



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 NAPF member federations to the:

## **14<sup>th</sup> Annual North American Regional Powerlifting Championships 9<sup>th</sup> Annual Caribbean Powerlifting Championships**

**Contest Directors:** Robert Keller / Email: [rhk@verizon.net](mailto:rhk@verizon.net) / Tel: +954.790.2249  
Robert Massey / Email: [coachmassey1@msn.com](mailto:coachmassey1@msn.com) / Tel: +340.998.1039

**Championship Secretary:** Robert Keller / Email: [rhk@verizon.net](mailto:rhk@verizon.net) / Tel: +954.790.2249

**Technical Secretary:** Bill Clayton / Email: [claytonw@ptd.net](mailto: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](mailto:rhk@verizon.net) / Tel: +954.790.2249. Please send the attached Visa Support Document with the preliminary nomination form.

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

**Dates:** August 14 – 19, 2016

**Contest Venue:** Tibbet Room – Renaissance Hotel / Carambola Beach Resort

**Technical Meeting:** August 14, 2016 at 14:00 hrs in the **Tamarind Room** at the Renaissance Hotel.

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

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

#### **Hotel Room Rate(s):**

155.00 USD + Tax, per night for single, double and triple occupancy room. A quad room it is 165.00 USD per night + Tax. The organizer will not be responsible for any hotel bills of the participating IPF/NAPF Member Federations. Each team manager will be responsible. All rooms must be booked by NLT July 15, 2016. Please call Tiffany Camacho at 340-778-3800 x6200 or contact her by email at: [tiffany.camacho@carambolabeach.com](mailto:tiffany.camacho@carambolabeach.com) to book your hotel room. After the deadline the organizer cannot guarantee room accommodations at the group rate. **Breakfast:** Breakfast is not included with the hotel room. There will be Breakfast Buffet available each morning for a charge of 18.95 USD, per person (includes tax and service charge). This will be a complete breakfast buffet provided in the hotel restaurant.

**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. Each federation must send their transport information with the final nomination.

**Scales:** Scales will be available beginning Saturday, August 13, 2016. Scales will be available 24hrs.

**Training:** Training facilities available at the venue commencing on Sunday morning, August 14, 2016

**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:** Friday Evening, August 19, 2016 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 The Pirates Buffet.

**Participation Fee:** 35.00 USD per athlete. / **Anti-Doping Fee:** 90.00 USD per athlete.

If you enter both the Equipped and Classic competitions, you will be required to pay two participation fees.

If you enter more than one division, the second division will cost 15.00 USD.

All Fees (participation, anti-doping, transport and banquet) will be wired in advance to the NAPF.

**Championship Web-site Info:** [www.usapowerlifting.com/IPF-NorthAmerica](http://www.usapowerlifting.com/IPF-NorthAmerica)



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**Championship T-shirts:** 15.00 USD Small - Large / 20.00 USD XL - XXXL

**Awards: North American Championship:** Custom medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place contestants in the men/women's equipped and classic open divisions for each weight class. The Sub-junior, Junior and Master lifters for both equipped and classic will be placed into groups. Groups will be scored by the Wilks Formula. Awards will be given to the best overall male and female lifter for Open, Sub-junior, Junior, and Master in both the equipped and classic competitions. Team trophies will be awarded to the top three men and women's teams in open, sub-junior and junior weight classes. **Caribbean Championships:** Custom medals, best lifter awards and top three team awards will be awarded in the men/women's open division only. Certificates will be given to all participants.

**Nominations:** Team Nomination Forms must be sent to Robert Keller, the Championship NAPF Championship Secretary, and Alex Alvarado, the NAPF Secretary General by no later than:

**Preliminary:** **June 15, 2016** (fully complete preliminary form must be sent. No final form nomination will be accepted if complete preliminary form was not sent).

**Final:** **July 15, 2016** (late entries will not be accepted).

**14 Days before Technical Meeting:** **August 01, 2016** is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms. If no withdrawal is made 14 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
August 13, 2016	Accreditation			09:00
August 14, 2016	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
August 15, 2016	07:00 – 08:30	Classic Women	43.00 – 63.00 kg	09:00
	12:00 – 13:30	Classic Men	53.00 – 83.00 kg	14:00
August 16, 2016	07:00 – 08:30	Classic Women	72.00 – 84.00+ kg	09:00
	11:00 – 12:30	Classic Men	93.00 – 120.00+ kg	13:00
August 17, 2016	07:00 – 08:30	Equipped Women	43.00 – 63.00 kg	09:00
	11:00 – 12:30	Equipped Men	53.00 – 83.00 kg	13:00
August 18, 2016	07:00 – 08:30	Equipped Women	72.00 – 84.00+ kg	09:00
	11:00 – 12:30	Equipped Men	93.00 – 105.00 kg	13:00
August 19, 2016	08:00 – 9:30	Equipped Men	120.00 / 120.00+ kg	09:00
	Farewell Banquet – Renaissance Hotel			19:00
August 20, 2016	Island Activities and Tours			09:00
August 21, 2016	Island Activities and Tours			09:00
August 22, 2016	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 July 15, 2016 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 Sunday, August 14, 2016. The Technical Meeting will be held in the Tamarind 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 14 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.**



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**Larry Maile**  
**NAPF President**

**Ivan Cancel**  
**NAPF Vice-President**

**Alex Alvarado**  
**NAPF Secretary General**

**Robert Keller**  
**NAPF Champ. Secretary**



**International Powerlifting Federation (IPF)**  
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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 NAPF member federations to the:

**14<sup>th</sup> Annual North American Regional Powerlifting Championships**  
**9<sup>th</sup> Annual Caribbean Powerlifting Championships**

<b>Preliminary: June 15, 2016</b>	<b>Not Participating: July 15, 2016</b>	<b>Final: July 15, 2016</b>
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**The preliminary and final nomination forms must be sent to:**

Robert Keller / Email: [rhk@verizon.net](mailto:rhk@verizon.net) / Cell: 954.790.2249

Alex Alvarado / Email: [alexalvaradoalvarado@yahoo.com](mailto:alexalvaradoalvarado@yahoo.com) / Cell: 787.607.0132

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!





**International Powerlifting Federation (IPF)**  
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**Nominations – Men Junior Equipped**

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

**Reserve lifters, Maximum 5 per team**


**Nominations - Men Masters I / 40+ Equipped**

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

**Reserve lifters, Maximum 5 per team**


**Nominations - Men Masters II / 50+ Equipped**

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

**Reserve lifters, Maximum 5 per team**




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**Nominations - Men Masters III / 60+ Equipped**

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

**Reserve lifters, Maximum 5 per team**


**Nominations - Men Masters IV / 70+ Equipped**

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

**Reserve lifters, Maximum 5 per team**


**Nominations – Men Open Raw/Classic**

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

**Reserve lifters, Maximum 5 per team**




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**Nominations – Men Sub Junior Raw/Classic**

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

**Reserve lifters, Maximum 5 per team**


**Nominations – Men Junior Raw/Classic**

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

**Reserve lifters, Maximum 5 per team**


**Nominations - Men Masters I / 40+ Raw/Classic**

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

**Reserve lifters, Maximum 5 per team**






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**Nominations - Men Masters II / 50+ Raw/Classic**

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

**Reserve lifters, Maximum 5 per team**


**Nominations - Men Masters III / 60+ Raw/Classic**

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

**Reserve lifters, Maximum 5 per team**


**Nominations - Men Masters IV / 70+ Raw/Classic**

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

**Reserve lifters, Maximum 5 per team**




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**Nominations - Women Open Equipped**

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

**Reserve lifters, max. 5 per team**


**Nominations - Women Sub Junior Equipped**

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

**Reserve lifters, max. 5 per team**


**Nominations - Women Junior Equipped**

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

**Reserve lifters, max. 5 per team**




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**Nominations - Women Masters I / 40+ Equipped**

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

**Reserve lifters, max. 5 per team**


**Nominations - Women Masters II / 50+ Equipped**

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

**Reserve lifters, max. 5 per team**


**Nominations - Women Masters III / 60+ Equipped**

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

**Reserve lifters, max. 5 per team**




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**Nominations - Women Masters IV / 70+ Equipped**

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

**Reserve lifters, max. 5 per team**


**Nominations - Women Raw/Classic**

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

**Reserve lifters, max. 5 per team**


**Nominations - Women Sub Junior Raw/Classic**

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

**Reserve lifters, max. 5 per team**




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**Nominations - Women Junior Raw/Classic**

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

**Reserve lifters, max. 5 per team**


**Nominations - Women Masters I / 40+ Raw/Classic**

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

**Reserve lifters, max. 5 per team**


**Nominations - Women Masters II / 50+ Raw/Classic**

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: \_\_\_\_\_



**International Powerlifting Federation (IPF)**  
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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](mailto: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 15, 2016) 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





**International Powerlifting Federation (IPF)**  
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**Hotel Booking Form**

**Country:** \_\_\_\_\_

Visitors Name	Single (or) Double Room	Arrival Date	Departure Date	
<b>Room 1</b>				
<b>Room 2</b>				
<b>Room 3</b>				
<b>Room 4</b>				
<b>Room 5</b>				
<b>Room 6</b>				
<b>Room 7</b>				
<b>Room 8</b>				

\_\_\_\_\_  
 (Signature) National Federation – General Secretary

\_\_\_\_\_  
 (Signature) National Federation President/Executive Officer

\_\_\_\_\_  
 (Print) National Federation – General Secretary

\_\_\_\_\_  
 (Print) National Federation President/Executive Officer



International Powerlifting Federation (IPF)  
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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