



**International Powerlifting Federation (IPF)**  
**North American Powerlifting Federation (NAPF)**  
**South American Powerlifting Federation (FESUPO)**  
**USA Powerlifting (USAPL)**

## Official Invitation

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

### IPF/NAPF/FESUPO **4<sup>th</sup> Pan-American Regional Bench Press Championships** **7<sup>th</sup> North American Regional Bench Press Championships** **Red Lion Hotel -- Aurora (Denver), Colorado** **November 15 - 17, 2012**

**Contest Director:** Dan/Jennifer Gaudreau / [rmlcco@yahoo.com](mailto:rmlcco@yahoo.com) / Tel: 303.475.3366  
**Championship Sec:** Sergio Centeno [Spanish Speaker] / [centeno@choicecable.net](mailto:centeno@choicecable.net) / Tel: 787.607.9895  
**NAPF President:** Robert Keller / [rhk@verizon.net](mailto:rhk@verizon.net) / Telephone: 954.790.2249 / Fax: 954.301.3344  
**Technical Secretary:** Bill Clayton / [claytonw@ptd.net](mailto: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<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place contestant in the Open division for each weight class. The Junior, Master and Classic (Raw/Unequipped) categories will be determined by the total number of entries and if necessary 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, Masters and Classic divisions. Trophies will be awarded to the top three men and women's teams in open, Junior and Masters Categories and certificates will be given to all nominated participants.

**Organizer:** USA Powerlifting / [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**City:** Aurora (Denver), Colorado  
**Date of Event:** November 15 – 17, 2012  
**Competition Venue:** Grand Ballroom – Red Lion Hotel  
**Hotel:** Red Lion Hotel – Aurora (Denver), Colorado / [www.denverseredlion.com](http://www.denverseredlion.com)  
**Hotel Rates:** **Single or Double Room:** \$101.06 per night – tax included. Rate includes buffet breakfast.  
**All hotel support documents must be sent to the NAPF.**  
**Hotel bookings:** All NAPF Members are responsible for ALL of their hotel expenses.  
The competition director and the NAPF will not pay for any hotel accommodations.  
**Airport:** **Denver International Airport** [Twenty minute drive]  
**Transport:** No Charge – Complimentary transport will be provided from the Denver Airport.  
**Scales:** The official scale will be available at the Red Lion in the contest 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:** \$25.00 per lifter (USD) – **Payable to NAPF**  
**Anti-Doping Fee:** \$75.00 per lifter (USD) – **Payable to NAPF**  
**Payment of fees:** **All Fees [participation, anti-doping 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.**  
**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) - Adults / \$5.00 USD – Students, per day  
**Contest T-Shirts:** \$20.00 (USD) All Sizes  
**Technical Meeting:** Thursday, November 15, 2012 at 1300 hrs / Red Lion Hotel  
**Opening Ceremony:** Thursday, November 15, 2012 at 1800 hrs / Red Lion Hotel  
**Banquet Price:** \$35.00 (USD) Per person. Plated Dinner. Entertainment will be provided.  
**Web-site Info:** [www.usapowerlifting.com/IPF-NorthAmerica](http://www.usapowerlifting.com/IPF-NorthAmerica)

**Robert Keller**  
President, NAPF

**Dr. Larry Maile**  
President, USAPL

**William B. Clayton**  
Technical Chairman, NAPF

**Sergio Centeno**  
Secretary General, NAPF



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### Provisional Timetable of Events

November 14, 2012	Arrival of Athletes/Officials	0900 hrs
November 14, 2012	Athlete/Officials Accreditation	0900 hrs
November 15, 2012	Athlete/Officials Accreditation	0900 hrs
November 15, 2012	Technical / Referee Meeting	1300 hrs
November 15, 2012	Coffee Break	1400 hrs
November 15, 2012	Media Press Conference	1430 hrs
November 15, 2012	Opening Ceremony – All Member Federation Athletes	1800 hrs
November 15, 2012	Social Event for officials, coaches and athletes	1900 hrs
November 16, 2012	Weigh-in: All Women + Men 53kg to 83kg	1100 hrs
November 16, 2012	Lifting: All Women + Men 53kg to 83kg	1300 hrs
November 16, 2012	Victory Ceremony/Drug-testing Protocol	1600 hrs
November 16, 2012	Media Press Conference	1700 hrs
November 16, 2012	Social Event for officials, coaches and athletes	1900 hrs
November 17, 2012	Weigh-in: Men [93kg and 125+kg]	1100 hrs
November 17, 2012	Lifting: Men [93kg and 125+kg]	1300 hrs
November 17, 2012	Victory Ceremony/Drug-testing Protocol	1600 hrs
November 17, 2012	Media Press Conference	1700 hrs
November 17, 2012	Championship Banquet	1900 hrs
November 18, 2012	Sightseeing Tours	0900 hrs
November 19, 2012	Departure of all Delegations	0900 hrs

### Important Competition Notes

1. Team Managers -- Please be sure to make your hotel reservations at the Red Lion Hotel by NLT November 01, 2012 in order to receive the special discounted rate. Per IPF Rules, all nominated athletes, coaches and officials are required to stay at the championship hotel.
2. Changes may occur to the timetable of events. All changes to the timetable of events will take place at the technical meeting that will be held on Thursday, November 15, 2012 at 1300hrs. **It is required that one delegate from each member federation be present at the Technical Meeting.** No changes to the start list will be made once Final Nomination Form is sent to the Championship Secretary.
3. The Final Nomination Date of November 01, 2012 will be adhered to by all member federations. Please do not wait until the deadline date to send your nomination forms.
4. ALL Member Federations must send BOTH the Preliminary and Final Nomination Forms by the set deadlines.
5. All financial debts to the IPF and NAPF must be paid, in full, before the start of the championship.
6. Per IPF Rules, it will be mandatory that each athlete have a National Team Warm-up/Track Suit on at their award presentation. All officials and coaches will be required to wear National Sport Dress during the direction of the championship. No exceptions!
7. Security for all member federation delegations will be in place at and the Red Lion Hotel and at the championship venue where the lifting will take place.
8. The championship will be televised by LIVE webstream via the internet.



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**IPF/NAPF/FESUPO**  
**4<sup>th</sup> Pan-American Regional Bench Press Championships**  
**7<sup>th</sup> North American Regional Bench Press Championships**  
**Aurora (Denver), Colorado**  
**November 15 - 17, 2012**

**Official Nomination Form**

<b>Preliminary: October 01, 2012</b>	<b>Not Participating: October 01, 2012</b>	<b>Final: November 01, 2012</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) / Telephone: 954.790.2249 / Fax: 954.301.3344

Sergio Centeno -- [Spanish Speaker] Email: [centeno@choicecable.com](mailto: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: \_\_\_\_\_

**New IPF Weight Categories**

Effective January 01, 2011

**Women**

43kg [Sub-junior/Junior], 47kg, 52kg, 57kg, 63kg, 72kg, 84kg and 84+kg

**Men**

53 [Sub-junior/Junior], 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg and 120+kg





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**Reserve Lifters – Men 50+/60+/70+**


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

**Nominations – Women’s Open**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Women’s Open**


**Nominations - Women 40+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**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+/60+/70+**

<b>Class</b>	<b>Name</b>	<b>Birth Date</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Women 50+/60+**


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

**FEDERATION OFFICIALS/COACHES**

**(Maximum three [3] Referees & [3] Coaches per Country)**  
 Additional coaches' passes will be available for purchase from the contest director.

<b>Name [complete]</b>	<b>Federation Title</b>

**Authorizing Federation Agent/Officer**

Name: \_\_\_\_\_ Street: \_\_\_\_\_ Zipcode: \_\_\_\_\_  
 City: \_\_\_\_\_ Country: \_\_\_\_\_ Tel./fax: \_\_\_\_\_  
 Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_



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**Hotel Booking Document**

Visitor's Name	category (single or double)	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>			
<b>Room 9</b>			

\_\_\_\_\_  
 National Federation – General Secretary

\_\_\_\_\_  
 National Federation President/Executive Officer

(Print) National Federation – General Secretary

(Print) National Federation President/Executive Officer







