

**NAPF**

**International Powerlifting Federation (IPF)**  
**North American Powerlifting Federation (NAPF)**  
**Aruba Bodybuilding & Powerlifting Association (ABPA)**

**Official Invitation**  
**1st Annual**  
**Championship of the Caribbean Islands**  
**& Caribbean Regional Bench Press Championships**

**Championship Director:** William "Ed" Woodley – [wewoodley@webaruba.com](mailto:wewoodley@webaruba.com) or telephone: +297 563.2797  
**Championship Sec:** Robert Keller - [rhk@verizon.net](mailto:rhk@verizon.net) or telephone: 954.790.2249 / Fax: 954.301.3344  
**Technical Secretary:** Jack Marcus – [thedecdoc@yahoo.com](mailto:thedecdoc@yahoo.com) or telephone: 269.612.1300  
**Contest Organizer:** William "Ed" Woodley – [wewoodley@webaruba.com](mailto:wewoodley@webaruba.com) or telephone: +297 563.2797  
**Contest Format:** Standard IPF weight classes/age groups [open, 40+, etc.] will apply for both men/women

<b>Awards:</b>	Medals for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place for each weight class in the open, junior and master categories. Awards will be given to the best overall male and female lifter according to the Wilks Formula. Individual medals for the bench press will be given to the top three places in each weight class. Trophies will be awarded to the top three men and women's teams, and certificates will be given to all participants.
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**Organizer:** Aruba Powerlifting Federation (APF)  
**City:** Oranjestad, Aruba  
**Date of Event:** Thursday to Saturday, April 26-28, 2007  
**Venue:** Centro Deportivo Frans Figaroa  
**Hotel:** *Aruba-Beach Resort & Casino (Holiday Inn Sun\_Spree Resort), Talk of the Town Hotel & Beach Club*  
**Hotel Rates:** \$ 87.00 - \$ 151.60 per night in double occupancy. For arrangements and other services contact Ed Woodley: [wewoodley@webaruba.com](mailto:wewoodley@webaruba.com) or telephone: +297 563.2797  
**Hotel bookings:** All team members are responsible for their hotel expenses. The organiser of this event will not pay for any hotel accommodations. **Please make your reservations by no later than April 05, 2007, in order to receive the discounted rate(s).**  
**Airport:** Reina Beatrix International Airport – Oranjestad, Aruba  
**Transport:** From Airport to the hotel will be provided - \$15.00 each way.  
**Scales:** Scale will be available at the championship site.  
**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:** \$20.00 per lifter (USD) – *Payable to Championship Director*  
**Anti-Doping Fee:** \$30.00 per lifter (USD) – *Payable to NAPF*  
**Drug-Waiver Form:** Each lifter will be required present the IPF Doping form at the weigh-in.  
**Spectator Fee:** Free Admission  
**Technical Meeting:** Thursday, April 26, 2007 at 9:00am at the **Aruba Beach Resort [Holiday Inn Spree Resort]**  
**Opening Ceremony:** Thursday, April 26, 2007 at 2:00 pm  
**Web-site Info:** <http://www.ipfworlds.com/caribbeanchampionship>

**Provisional Timetable of Events**

Date	Event Time	Classes	Start time
Thursday, April 26, 2007	Technical Committee Meeting		9:00am
Thursday, April 26, 2007	Media Press Conference		to be announced
Thursday, April 26, 2007	Bench Press & Powerlifting Clinic		to be announced
Thursday, April 27, 2007	All Women		8:00am
Thursday, April 27, 2007	Victory Ceremony/Drug-testing Protocol		11:00am
Friday, April 27, 2007	All Men 52kg – 60kg		2:00pm
Friday, April 27, 2007	Victory Ceremony/Drug-testing Protocol		5:00pm
Saturday, April 28, 2007	All Men 67.5 – 82.5kg		8:00am
Saturday, April 28, 2007	Victory Ceremony/Drug-testing Protocol		11:00am
Saturday, April 28, 2007	All Men 90kg – 125+kg		2:00pm
Saturday, April 28, 2007	Victory Ceremony/Drug-testing Protocol		5:00pm
Saturday, April 28, 2007	Championship Banquet		8:00pm

**Important Note:** *Changes may occur to the timetable of events. All changes will take place at the technical meeting.*

<b>Dr. Larry Maile</b>	<b>Giovanni Arendsz</b>	<b>Jack Marcus</b>	<b>Robert Keller</b>
<b>President, NAPF</b>	<b>President, ABPA</b>	<b>Tech. Secretary</b>	<b>General Secretary, NAPF</b>



**International Powerlifting Federation (IPF)**  
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**Official Nomination Form**

The International Powerlifting Federation and the North American Powerlifting invite all lifters to the  
**1st Annual Championship of the Caribbean Islands**  
**& Caribbean Regional Bench Press Championships**  
**April 26-28, 2007 – Oranjestad, Aruba [Dutch West Indies]**

<b>Preliminary: March 01, 2007</b>	<b>Not participating: April 01, 2007</b>	<b>Final: April 01, 2007</b>
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**The preliminary and final nomination forms must be sent to:**

Robert Keller – [rhk@verizon.net](mailto:rhk@verizon.net) Home Telephone: 954.790.2249 / Fax: 954.301.3344  
 Ed Woodley – [wewoodley@webaruba.com](mailto:wewoodley@webaruba.com) or telephone: +297 563.2797 / Fax: +297 585.3575

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 – Men’s Open**

Class	Name	Birth Date	Best Bench	International Titles

**Reserve Lifters – Men’s Open**


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



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**Nominations - Men 40+**

Class	Name	Birth Date	Best Bench	International Titles

**Reserve Lifters – Men 40+**


**Nominations - Men 50+**

Class	Name	Birth Date	Best Bench	International Titles

**Reserve Lifters – Men 50+**


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



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**Nominations – Women’s Open**

Class	Name	Birth Date	Best Bench	International Titles

**Reserve Lifters – Women’s Open**


**Nominations - Women 40+**

Class	Name	Birth Date	Best Bench	International Titles

**Reserve Lifters – Women 40+**


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



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**Nominations - Women 50+**

Class	Name	Birth Date	Best Bench	International Titles

**Reserve Lifters – Women 50+**


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

**FEDERATION OFFICIALS/COACHES**

**(Maximum three [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: \_\_\_\_\_



