

Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation
And the Guyana Amateur Powerlifting Federation invite all member federations to the:

4th Annual IPF/NAPF Caribbean Islands Bench Press & Powerlifting Championships Georgetown, Guyana / March 18 – 20, 2010

Contest Director: Peter Green – greenpowergy@yahoo.com / +592.233.2839 / +592.601.1553
Championship Sec: Sergio Centeno [Spanish Speaker] centeno@choicecable.com /Tel: 787.607.9895
Secretary General: Robert Keller – rhk@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 1 st , 2 nd and 3 rd place contestant in the Open division for each weight class. The Junior and Master groups/categories will be determined by the total number of entries and scored 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 category and certificates will be given to all participants.
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Organizer: Guyana Amateur Powerlifting Federation
City: Georgetown, Guyana
Date of Event: March 18 – 20, 2010
Lifting Venue: Conference Hall – Princess Hotel [Venue is air conditioned]
Hotel: Princess Hotel (Guyana) – Providence/ Tel: +592.265.7001 or 7030
Website: www.princesshotelguyana.com / Casino on property.
Hotel Rates: Single Room: \$86.21 + 16% vat = \$100.00[USD] per night / Double Room: \$94.82 + 16% vat = \$110.00 [USD] and Triple room is 120.70 + 16% vat = \$140.00 [USD] per night. All rooms are B/B inclusive. **Please make your reservations by March 01, 2010 for discounted rate.**
Hotel bookings: All team members are responsible for ALL of their hotel expenses. The organiser of this event and the NAPF will not pay for any hotel accommodations.
Airport: Cheddi Jagan International – Timehri [Twenty minutes drive to Hotel]
Transport: \$15.00 USD per person each way -- Special Group/Team Rates are available.
Scales: The official scale will be available in 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: \$75.00 per lifter (USD) – **Payable to NAPF**
Anti-Doping Fee: \$25.00 per lifter (USD) – **Payable to NAPF**
Payment of fees: **All Fees will be collected at the technical meeting – official and stamped receipts will be provided for all transactions.**
Drug-Waiver Form: Each lifter will be required to 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: \$5.00 [USD] per spectator or equivalent \$1,000.00 [GUY] each day
Contest T-Shirts: \$15.00 [USD] Small - Large / \$20.00 [USD] XL - XXXL
Technical Meeting: Thursday, March 18, 2010 at 1:00 pm at the Princess Hotel.
Opening Ceremony: Friday, March 19, 2010 at 9:00 am in the championship venue.
Banquet Price: \$30.00 [USD] Per person / Princess Hotel
Web-site Info: www.usapowerlifting.com/IPF-NorthAmerica

Dr. Lawrence Maile
President, NAPF

Peter Green
President, GAPF

William B. Clayton
Technical Chairman, NAPF

Robert Keller
Secretary General, NAPF

Provisional Timetable of Events

Wednesday, March 17, 2010	Arrival of Athletes/Officials	9:00am
Wednesday, March 17, 2010	Athlete/Officials Accreditation	9:00am
Thursday, March 18, 2010	Athlete/Officials Accreditation	9:00am
Thursday, March 18, 2010	NAPF Caribbean Assembly Meeting	10:00am
Thursday, March 18, 2010	Recess/Lunch for delegates	12:00pm
Thursday, March 18, 2010	Technical Meeting	1:00pm
Thursday, March 18, 2010	Coffee Break	2:30pm
Thursday, March 18, 2010	Media Press Conference	3:00pm
Thursday, March 18, 2010	Social Event for Delegation Officials and Staff	7:00pm
Friday, March 19, 2010	Weigh-in: [All Women + Men 52kg to 67.50kg]	8:00am
Friday, March 19, 2010	Opening Ceremony	9:00am
Friday, March 19, 2010	Lifting: [All Women + Men 52kg to 67.5kg]	10:00am
Friday, March 19, 2010	Weigh-in: [Men 75.00 to 82.50kg]	12:00pm
Friday, March 19, 2010	Victory Ceremony/Drug-testing Protocol	1:00pm
Friday, March 19, 2010	Lifting: [Men 75.00 to 82.50kg]	2:00pm
Friday, March 19, 2010	Victory Ceremony/Drug-testing Protocol	5:00pm
Friday, March 19, 2010	Media Press Conference	6:00pm
Saturday, March 20, 2010	Weigh-in: [Men 90kg to 100kg]	7:00am
Saturday, March 20, 2010	Lifting: [Men 90kg to 100kg]	9:00am
Saturday, March 20, 2010	Weigh-in: [Men 110kg to 125+kg]	11:00am
Saturday, March 20, 2010	Victory Ceremony/Drug-testing Protocol	12:00pm
Saturday, March 20, 2010	Lifting: [Men 110kg to 125+kg]	1:00pm
Saturday, March 20, 2010	Victory Ceremony/Drug-testing Protocol	4:00pm
Saturday, March 20, 2010	Media Press Conference	5:00pm
Saturday, March 20, 2010	Championship Banquet	7:00pm
Sunday, March 21, 2010	Sightseeing Tours	9:00am
Monday, March 22, 2010	Departure of all Delegations	9:00am

Important Competition Notes:

1. Please be sure to make your hotel reservations by March 01, 2010 in order to receive the special discounted rate.
 2. Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Thursday, March 18, 2010 at 1:00pm
 3. Final Nomination Date will be adhered to by all member federations. Late nomination forms will incur a late fee per athlete.
 4. It will be mandatory that each athlete have a National Team Warm-up/Track Suit on at their award presentation. No exceptions!
 5. Security for all member federation delegations will be in place at the Princess Hotel.
 6. The official exchange rate at the Princess Hotel is \$1.00 [USD] = to \$200.00 [GUY]
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NAPF

International Powerlifting Federation (IPF)
North American Powerlifting Federation (NAPF)
Guyana Amateur Powerlifting Federation (GAPF)

Official Nomination Form

The International Powerlifting Federation, the North American Powerlifting Federation and the Guyana Amateur Powerlifting Federation invite all member federations to the:

**4th Annual IPF/NAPF
 Caribbean Islands Bench Press & Powerlifting Championships
 Georgetown, Guyana / March 18 – 20, 2010**

Preliminary: January 15, 2010	Not Participating: January 15, 2010	Final: February 15, 2010
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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

Peter Green – Email: greenpowergy@yahoo.com / +592.233.2839 / +592.601.1553

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.

