



International Powerlifting Federation (IPF)
North American Powerlifting Federation (NAPF)

Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation, and the US Virgin Islands Powerlifting federation invite all IPF member federations to the:

12th Annual North American Regional Powerlifting Championships 8th Annual Caribbean Powerlifting Championships

Contest Directors: Robert Keller / Email: rhk@verizon.net / Tel: +954.790.2249 / Fax: +954.301.3344
Robert Massey / Email: coachmassey1@msn.com / Tel: +340.998.1039

Championship Secretary: Sergio Centeno / Email: centeno@choicecable.net / Tel: +787.607.9895

Technical Secretary: Bill Clayton / Email: claytonw@ptd.net / Tel: +908.303.9267

All Correspondence and Visa: Please send all correspondence and visa request to Robert Keller
Email: rhk@verizon.net / Tel: +954.790.2249 / Fax: +954.301.3344. Please send the attached Visa Support Document with the preliminary nomination form.

Host City: Kings Hill, St. Croix, US Virgin Islands

Dates: July 8-13, 2014

Contest Venue: Kings Hill, St. Croix Education Complex

Technical Meeting: Tuesday, July 08, 2014 at 14:00 hrs in the **Mahogany Room** of the Renaissance.

Hotel Information: Renaissance St. Croix Carambola Beach Resort and Spa

Telephone: 340.778.3800 / www.carambolabeach.com (or) www.renaissancestcroix.com

Hotel Room Rate(s):

\$125.00 USD + Tax, per night for single and double occupancy. For a triple room it is \$135.00 USD per night, plus tax and a quad is \$145.00 USD per night plus tax. **Each room reservation will require a one-night deposit.** The organizer will not be responsible for any hotel bills of the participating IPF Member Nations. Each team manager will be responsible. All rooms must be booked by NLT June 16, 2014. After the deadline the organizer cannot guarantee room accommodations at the group rate. Reservations can be made using the Renaissance Hotel Reservation Link on the NAPF website or with the Hotel Booking Form.

Breakfast: Breakfast is not included with the hotel room. There will be two options for Breakfast. Option 1: For \$19.95 USD, per person, there will be a complete breakfast buffet provided in the hotel restaurant. Option 2: A continental buffet breakfast is also available for \$17.95 USD. Both buffet options are inclusive of tax. **A complimentary room category upgrade for all reservations booked, with a deposit, by March 31, 2014.**

Special Note: All athletes, coaches, referees or officials from each federation must stay in the official hotel during the championship. If the nominated athletes, coaches, referees or officials do not stay in the championship hotel, they will be obliged to pay an administration fee of 125.00 USD per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (By-Laws 105.4.4).

Arrivals/Transportation: Transport from the airport to the hotel and back to the airport will cost \$15.00 USD per person. The organizing committee will provide transport from the hotel to the venue for no charge. The hotel/venue transport schedule will be finalized at the technical meeting.

Scales: Scales will be available beginning Saturday, July 05, 2014. Scales will be available 24hrs.

Training: Training facilities available at the venue commencing on Monday morning, July 07, 2014.

Flag and anthem: Will be provided by the championship director.

Credentials: All nominated athletes, coaches, officials and referees be allowed into the venue free of charge for each member federation. A maximum of the three coaches can be nominated by each team.

Closing Banquet: Saturday Evening, July 12, 2014 at 19:00 @ Renaissance Hotel - Cost is \$40.00 USD, per person, for a buffet meal. The menu for the banquet will be sent with this document. A DJ and entertainment will be provided at the banquet.

Participation Fee: 25.00 USD per athlete. / **Anti-Doping Fee:** 75.00 USD per athlete.

All Fees (participation, anti-doping, transport and banquet) will be collected at the conclusion of the technical meeting by the IPF Finance Officer – official, stamped and certified receipts will be provided for all transactions. No exceptions. As a reminder, per the 2013 NAPF NGB Motion, each additional division will cost \$15.00 USD.



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Championship Web-site Info: www.usapowerlifting.com/IPF-NorthAmerica

Championship T-shirts: \$15.00 (USD) Small - Large / \$20.00 (USD) XL - XXXL

Awards: North American Championship: Custom medals will be awarded to the 1st, 2nd and 3rd place contestants in the men/women's open division for each weight class. The Sub-junior, Junior, Master and Raw/Classic lifters medalists will be determined by either weight class or by age groups, based on the the total number of entries. Groups will be 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, Master and Raw/Classic. Team trophies will be awarded to the top three men and women's teams in Open Class. For Classic/Raw, Junior and Masters categories, one team award will be presented. **Caribbean Championships:** Custom medals, best lifter awards and and top three team awards will be awarded in the men/womens open division only. Certificates will be given to all participants.

Nominations: Team Nomination Forms must are to be sent to both Robert Keller, the Championship Director and Sergio Centeno, the NAPF Championship Secretary by no later than:

Preliminary: **May 07, 2014** (fully complete preliminary form must be sent. No preliminary for nomination will be accepted if complete filled in the preliminary was not sent).

Final: **June 07, 2014** (late entries will not be accepted).

7 Days before Technical Meeting: **July 01, 2014** is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms. If no withdrawal is made 7 days prior to the Technical Meeting before a World championships or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form (IPF-By-Laws105.5.2).

Provisional Timetable of Events

Day	Event		Start	
July 07, 2014	Accreditation		09:00	
	Scoring Program Seminar (English Speakers)		09:00	
	Scoring Program Seminar (Spanish Speakers)		14:00	
July 08, 2014	Accreditation		09:00	
	NAPF General Assembly		10:00	
	Anti-Doping Workshop		13:00	
	Technical Meeting		14:00	
	Referee Meeting		14:30	
	Opening Ceremony @ Venue		17:00	
Day	Weigh-in Time	Classes	Start	
July 09, 2014	07:00 – 08:30	Women	43.00 – 63.00 kg	09:00
	12:00 – 13:30	Women	72.00 – 84.0+kg	14:00
	IPF President's Round Table Meeting			18:00
July 10, 2014	07:00 – 08:30	Men	53.00 – 66.00 kg	09:00
	11:00 – 12:30	Men	74.00 kg	13:00
	IPF Referee Recertification Seminar			18:00
July 11, 2014	07:00 – 08:30	Men / Women	Special Olympic	09:00
	11:00 – 12:30	Men	83.00 / 93.00 kg	13:00
	Renaissance Hotel – Evening Entertainment			18:00
July 12, 2014	07:00 – 08:30	Men	105.00 kg	09:00
	11:00 – 12:30	Men	120.00 / 120.00+	13:00
	Farewell Banquet – Renaissance Hotel			19:00
July 13, 2014	Island Activities and Tours		08:00	
July 14, 2014	Departure of Delegations		07:00	



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Important Items to Remember

Preliminary nomination forms must be sent not later than 60 days before the date of the Championship. Final nominations must be submitted by no later than June 7, 2014 and must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a nominated reserve lifter. No new nominations will be accepted).

According to the IPF Technical Rules (Page 4, item 7) on the submitted Final Nomination Form you must send the definite list the athletes that will take part in the championship. At the Technical Meeting you can only delete athletes from your final nomination form and the change of weight class of any athlete is forbidden and not possible.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Tuesday, July 08, 2014. The Technical Meeting will be held in the Mahogany Room in the Renaissance Hotel. .

Victory Ceremonies will be held at the end of each lifting session. It will be absolutely mandatory that each athlete wear a complete National Team Warm-up/Track Suit, to include pants, for the award presentation.

If the organizer does not receive confirmed cancellations of hotel rooms at least 7 days prior to the championship, all hotel costs will be the responsibility of the team manager/member federation. The same shall apply to participation and anti-Doping fees (IPF-By-Laws105.5.2).

All athletes, coaches, referees or officials from each federation must stay in the official hotel during the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of 125.00 USD (100 Euros) per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (IPF By-laws 105.4.4).

Indemnity & Insurance: All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said World Championships. All delegate members must have a valid health insurance. The organiser and the IPF will not incur any expenses for a doctor or a stay in hospital. We recommend travel insurance for covering loss of luggage, theft, delayed planes etc.

Specially priced and discounted St. Croix tours and activities will be available for sale during the championship.



Robert Keller
NAPF President

Fernando Baez
NAPF Vice-President

Sergio Centeno
NAPF Secretary General

Bill Clayton
NAPF Technical Chairman



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Official Nomination Form

The International Powerlifting Federation, the North American Powerlifting Federation, and the US Virgin Islands Powerlifting Federation invite all IPF member federations to the:

12th Annual North American Regional Powerlifting Championships
8th Annual Caribbean Powerlifting Championships

Preliminary: May 07, 2014	Not Participating: May 07, 2014	Final: June 07, 2014
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The preliminary and final nomination forms must be sent to:

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

Sergio Centeno / E-Mail: Sergio Centeno / Email: centeno@choicecable.net / Tel: +1.787.607.9895

Submitted by _____ National Powerlifting Federation

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 team : _____ 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: _____

The National Secretary must designate which categories each nominated referee is available to referee at the championship. If nominated by the Technical Committee to referee at the championships, each referee must be available for the designated categories. Furthermore, it is an obligation of every Federation to confirm the participation of all their Referees nominated on the Final Nomination Form and/or cancel the referees who will not participate in the championship.

State each lifter's personal best achieved at national or international championships during the previous 12 months. Enter the lifter's family name and first name separately into an appropriate column below. Please, use each lifter's full first name, not his or her nickname!



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Nominations - Women Open

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team

Nominations - Women Sub Junior

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team

Nominations - Women Junior

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team



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CARIBBEAN CHAMPIONSHIPS

Nominations – Men Open

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team

Nominations - Women Open

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team

Address for contact:

Name _____ Street: _____ Zipcode _____
 City: _____ Country: _____ Phone: _____
 Fax: _____ E-mail: _____



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Visa Support Document

Country: _____

Full names of athletes	Birth Day	Passport Number	Expiration Date
Full names of coaches	Birth Day	Passport Number	Expiration Date

VISA INSTRUCTIONS

If you require a letter of invitation to obtain a VISA to enter to the US Virgin Islands please send the completed VISA Support Document to Robert Keller by Email: rhk@verizon.net / **Important:** The Visa Support Document should include the each athlete/official/coaches complete and full name as indicated on their passport, birthday, passport number with the expiration date. The request should include the arrival and departure dates into the United States of America. **It is very important that you apply as early as possible.** Recommendation is to apply no later than 90 days (May 01, 2014) prior to you leaving for your trip to the US Virgin Islands.

 (Signature) National Federation – General Secretary

 (Signature) National Federation President/Executive Officer

 (Print) National Federation – General Secretary

 (Print) National Federation President/Executive Officer



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Hotel Booking Form

Country: _____

Visitors Name	Single (or) Double Room	Arrival Date	Departure Date	Breakfast Option: 1 or 2
Room 1				
Room 2				
Room 3				
Room 4				
Room 5				
Room 6				
Room 7				
Room 8				

 (Signature) National Federation – General Secretary

 (Signature) National Federation President/Executive Officer

 (Print) National Federation – General Secretary

 (Print) National Federation President/Executive Officer



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Airline Arrival – Departure Form

Country: _____

Name of Traveller	Airline	Flight Number	Arrival Date	Departure Date

 (Signature) National Federation – General Secretary

 (Signature) National Federation President/Executive Officer

 (Print) National Federation – General Secretary

 (Print) National Federation President/Executive Officer

