



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

Official Invitation

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

14th Pan-American Regional Powerlifting Championships 11th North American Regional Powerlifting Championships 7th Caribbean Powerlifting Championships

Contest Director: Robert Keller / E-mail: rhk@verizon.net / Tel: +1.954.790.2249 / Fax: +1.954.301.3344

Championship Secretary: Sergio Centeno / Email: centeno@choicecable.net / Tel: +1.787.607.9895

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
E-mail: rhk@verizon.net / Tel: +1.954.790.2249 / Fax: +1.954.301.3344. Please send the attached Visa Support Document with the preliminary nomination form.

Host City: Orlando, Florida, United States of America

Dates: July 1-6, 2013

Venue: Intercontinental Ballroom, Hyatt Regency Hotel -- Orlando International Airport, Orlando, Florida

Technical Meeting: Tuesday, July 02, 2013 at 14:00 hrs in Amphitheatre Room – Hyatt Regency Hotel

Hotel Information: Hyatt Regency Hotel -- Orlando International Airport, 9300 Jeff Fuqua Boulevard
Orlando, Florida 32827 / Telephone: 407.825.1234 / www.orlandoairport.hyatt.com

Note: The Hyatt Regency Hotel is connected directly to the Orlando International Airport.

Hotel Room Rate(s):

\$109.00 USD + Tax, per room, per night for Single or Double Occupancy --Breakfast is not included with the room. But, for an additional price of \$14.44 USD, a breakfast buffet is available in the Hemisphere Restaurant. If you require a triple or quad room pricing, please send your request to Robert Keller – rhk@verizon.net

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 at the latest with the deadline of the final nomination June 01, 2013. After the deadline the organizer cannot guarantee room accommodations.

Special Note: 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 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 will not be required for any part of this championship. The Hyatt Regency Hotel is connected directly to the Orlando International Airport.

Scales: Scales will be available beginning Saturday, June 29, 2013. Scales will be available 24hrs.

Training: Training facilities available at the venue commencing on Saturday, June 29, 2013.

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

Photos: Identification will be required for security reasons. A maximum of three coaches will be allowed into the venue free of charge for each member federation.

Closing Banquet: Saturday, July 6, 2013 at 19:00 @ Hyatt Regency Hotel - Cost is \$40.00 USD
DJ and Entertainment will be provided at the banquet.

Participation Fee: 25.00 USD / **Anti-Doping Fee:** 75.00 USD for Athlete

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.

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



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

Awards: Pan-American Championships: Medals will be awarded to the 1st, 2nd and 3rd place contestant in the Open division for each weight class. The Classic/Raw, Sub-junior, Junior and Master groups/categories will be determined by the total number of entries and may 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 and Masters. Trophies will be awarded to the top three men and women's teams in Open, Classic/Raw, Junior and Masters Categories and certificates will be given to all participants. Caribbean Championships: Medals and Team awards will be awarded in the Open division only.

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

Preliminary: **May 01, 2013** (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

Final: **June 01, 2013** (late entries will not be accepted).

7 Days before Technical Meeting: **June 25, 2013** 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 01, 2013	Accreditation		09:00	
	Scoring Program Seminar (English Speakers)		09:00	
	Scoring Program Seminar (Spanish Speakers)		14:00	
July 02, 2013	Accreditation		09:00	
	NAPF General Assembly		10:00	
	Technical Meeting		14:00	
	Referee Meeting		14:30	
	Opening Ceremony		17:00	
Day	Weigh-in Time	Classes	Start	
July 03, 2013	07:00 – 08:30	Women	43.00 – 63.00 kg	09:00
	12:00 – 13:30	Women	72.00 – 84.0+kg	14:00
July 04, 2013	07:00 – 08:30	Men	53.00 – 66.00 kg	09:00
	11:00 – 12:30	Men	74.00 kg	13:00
	USA Independence Day -- Fireworks Celebration			18:00
July 05, 2013	07:00 – 08:30	Men	83.00 kg	09:00
	11:00 – 12:30	Men	93.00 kg	13:00
	IPF Referee Re-Certification Seminar			18:00
July 06, 2013	07:00 – 08:30	Men	105.00 kg	09:00
	11:00 – 12:30	Men	120.00 / 120.00+	13:00
	Farewell Banquet			19:00
July 07, 2013	Disney Tours		08:00	
July 08, 2013	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 no later than 21 days before the date of the Championship 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 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 no one can change by weight class of any athlete is possible. The final nomination is valid for the competition.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Tuesday, July 02, 2013. The Technical Meeting will be held in the Amphitheatre Room in the Hyatt Regency Hotel.

Victory Ceremonies will be held at the end of each lifting session. It will be absolutely mandatory that each athlete wear their National Team Warm-up/Track Suit 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 nominated lifters and officials. 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 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 Disney Theme Park tickets will be available for sale during the championship.



Dr. Larry Maile
IPF Board Member

Robert Keller
NAPF 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, the South American Powerlifting Federation and USA Powerlifting invite all IPF member federations to the:

14th Pan-American Regional Powerlifting Championships
11th North American Regional Powerlifting Championships
7th Caribbean Powerlifting Championships

Preliminary: May 01, 2013	Not Participating: May 01, 2013	Final: June 01, 2013
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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 - Men Masters III / 60+

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

Reserve lifters, Maximum 5 per team

Nominations - Men Masters IV / 70+

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



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Nominations - Women Masters II / 50+

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

Reserve lifters, max. 5 per team

Nominations - Women Masters III / 60+

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

Reserve lifters, max. 5 per team

Nominations - Women Masters IV / 70+

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 United States of America 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 3 months prior to you leaving for your trip to the United States.

 (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 Yes/No
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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4th of July Celebration Information



Come Celebrate July 4th in style with A Flashback 4th of July in beautiful Celebration, Florida. Regarded as one of the top fireworks shows in the Southeast, Celebration Town Center's unique fireworks and event will be centered around "A Salute to Cinema" July 4th with A Flashback 4th of July-A Salute to Cinema will begin at 5:30 PM and the movie themed fireworks show will get under way at 9:30 PM.

Celebration Town Center's "A Flashback 4th of July" will feature a movie themed costume contest at 7:30 PM, so come dressed as your favorite movie character for a chance to win big prizes. It will also feature a synchronized fireworks spectacular set to a movie theme, bounce houses for kids, live music by Mo Geetz, DJ Tami, Gina Marie Incandela and a whole lot more. Hosted by actor/host Justin Smith (The Vampire Diaries, VH1's Single Ladies, Burn Notice, Meet the Spartans and more) So, get ready to dance the night away in a one of a kind family friendly event.

There will be something for people of all ages as Town Center's KidZone will feature an assortment of inflatable games for kids and teens that will include a jousting area, a rock climbing wall, face painting and more.

Additional music will be offered by The Dixieland Jazz Band. This unique group, made up of former members of the "Rosie O'Grady's Good Time Band" offers patriotic music for the whole family.

Sponsored in part by the Melia Suites Hotel, The Celebration Town Tavern, Celebration Sanitation, T-Creative, Axis Magazine, and Sam Adams this event will be "the can't miss place to be" this July 4th.

As always, Parking and Admission are FREE!!!!

A Shuttle will be provided from the Hyatt Regency Hotel to the City of Celebration for a nominal fee.

Come early, stay late and have fun at this year's "A Flashback 4th of July".