To: [www.RychlakPowerSystems.com](http://www.RychlakPowerSystems.com)**  
for any updates on this meet. (i.e., Roster, Important Information)

# 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, 218-19), , Junior (20-23), Open, Submaster, Master, Police, and Special Olympian Divisions.

## IPA Professional, Elite Amateur, and Amateur Classification Totals

### MEN’S DIVISIONS

<u>MEN’S PROF.</u> <u>WEIGHT</u> <u>CLASSES</u>	<u>AMATEUR</u>			
	<u>PRO</u>	<u>M*</u>	<u>AM</u>	<u>M*</u>
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

<u>WOMEN’S</u> <u>WEIGHT</u> <u>CLASSES</u>	<u>PROF.</u>		<u>AMATEUR</u>	
	<u>PRO</u>	<u>M*</u>	<u>AM</u>	<u>M*</u>
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

# 2010 IPA PENNSYLVANIA STATE POWERLIFTING CHAMPIONSHIPS

Hanover, PA • September 11, 2010

**IMPORTANT PLEASE READ: DO NOT SEND ENTRIES CERTIFIED MAIL!  
Priority or Express Mail WITHOUT SIGNATURE REQUIRED will be accepted.**

Enter online @ [www.rychlakpowersystems.com/onlineentry.htm](http://www.rychlakpowersystems.com/onlineentry.htm)

Check at least one in each box:

<input type="checkbox"/> FULL POWER	<input type="checkbox"/> DEADLIFT ONLY	<input type="checkbox"/> Am (drug test)	<input type="checkbox"/> Pro (non-drug tested)
<input type="checkbox"/> IRONMAN (push/pull)	<input type="checkbox"/> BENCH ONLY	<input type="checkbox"/> Raw Am	<input type="checkbox"/> Pro Raw

IPA Membership

Expiration Date \_\_\_\_\_

Weight Class: \_\_\_\_\_

Sex: M or F

Check here if IPA Membership Payment is included

**Subdivisions:**

Open

Teenage (age: \_\_\_\_\_)

Junior (20-23)

Elite AM\*

*Must Check  
at least one*

Sub-master (33-39)

Master (age: \_\_\_\_\_)

Police

**(Please Include  
Mandatory Test  
Fee -\* \$85)**

**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 Online at: [www.rychlakpowersystems.com/onlineentry.htm](http://www.rychlakpowersystems.com/onlineentry.htm) (3% processing is applied)**

**Payment must accompany form and be received by August 27, 2010!**

**Please make checks payable to: Gene Rychlak Jr., 143 2<sup>nd</sup> Ave. Royersford, PA 19468.**

**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., U.S. National Guard, 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