

International Powerlifting Federation (IPF)
North American Powerlifting Federation (NAPF)
México Powerlifting Asociación (ASOLEPOVAME A.C.)

Official Invitation

The International Powerlifting Federation, the North American Powerlifting and the Powerlifting Federation of México invites all lifters for the

4th Annual NAPF North American Regional Bench Press Championship

Acapulco, Guerrero, México

October 8 – 10, 2009

Competition Director: Gabriel Garcia Telephone: +52-55-53445281 / Mobile: 044-55-28595045
brujo_mm@hotmail.com / powerlifting_mexico@yahoo.com.mx

Technical Secretary: Robert Keller -- rhk@verizon.net Tel: 954.790.2249 / Fax: 954.301.3344

Scoring Manager: Sergio Centeno -- Centeno@choicecable.net

Contest Organizer: Enrique Alvarado -- navi_mely@yahoo.com.mx
Telephone: +52-55-56507671 / Mobile: 044-55-54729758

Contest Format: Standard IPF weight classes/age groups [Open, Junior, and Masters]

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| Awards: | Medals for 1 st , 2 nd and 3 rd place for each weight class in the open. The placing in the Junior/Master groups will be determined by Wilks Formula according to the number of entries. Awards will be given to the best overall male and female lifter according to the Wilks Formula. Trophies will be awarded to the top three men and women's teams, and certificates/diplomas will be given to all participants. |
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Host Federación: México Powerlifting Asociación (ASOLEPOVAME A.C.)

City: Acapulco, Guerrero, México.

Date of Event: Thursday to Sunday, October 8 - 10, 2009

Venue: Copacabana Hotel -- Grand Ballroom -- Tabachines No.2 y 3 Fracc. Club Deportivo 39690, Acapulco, Guerrero, México

Hotel: Hotel Copacabana, Acapulco, Guerrero, México.

Web-site Hotel: <http://www.hotelcopacabana.com>

Hotel Rates: \$80.00 USD per night in single, double, triple or quad occupancy, taxes included.

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 you reservations by no later than September 14, 2009.**

Airport: General Juan N. Álvarez International Airport – Acapulco, Guerrero; México

Transport: Transport from the Airport to the hotel will be provided - \$15.00 each way. Please send your arrival and departure information with your nomination form.

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 CD.

Organising-fee: \$25.00 per lifter (USD) – *Payable to NAPF*

Anti-Doping Fee: \$50.00 per lifter (USD) – *Payable to NAPF*

Banquet buffet: \$15.00 per person (USD) – *Payable to Championship Organizer*

Accreditation: Team Managers are required to send a passport size photograph for each athlete.

Drug-Waiver Form: Each lifter will be required present the IPF Doping form at the weigh-in.

Competition T-shirts: \$10.00 USD

Spectator Fee: \$1.00 USD

Technical Meeting: Hotel Copacabana / Thursday, October 08, 2009 at 1:00pm

Opening Ceremony: Hotel Copacabana / Thursday, October 08, 2009 at 5:00pm

Web-site Info: <http://www.usapowerlifting.com/IPF-North America>

Provisional Timetable of Events

| <u>Date</u> | <u>Event Title</u> | <u>Start time</u> |
|----------------------------|---|-------------------|
| Wednesday, October 7, 2009 | Delegation Arrivals | 9:00am |
| Wednesday, October 7, 2009 | Athlete Accreditation | 1:00pm |
| Wednesday, October 7, 2009 | Media Press Conference | 5:00pm |
| Thursday, October 8, 2009 | Athlete Accreditation | 9:00am |
| Thursday, October 8, 2009 | Payment of Inscription Fees | 9:00am |
| Thursday, October 8, 2009 | Championship Technical Meeting | 2:00pm |
| Thursday, October 8, 2009 | Referee Meeting / Assignments | 2:00pm |
| Thursday, October 8, 2009 | Early Equipment Check – Friday Lifter | 3:00pm |
| Thursday, October 8, 2009 | Opening Ceremony | 5:00pm |
| Thursday, October 8, 2009 | Media Press Conference | 6:00pm |
| Friday, October 09, 2009 | All Women + Men 52 – 82.5kg | 9:00am |
| Friday, October 09, 2009 | Victory Ceremony/Drug-testing Protocol | 5:00pm |
| Friday, October 09, 2009 | Media Press Conference | 5:30pm |
| Friday, October 09, 2009 | Early Equipment Check – Friday Lifters | 6:00pm |
| Saturday, October 10, 2009 | All Men 90kg – 125+kg (Session Times TBA) | 9:00am |
| Saturday, October 10, 2009 | Victory Ceremony/Drug-testing Protocol | 4:00pm |
| Saturday, October 10, 2009 | Closing Ceremony | 5:00pm |
| Saturday, October 10, 2009 | Media Press Conference | 5:30pm |
| Saturday, October 10, 2009 | Championship Banquet | 7:00pm |
| Sunday, October 11, 2009 | Sightseeing Tour of Acapulco | 9:00am |
| Monday, October 12, 2009 | Departure of all Delegations | 9:00am |

Notes:

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Thursday, October 08, 2009.

The member federations are responsible for making sure all preliminary and final nomination deadlines are met to include payment of all fees in a timely manner.

It will be mandatory that all athletes have their National Warm-up/Track Suit on at all award presentations.

Dr. Larry Maile
President, NAPF

Nestor Gregory
Vice-President, NAPF

Robert Keller
General Sec., NAPF

Bill Clayton
Tech. Sec., NAPF



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Official Nomination Form

| | | |
|--|--|---|
| <u>Preliminary: August 15, 2009</u> | <u>Not participating: August 15, 2008</u> | <u>Final: September 15, 2009</u> |
|--|--|---|

The preliminary and final nomination forms must be sent to:
 Robert Keller – rhk@verizon.net / Telephone: 954.790.2249 / Fax: 954.301.3344
 Sergio Centeno -- centeno@choicecable.net
 Gabriel Garcia Telephone: brujo_mm@hotmail.com / +52-55-53445281 / Mobile: 044-55-28595045

Submitted by _____ National Powerlifting Federation/Association
 Submitting officer: _____ Title: _____ Date: _____

Team Manager : _____ Coach: _____

Referee 1 : _____ Cat : _____ Available for categories: _____
 Referee 2 : _____ Cat : _____ Available for categories: _____
 Referee 3 : _____ Cat : _____ Available for categories: _____

Total number of lifters: _____ Total amount of _____ Arrival _____ Flight/train/car
 Arrival time: _____ On airport/station: _____ Flight nr: _____
 Departure time: _____ Time: _____ Flight nr: _____

We need rooms: _____ **Single** – from – to: _____ **Double** – from – to: _____

Nominations – Mens Open

| Class | Name | Birth Date | Best Bench | International Titles |
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Reserve Lifters – Mens Open

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***Personal best bench during the past 12 months performed at a national or international championship.**



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Nominations – Women’s Open

| Class | Name | Birth Date | Best Bench | International Titles |
|--------------|-------------|-------------------|-------------------|-----------------------------|
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Reserve Lifters – Women’s Open

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Nominations - Women 40+

| Class | Name | Birth Date | Best Bench | International Titles |
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Reserve Lifters – Women 40+

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***Personal best bench during the past 12 months performed at a national or international championship.**



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Nominations - Women 50+

| Class | Name | Birth Date | Best Bench | International Titles |
|--------------|-------------|-------------------|-------------------|-----------------------------|
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Reserve Lifters – Women 50+

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***Personal best bench during the past 12 months performed at a national or international championship.**

FEDERATION OFFICIALS/COACHES

(Maximum three [6] Referees & [3] Coaches per Country)
 Additional coaches' passes will be available for purchase from the contest director.

| Name [complete] | Federation Title |
|------------------------|-------------------------|
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Authorizing Federation Agent/Officer

Name: _____ Street: _____ Zipcode: _____
 City: _____ Country: _____ Tel./fax: _____
 Fax: _____ E-mail: _____

