



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

Official Invitation

The North American Powerlifting Federation and USA Powerlifting invite all IPF member federations to the:

**8th Annual IPF/NAPF
North American Regional Bench Press Championships
Deauville Hotel Beach Resort – Miami, Florida, USA
November 22 – 24, 2013**

Contest Director: Robert Keller / rhk@verizon.net / Telephone: 954.790.2249 / Fax: 954.301.3344
Championship Sec: Sergio Centeno [Spanish Speaker] / centeno@choicecable.net / Tel: 787.607.9895
NAPF President: 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, 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 the Classic divisions. Trophies will be awarded to the top three men and women's teams in open categories and certificates will be given to all nominated participants.
----------------	--

Organizer: USA Powerlifting / www.usapowerlifting.com
City: Miami, Florida, USA
Date of Event: November 22 - 24, 2013
Competition Venue: Baccarat I Room
Hotel: Deauville Beach Club Resort – www.deauvillebeachresort.com
Oceanfront beach Property
Hotel Rates: **Single or Double Room:** \$119.00 per night + tax. Buffet breakfast not included. The resort fee of \$20.00 is optional.
Hotel bookings: All NAPF Members are responsible for ALL of their hotel expenses.
Hotel rooms may be booked by calling 305.865.8511 (or) 800.327.6665
The competition director and the NAPF will not pay for any hotel accommodations.
Group Code: Florida Powerlifting
Airport: **Miami International Airport** / www.miami-airport.com
Transport: Super Shuttle - 305.871.2000 / \$23.00 each way
www.supershuttle.com/Locations/MIAAirportShuttleMiami.aspx
Scales: The official scale will be available at the Deauville beginning on Thursday.
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: Friday, November 22, 2013 at 1300 hrs @ Deauville Beach Resort
Opening Ceremony: Saturday, November 23, 2013 at 0930 hrs @ Deauville Beach Resort
Banquet Price: \$40.00 (USD) Per person. Plated Dinner.
Web-site Info: 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
---	--	---	--



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

Provisional Timetable of Events

November 21, 2013	Arrival of Athletes/Officials	0900 hrs
November 21, 2013	Athlete/Officials Accreditation	0900 hrs
November 22, 2013	Athlete/Officials Accreditation	0900 hrs
November 22, 2013	Technical / Referee Meeting	1300 hrs
November 22, 2013	Coffee Break	1400 hrs
November 22, 2013	Media Press Conference	1430 hrs
November 23, 2013	Weigh-in: All Women + Men 53kg to 83kg	1100 hrs
November 23, 2013	Lifting: All Women + Men 53kg to 83kg	1300 hrs
November 23, 2013	Victory Ceremony/Drug-testing Protocol	1600 hrs
November 23, 2013	Media Press Conference	1700 hrs
November 24, 2013	Weigh-in: Men [93kg and 125+kg]	1100 hrs
November 24, 2013	Lifting: Men [93kg and 125+kg]	1300 hrs
November 24, 2013	Victory Ceremony/Drug-testing Protocol	1600 hrs
November 24, 2013	Media Press Conference	1700 hrs
November 24, 2013	Championship Banquet	1900 hrs
November 25, 2013	Departure of all Delegations	0900 hrs

Important Competition Notes

1. Team Managers -- Please be sure your athletes make their hotel reservations at the Deauville by NLT November 01, 2013 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 Friday, November 22, 2013 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, 2013 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. The championship will be televised by LIVE webstream via the internet.
-



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

Official Invitation
8th Annual IPF/NAPF
North American Regional Bench Press Championships
Deauville Hotel Beach Resort – Miami, Florida, USA
November 22 – 24, 2013

Official Nomination Form

Preliminary: October 12, 2013	Not Participating: October 12, 2013	Final: November 01, 2013
--------------------------------------	--	---------------------------------

The preliminary and final nomination forms must be sent to:

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

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: _____

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



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

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

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Women’s Open

Nominations - Women 40+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Women 40+

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



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

Nominations - Women 50+/60+/70+

Class	Name	Birth Date	Best Bench	International Titles

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.

Name [complete]	Federation Title

Authorizing Federation Agent/Officer

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



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

Hotel Booking Document

Visitor's Name	category (single or double)	Arrival Date	Departure Date
Room 1			
Room 2			
Room 3			
Room 4			
Room 5			
Room 6			
Room 7			
Room 8			
Room 9			

 National Federation – General Secretary

 National Federation President/Executive Officer

 (Print) National Federation – General Secretary

 (Print) National Federation President/Executive Officer

