

Official Invitation

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

3rd Annual Caribbean Islands Bench Press & Powerlifting Championships **Charlotte Amalie, St. Thomas, U.S. Virgin Islands** **May 14 -- 16, 2009**

Meet Director: Robert Massey – coachmassey1@msn.com / Telephone: 340.998.1039
Championship Sec: Sergio Centeno [Spanish Speaker] centeno@choicecable.com /Tel: 787.607.9895
Secretary General: Robert Keller - rkh@verizon.net / Telephone: 954.790.2249 / Fax: 954.301.3344
Technical Secretary: Bill Clayton – claytonw@ptd.net / 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 the Wilks 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 in open categories, 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: May 14 – 16, 2009
Venue: Charlotte Amalie High School Gymnasium / Venue is air conditioned.
Hotel: Marriott Frenchman's Reef Resort / www.marriottfrenchmansreef.com
Hotel Charges: Single/Double Room: \$129.00 [USD] + 13% Tax = \$145.77 [USD]
 Triple/Quad is \$40.00 per additional guest.
Hotel Reservations: **Reservations must be made by March 15, 2009**
Hotel bookings: All team members are responsible for their hotel expenses. The organiser of this event and the NAPF will not pay for any hotel accommodations.
Airport: Cyril E. King International Airport – St. Thomas, US Virgin Islands
Airport Transport: No Charge from Airport to Marriott Resort Hotel.
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: \$50.00 per lifter (USD) – **Payable to NAPF**
Anti-Doping Fee: \$25.00 per lifter (USD) – **Payable to NAPF**
Fee Payments: **All Fees will be collected at the technical meeting – official receipts provided.**
Drug-Waiver Form: Each lifter will be required present their Passport or government issued Identification with an IPF Anti-Doping form at the weigh-in. The Anti-doping forms will be distributed at the Technical Meeting to each coach/lifter.
Spectator Fee: Free Admission to Venue
Contest T-Shirts: **Small – Large: \$15.00 / XL – XXXL: \$20.00**
Technical Meeting: Friday, May 15, 2009 at 1:00pm at the Mariott Hotel.
Opening Ceremony: Saturday, May 16, 2009 at 9:00am at the Venue.
Banquet Price: \$36.00 [USD] Per person / Marriott Hotel
Web-site Info: www.usapowerlifting.com/IPF-NorthAmerica

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

Provisional Timetable of Events

Thursday, May 14, 2009	Arrival of Athletes/Officials	9:00am
Thursday, May 14, 2009	Athlete/Officials Accreditation	9:00am
Friday, May 15, 2009	Athlete/Officials Accreditation	9:00am
Friday, May 15, 2009	NAPF Caribbean Assembly Meeting	10:00am
Friday, May 15, 2009	Recess/Lunch for delegates	12:00pm
Friday, May 15, 2009	Technical Meeting	1:00pm
Friday, May 15, 2009	Coffee Break	2:00pm
Friday, May 15, 2009	Referee Seminar / Testing / Assignments	2:30pm
Friday, May 15, 2009	Media Press Conference	5:00pm
Friday, May 15, 2009	Social Event for Delegation Officials and Staff	7:00pm
Saturday, May 16, 2009	Weigh-in: [All Women + Men 52kg to 82.5kg]	7:00am
Saturday, May 16, 2009	Lifting: [All Women + Men 52kg to 82.5kg]	9:00am
Saturday, May 16, 2009	Victory Ceremony/Drug-testing Protocol	12:00pm
Saturday, May 16, 2009	Weigh-in: Men [90kg – 125+kg]	12:00pm
Saturday, May 16, 2009	Lifting: Men [90kg – 125+kg]	2:00pm
Saturday, May 16, 2009	Victory Ceremony/Drug-testing Protocol	5:00pm
Saturday, May 16, 2009	Media Press Conference	6:00pm
Saturday, May 16, 2009	Championship Banquet	7:00pm
Sunday, May 17, 2009	Sightseeing Tours	9:00am
Monday, May 18, 2009	Departure of all Delegations	9:00am

Important Competition Notes:

Please be sure to make your hotel reservations by March 15, 2009 in order to receive the special rate.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Friday, May 15, 2009.

The Marriott Frenchman's Reef Hotel is located fifteen [15] minutes from the Cyril E. King International Airport. The hotel is within walking distance of hundreds of shops, restaurants, and locations having night-time entertainment.

It will be mandatory that each athlete have a National Team Warm-up/Track Suit on at their award presentation. No exceptions!

NAPF

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

Official Nomination Form

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

3rd Annual Caribbean Islands Bench Press & Powerlifting Championships
Charlotte Amalie, St. Thomas, U.S. Virgin Islands
May 14 -- 16, 2009

Preliminary: March 01, 2009	Not Participating: April 01, 2009	Final: April 01, 2009
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The preliminary and final nomination forms must be sent to:

Robert Keller – Email: rhk@verizon.net / Telephone: 954.790.2249 / Fax: 954.301.3344

Robert Massey – Email: coachmassey1@msn.com or Telephone: 340.998.1039

Sergio Centeno -- [Spanish Speaker] Email: centeno@choicecable.com /Telephone: 787.607.9895

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 – Bench Press Only

Wt Class	Name	Birth Date	Best Bench	International Titles

Reserve Lifters – Bench Press Only

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



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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



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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



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Nominations – Women 40+/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

FEDERATION OFFICIALS/COACHES

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

Name [complete]	Federation Title

Authorizing Federation Agent/Officer

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

