

International Powerlifting Federation (IPF)
North American Powerlifting Federation (NAPF)
U.S. Virgin Islands Powerlifting Federation (USVIPF)

Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation and the
 U.S. Virgin Islands Powerlifting Federation invite all lifters to the:

2nd Annual Caribbean Islands Bench Press & Powerlifting Championships March 14-16, 2008 ~ Charlotte Amalie, St. Thomas, U.S. Virgin Islands

Championship Director: Robert Massey – coachmassey1@msn.com or telephone: 304.998.1039
Championship Sec: Robert Keller - rhk@verizon.net or telephone: 954.790.2249 / Fax: 954.301.3344
Technical Secretary: Bill Clayton – claytonw@ptd.net or telephone: 908.303.9267
Contest Format: Standard IPF weight classes and age groups [Open, Junior and Masters]

Awards: Medals will be awarded to the 1st, 2nd and 3rd place contestant in the Open division for each weight class. The Junior and Master categories will be determined by formula. Awards will be given to the best overall male and female lifter according to the Wilks Formula for Open, Junior and Masters. Trophies will be awarded to the top three men and women's teams, and certificates will be given to all participants. It will be mandatory that ALL participants wear their national team warm-up/tracks suits during the awards presentation.

Organizer: U.S. Virgin Islands Powerlifting Federation
City: Charlotte Amalie, St. Thomas, Virgin Islands
Date of Event: March 14 – 16, 2008
Venue: Charlotte Amalie High School Gymnasium / Venue is air conditioned
Hotel: Palm Court Harbor View Hotel - Rates: \$118.00 per night for a Single/Double Room. Breakfast is not included. www.palmcourtharborview.com/
Hotel bookings: All team members are responsible for their hotel expenses. The organiser of this event will not pay for any hotel accommodations. **Please make your reservations by March 01, 2008.**
Airport: Cyril E. King International Airport – St. Thomas, US Virgin Islands
Transport: \$10.00 per person to/from the airport.
Scales: The official scale will be available in the hotel and at the competition venue.
National Flag: Each nation must provide its national flag - Approximate size 1.5 m x 1.0 m.
National Anthem: Each nation must also provide its national anthem on an audiocassette tape or CD.
Organising-fee: \$20.00 per lifter (USD) – *Payable to NAPF and will be given to the organizer.*
Anti-Doping Fee: \$40.00 per lifter (USD) – *Payable to NAPF*
Fee Payments: **All Fees will be collected at the end of the technical meeting – receipts provided.**
Drug-Waiver Form: Each lifter will be required present the IPF Doping form at the weigh-in. The Anti-doping forms will be distributed at the Technical Meeting.
Spectator Fee: Free Admission
Technical Meeting: Friday, March 14, 2008 at 5:00pm at the hotel.
Opening Ceremony: Saturday, March 15, 2008, at 9:00am at the Venue
Banquet Ticket Price To be announced.
Web-site Info: www.usapowerlifting.com/IPF-NorthAmerica

Provisional Timetable of Events

Date	Event Time	Classes	Start time
Friday, March 14, 2008	Referee Written Examination		1:00pm
Friday, March 14, 2008	Media Press Conference		3:00pm
Friday, March 14, 2008	Technical Committee Meeting		5:00pm
Friday, March 14, 2008	Caribbean Nations Meeting		6:00pm
Saturday, March 15 2008	Lifting for all Women Lifters + Men 67.5 – 82.5kg		9:00am
Saturday, March 15 2008	Victory Ceremony/Drug-testing Protocol		12:00pm
Saturday, March 15 2008	Lifting for all Men 90kg – 125+kg		1:00pm
Saturday, March 15 2008	Victory Ceremony/Drug-testing Protocol		5:00pm
Saturday, March 15 2008	Championship Banquet		7:00pm
Sunday, March 16, 2008	Sightseeing Tour		7:00am
Monday, March 17, 2008	Departure of Delegations		7:00am

Important Note: Changes may occur to the timetable of events. All changes will take place at the technical meeting.

Dr. Lawrence Maile	Robert Massey	William B. Clayton	Robert Keller
President, NAPF	President, USVIPF	Technical Chair, NAPF	General Secretary, NAPF



International Powerlifting Federation (IPF)
 North American Powerlifting Federation (NAPF)
 U.S. Virgin Islands Powerlifting Federation (USVIPF)

Nominations – Men’s Open Powerlifting

Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

Reserve lifters: (Maximum five [5] per team)

Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

Nominations – Men 40+ Powerlifting

Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

Reserve lifters: (Maximum five [5] per team)

Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles



International Powerlifting Federation (IPF)
 North American Powerlifting Federation (NAPF)
 U.S. Virgin Islands Powerlifting Federation (USVIPF)

Nominations – Men 50+ Powerlifting

Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

Reserve lifters: (Maximum five [5] per team)

Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

Nominations – Women Open Powerlifting

Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

Reserve lifters: (Maximum five [5] per team)

Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

