

IPO AIPO NATIONAL CHARITY CHAMPIONSHIPS 2019



Venue: Limerick Powerlifting Club,
Unit 2B, Killmallock Enterprise Centre,
Killmallock Road, Ballysimon, Co Limerick V94 C529



Date: Saturday 23rd November 2018

Completed Forms to be returned to Amanda Bedford Brodie, 12 The Green, Kilteragh, Dooradoyle, Limerick.
Entry Forms and Fee of minimum €80 to be received no later than Friday 6th September 2019

PLEASE FILL OUT EVERY SECTION CLEARLY USING CAPITAL LETTERS

NAME: _____

ADDRESS: _____

DATE OF BIRTH: _____ AGE: _____ SEX: M F

PHONE: _____ EMAIL: _____

LIFTING INFORMATION-please fill out each section correctly

A) AIPO (tested) <input type="checkbox"/>	B) FULL POWER €80 <input type="checkbox"/>	C) RAW (no supports) <input type="checkbox"/>
IPO (non tested) <input type="checkbox"/>	BENCHPRESS ONLY €80 <input type="checkbox"/>	RAW CLASSIC <input type="checkbox"/>
	DEADLIFT ONLY €80 <input type="checkbox"/>	SINGLE PLY <input type="checkbox"/>
		MULTI PLY <input type="checkbox"/>

Bodyweight Categories				
<i>*Circle appropriate category</i>				
Mens Open				
52	56	60	67.5	75
82.5	90	100	110	125
140	140+			
Womens Open				
44	48	52	56	60
67.5	75	82.5	90	90+
*You will be allowed to move up only one weight class that you have entered, if over that weight class.				

Age Category				
**Circle appropriate category				
Teenage, 1 or 2		Junior U23		Novice
Open	M40+	M45+	M50+	M55+
M60+	M65+	M70+	M75+	M80+
** Proof of age is required				

Please read rules of entry below and sign form (**parent or guardian signature required if under 18 years of age and by doing so you are consenting to the rules on his/her behalf). By signing this form, you are bound to the rules of competition and you consent to do so. No entries considered if this form is not signed. (By order of IPO committee.) Anyone lifting under AIPO are subject to drug testing. If test found positive you receive a ban from both IPO and AIPO.

Rules of Entry

I hereby agree to be bound by the following rules for entry to the competition.

- I take part entirely at my own risk and that there shall be no liability whatsoever on the part of the promoter, Irish Powerlifting Organisation, its officers, employees, venue, agents for any loss, damage or injury suffered by me, how so ever caused.
- That I know of no medical or physical reason why I should not take part in this competition.
- Entry fee is **non-refundable**.
- All entry forms to be filled in and signed to be sent to the above address to be received no later than **FRIDAY 6TH SEPTEMBER 2019**
- Entry fee can be paid by postal order made payable to **Amanda Bedford Brodie**, 12 The Green, Kilteragh, Dooradoyle, Limerick
- The entrance fee must be paid to the full amount of with a minimum of €80.00 euro
- All lifters must be members of the IPO/AIPO
- Any new membership taken out for this comp only will cover the lifters membership for 2020

Date _____ Signature _____ ****Signature of Guardian** _____