



**International Powerlifting Federation (IPF) / North American Powerlifting Federation (NAPF)  
Federation of South American Powerlifting (FESUPO)**

**Official Invitation**

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

**5<sup>th</sup> NAPF / FESUPO Pan-American Regional Bench Press Championships  
9<sup>th</sup> Annual NAPF North American Regional Bench Press Championships  
Calinda Beach Resort Hotel – Acapulco, Mexico  
November 20 – 23, 2014**

**Contest Director:** Gabriel Garcia Corona, President, ASOLEPO / [brujo\\_mm@hotmail.com](mailto:brujo_mm@hotmail.com)  
**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  
**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) categories will be determined by the total number of entries. Groups instead of weight classes. Awards will be given to the best overall male and female lifter according to the Wilks Formula for Open, Junior, Master and the Classic division. 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 – Athletes, Coaches and Referees.

**Organizer:** Association of Mexico Powerlifting (ASOLEPO / VAME)  
[www.powerliftingmexico.com.mx](http://www.powerliftingmexico.com.mx)

**City:** Acapulco, Mexico / [www.acapulco.com/en/](http://www.acapulco.com/en/)

**Date of Event:** November 20 - 23, 2014

**Competition Venue:** Banneret Room – Calinda Beach Resort Hotel.

**Hotel:** Calinda Beach Resort Hotel / [www.hotelcalindabeach.com/?lang=en\\_US](http://www.hotelcalindabeach.com/?lang=en_US)  
**Note: This is an Oceanfront Beach Property**

**Hotel Rates:** Single Room: 100.00 USD per night; includes Breakfast, Lunch and Dinner Buffet and all drinks 11:00am to 11:00pm in restaurant “el delfin”  
 Double Room: 130.00 USD per night; includes Breakfast, Lunch and Dinner Buffet and all drinks 11:00am to 11:00pm in restaurant “el delfin”

**Hotel bookings:** All IPF Member Federations are responsible for their hotel expenses.  
**Hotel rooms may be booked by calling** +52 (744) 4350 600 / Check-in @ 4:00pm  
 Group Code: NAPF Bench Press  
 The competition director and the NAPF will not pay for any hotel accommodations.

**Airport:** General Juan N. Álvarez International Airport / [www.oma.aero/en/airports/acapulco](http://www.oma.aero/en/airports/acapulco)

**Transport:** \$15.00 each way / \$30.00 Roundtrip

**Scales:** The official scale will be made available on Wednesday morning, November 19, 2014.

**National Flag:** Each nation must provide their own national flag for the medal ceremony.

**National Anthem:** National Anthems will be played for the Open Division winners only.

**Organising fee:** \$25.00 per lifter (USD) – *Payable to NAPF*

**Anti-Doping Fee:** \$75.00 per lifter (USD) – *Payable to NAPF*

**Payment of fees:** **The Participation Fee and Anti-doping Fee will be wired to the NAPF Treasurer before the start of the championship. At the conclusion of the technical meeting the IPF Finance Officer will issue official, stamped and certified receipts for all transactions. No exceptions.**

**Spectator Fee:** \$5.00 (USD) - Adults / \$5.00 USD – Students, per day

**Contest T-Shirts:** \$15.00 (USD) All Sizes

**Technical Meeting:** Thursday, November 21, 2014 at 1300 hrs @ Calinda Beach Resort Hotel

**Opening Ceremony:** Thursday, November 21, 2014 at 1600 hrs @ Calinda Beach Resort Hotel

**Banquet Price:** \$15.00 Per person. Includes buffet meal and all drinks until 11:00pm in Banneret Room.

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

<b>Robert Keller</b> President, NAPF	<b>Fernando Baez</b> Vice-President, NAPF	<b>William B. Clayton</b> Technical Chairman, NAPF	<b>Sergio Centeno</b> Secretary General, NAPF
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**Provisional Timetable of Events**

November 19, 2014	Arrival of Athletes/Officials	0900 hrs
November 19, 2014	Athlete/Officials Accreditation	0900 hrs
November 20, 2014	Athlete/Officials Accreditation	0900 hrs
November 20, 2014	Technical Meeting / Referee Meeting	1300 hrs
November 20, 2014	Coffee Break	1400 hrs
November 20, 2014	Media Press Conference	1430 hrs
November 20, 2014	Opening Ceremony	1600 hrs
November 21, 2014	Weigh-in: All Women + Men 53kg to 83kg	1100 hrs
November 21, 2014	Lifting: All Women + Men 53kg to 83kg	1300 hrs
November 21, 2014	Victory Ceremony/Drug-testing Protocol	1600 hrs
November 21, 2014	Media Press Conference	1700 hrs
November 22, 2014	Weigh-in: Men [93kg and 125+kg]	1100 hrs
November 22, 2014	Lifting: Men [93kg and 125+kg]	1300 hrs
November 22, 2014	Victory Ceremony/Drug-testing Protocol	1600 hrs
November 22, 2014	Media Press Conference	1700 hrs
November 22, 2014	Championship Banquet	1900 hrs
November 23, 2014	Sightseeing Tours	0900 hrs
November 24, 2014	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, 2014 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 20, 2014 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, 2014 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.
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**5<sup>th</sup> NAPF / FESUPO Pan-American Regional Bench Press Championships  
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Deauville Hotel Beach Resort – Acapulco, Mexico  
November 20 – 23, 2014**

**Official Nomination Form**

<b>Preliminary: October 1, 2014</b>	<b>Not Participating: October 1, 2014</b>	<b>Final: November 01, 2014</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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**Nominations – Mens Open**

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

**Reserve Lifters – Mens Open**


**Nominations - Men 40+**

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

**Reserve Lifters – Men 40+**




**International Powerlifting Federation (IPF) / North American Powerlifting Federation (NAPF)  
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**Nominations - Men 50+/60+/70+**

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

**Reserve Lifters – Men 50+/60+/70+**


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

**Nominations – Mens Raw / Classic**

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

**Reserve Lifters – Mens Open**




**International Powerlifting Federation (IPF) / North American Powerlifting Federation (NAPF)  
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**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.**



**International Powerlifting Federation (IPF) / North American Powerlifting Federation (NAPF)  
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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.**

**Nominations – Women’s Raw / Classic**

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

**Reserve Lifters – Women’s Open**








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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



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**Banquet Ticket Order Form**

Country of: \_\_\_\_\_

Full Name of Visitor	Country	Number of Tickets	Total Cost
		<b>Total:</b>	

National Federation – General Secretary	National Federation President/Executive Officer
(Print) National Federation – General Secretary	(Print) National Federation President/Executive Officer





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**VISA SUPPORT DOCUMENT**

Country of: \_\_\_\_\_

Full Name of Athlete	Birthday	Passport Number	Expiration Date

**VISA INFORMATION**

If your federation requires a letter of invitation to obtain a VISA to enter to the United States, please contact Robert Keller.  
**Important:** This form should include the competitor’s complete birth name as shown on the passport, complete birthday, and passport number with the expiration date. The request should include the arrival and departure dates from the United States of America. All visas requests should be made NLT 8 weeks in advance of your federations travel to the championship.

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

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

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

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