



International Powerlifting Federation [IPF]
North American Powerlifting Federation [NAPF]
South American Powerlifting Federation [FESUPO]

Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation, the South American Powerlifting and USA Powerlifting invite all member federations to attend the:

7th NAPF North American Regional Powerlifting Championships
12th NAPF/FESUPO Pan-American Regional Powerlifting Championships
August 4 - 8, 2009 / Miami, Florida [USA]

Contest Director: Robert Keller - rhk@verizon.net / Tel: 954.790.2249 / Fax: 954.301.3344
Championship Sec: Sergio Centeno [Spanish Speaker] centeno@choicecable.com /Tel: 787.607.9895
Technical Secretary: Bill Clayton [IPF Technical Committee] claytonw@ptd.net /Tel: 908.496.4172
Contest Format: Standard IPF weight classes and age groups [Open, Junior and Master]
Technical Rules: IPF Technical Rules and Referees will be used at this championship.

Awards: Medals for 1st, 2nd and 3rd place for each weight class in the Open category. Junior and Master age groups will be divided into either groups or weight classes based on the number of final entries. Outstanding lifter awards will be given to the best overall athlete in the Open, Junior and Master categories according to the Wilks Formula. Trophies will be awarded to the top three teams in the Open, Junior and Master categories, and participation diplomas/certificates will be awarded to all lifters, coaches, and referees that take part in the championship.

Organizer: North American Powerlifting Federation
City: Miami, Florida, United States of America
Dates of Event: Wednesday to Saturday, **August 4 -- 8, 2009**
Lifting Venue: Grand Ballroom / Hyatt Hotel – Miami, Florida
Hotel: Hyatt Hotel – Miami, Florida
Hotel Website – www.miamiregency.hyatt.com
Hotel Rates: \$109.00 + 13% tax = [\$123.17] per night for single or double occupancy. A triple room is \$134.00 + 13% tax = [\$151.42] and a Quad is \$159.00 + 13% tax = [\$179.67]. Executive Suites are available. Please contact Robert Keller for prices.
Hotel bookings: All team members are responsible for their hotel expenses. The organizer of this event is not responsible for hotel accommodations. **Please make your reservations by July 01, 2009, in order to receive the discounted rate.**
Meal Package: A special meal package of \$80.00 + 13% = [\$90.40] per day has been arranged for all the athletes, coaches, administrators, officials, and guests. This special meal plan includes three [3] complete buffet meals per day. The meal plan is [optional] and not mandatory. Please complete the enclosed form to order the meal package.
Airport: Miami International Airport – Miami, Florida
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.
Photographs: Team Managers are required to send a passport size photograph for each athlete.
Scales: The competition scale will be available at the contest venue 24hrs, beginning Aug 03, 2009.
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.
Participation Fee: \$50.00 per lifter [USD] – **Payable to NAPF**
Anti-Doping Fee: \$25.00 per athlete [USD] – **Payable to NAPF**
Anti-Doping Each lifter will be required to present official identification [Passport] as well as an IPF Anti-Doping Release Form at the weigh-in. The Anti-doping release forms will be distributed at the technical meeting.
Spectator Fee: \$5.00 per spectator
Competition T-shirts: \$15.00 [Small – Large] / \$20.00 [XL – XXXL]
Technical Meeting: Wednesday, August 05, 2009 @ 3:00 am / Hyatt Hotel
Opening Ceremony: Thursday, August 06, 2009 @ 8:30 am / Hyatt Hotel Grand Ballroom
Farewell Banquet: Tickets \$30.00 [USD] /Banquet will be held at 7:00pm, Aug 08, 2009 at the Hyatt.
Competition Website: www.usapowerlifting.com/IPF-NorthAmerica



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Provisional Timetable of Events

<u>Date</u>	<u>Event Title</u>	<u>Start time</u>
Tuesday, August 04, 2009	Arrival of Athletes/Officials	9:00am
Tuesday, August 04, 2009	Athlete/Officials Accreditation	9:00am
Wednesday, August 05, 2009	Athlete/Officials Accreditation	9:00am
Wednesday, August 05, 2009	NAPF Anti-doping Seminar	10:00am
Wednesday, August 05, 2009	Recess/Lunch for delegates	12:00pm
Wednesday, August 05, 2009	NAPF/FESUPO Pan-American Congress	1:00pm
Wednesday, August 05, 2009	Coffee Break	2:30pm
Wednesday, August 05, 2009	Technical Meeting / Referee Assignments	3:00pm
Wednesday, August 05, 2009	Early Equipment Check	4:00pm
Wednesday, August 05, 2009	Media Press Conference	5:00pm
Wednesday, August 05, 2009	Social Event for Delegation Officials and Staff	7:00pm
Thursday, August 06, 2009	Weigh-in/Equipment Check: Women [44kg – 60kg]	7:00am
Thursday, August 06, 2009	Opening Ceremony	8:30pm
Thursday, August 06, 2009	Lifting: Women [44kg – 60kg]	9:00am
Thursday, August 06, 2009	Victory Ceremony/Drug-testing Protocol	1:00pm
Thursday, August 06, 2009	Weigh-in/Equipment Check: Women [67.5 – 90+kg]	12:00pm
Thursday, August 06, 2009	Lifting: Women [67.5kg – 90+kg]	2:00pm
Thursday, August 06, 2009	Victory Ceremony/Drug-testing Protocol	5:00pm
Thursday, August 06, 2009	Early Equipment Check: Men – Friday Lifters	5:00pm
Thursday, August 06, 2009	Media Press Conference	6:00pm
Thursday, August 06, 2009	Social Event for Delegation Officials and Staff	7:00pm
Friday, August 07, 2009	Weigh-in/Equipment Check: Men [52kg – 60kg]	7:00am
Friday, August 07, 2009	Lifting: Men [52kg – 60kg]	9:00am
Friday, August 07, 2009	Victory Ceremony/Drug-testing Protocol	12:00pm
Friday, August 07, 2009	Weigh-in: All Men [75kg – 82.5kg]	12:00pm
Friday, August 07, 2009	Lifting: All Men [75kg – 82.5kg]	2:00pm
Friday, August 07, 2009	Victory Ceremony/Drug-testing Protocol	5:00pm
Friday, August 07, 2009	Early Equipment Check: Men – Saturday Lifters	5:00pm
Friday, August 07, 2009	Media Press Conference	6:00pm
Friday, August 07, 2009	Social Event for Delegation Officials and Staff	7:00pm
Saturday, August 08, 2009	Weigh-in: Men [90kg -- 100kg]	7:00am
Saturday, August 08, 2009	Lifting: Men [90kg -- 100kg]	9:00am
Saturday, August 08, 2009	Victory Ceremony/Drug-testing Protocol	12:00pm
Saturday, August 08, 2009	Weigh-in: Men [110 kg – 125+kg]	12:00pm
Saturday, August 08, 2009	Lifting: Men [110kg – 125+kg]	2:00pm
Saturday, August 08, 2009	Victory Ceremony/Drug-testing Protocol	5:00pm
Saturday, August 08, 2009	Media Press Conference	5:30pm
Saturday, August 08, 2009	Championship Banquet	7:00pm
Sunday, August 09, 2009	Sightseeing Tours	9:00am
Monday, August 10, 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 Wednesday, July 8, 2009.

The Hyatt Hotel is located fifteen [15] minutes from the Miami 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 will have a National Team Warm-up/Track Suit on at their award presentation.

Dr. Larry Maile
President, NAPF

Julio Conrado
President, FESUPO

Robert Keller
Secretary General, NAPF

Bill Clayton
TC Chairman, NAPF



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Nominations – Women’s Masters Powerlifting

Wt. Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

Reserve lifters: [Maximum Two [2] per team]

Wt. Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

FEDERATION OFFICIALS/COACHES

(Maximum six [6] 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: _____

