**Official Invitation**

**The International Powerlifting Federation, the North American Powerlifting Federation, and the US Virgin Islands Powerlifting federation invite all IPF member federations to the:**

**12th Annual North American Regional Powerlifting Championships**

**8th Annual Caribbean Powerlifting Championships**

**Contest Directors**: Robert Keller / Email: [rhk@verizon.net](mailto:rhk@verizon.net) / Tel: +954.790.2249 / Fax: +954.301.3344

Robert Massey / Email: [coachmassey1@msn.com](mailto:coachmassey1@msn.com) / Tel: +340.998.1039

**Championship Secretary**: Sergio Centeno / Email: [centeno@choicecable.net](mailto:centeno@choicecable.net) / Tel: +787.607.9895

**Technical Secretary:** Bill Clayton / Email: [claytonw@ptd.net](mailto:claytonw@ptd.net) / Tel: +908.303.9267

**All Correspondence and Visa**: Please send all correspondence and visa request to Robert Keller

Email: [rhk@verizon.net](mailto:rhk@verizon.net) / Tel: +954.790.2249 / Fax: +954.301.3344. Please send the attached Visa Support Document with the preliminary nomination form.

**Host City:** Kings Hill, St. Croix, US Virgin Islands

**Dates:** July 8-13, 2014

**Contest Venue:** Kings Hill, St. Croix Education Complex

**Technical Meeting**: Tuesday, July 08, 2014 at 14:00 hrs in the **Mahogany Room** of the Renaissance.

**Hotel Information**: Renaissance St. Croix Carambola Beach Resort and Spa

Telephone: 340.778.3800 / [www.carambolabeach.com](http://carambolabeach.com) (or) [www.renaissancestcroix.com](http://www.renaissancestcroix.com)

##### **Hotel Room Rate(s):**

$125.00 USD + Tax, per night for single and double occupancy. For a triple room it is $135.00 USD per night, plus tax and a quad is $145.00 USD per night plus tax. **Each room reservation will require a one-night deposit.** 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 by NLT June 16, 2014. After the deadline the organizer cannot guarantee room accommodations at the group rate. Reservations can be made using the Renaissance Hotel Reservation Link on the NAPF website or with the Hotel Booking Form. **Breakfast:** Breakfast is not included with the hotel room. There will be two options for Breakfast. Option 1: For $19.95 USD, per person, there will be a complete breakfast buffet provided in the hotel restaurant. Option 2: A continental buffet breakfast is also available for $17.95 USD. Both buffet options are inclusive of tax. A complimentary room category upgrade for all reservations booked, with a deposit, by March 31, 2014.

Special Note: All athletes, coaches, referees or officials from each federation must stay in the official hotel during the championship. If the nominated athletes, coaches, referees or officials do not stay in the championship hotel, 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 from the airport to the hotel and back to the airport will cost $15.00 USD per person. The organizing committee will provide transport from the hotel to the venue for no charge. The hotel/venue transport schedule will be finalized at the technical meeting.

**Scales:** Scales will be available beginning Saturday, July 05, 2014. Scales will be available 24hrs. **Training:** Training facilities available at the venue commencing on Monday morning, July 07, 2014.

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

**Credentials*:*** All nominated athletes, coaches, officials and referees be allowed into the venue free of charge for each member federation. A maximum of the three coaches can be nominated by each team.

**Closing Banquet:** Saturday Evening, July 12, 2014 at 19:00 @ Renaissance Hotel - Cost is $40.00 USD, per person, for a buffet meal. The menu for the banquet will be sent with this document. A DJ and entertainment will be provided at the banquet.

**Participation Fee:** 25.00 USD per athlete. / **Anti-Doping Fee:** 75.00 USD per athlete.

All Fees (participation, anti-doping, transport 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. As a reminder, per the 2013 NAPF NGB Motion, each additional divison will cost $15.00 USD.

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

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

**Awards:** **North American Championsip:** Custom medals will be awarded to the 1st, 2nd and 3rd place contestants in the men/women’s open division for each weight class. The Sub-junior, Junior, Master and Raw/Claissc lifters medalists will be determined by either weight class or by age groups, based on the the total number of entries. Groups will be 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, Master and Raw/Classic. Team rophies will be awarded to the top three men and women’s teams in Open Class. For Classic/Raw, Junior and Masters categories, one team award will be presented. **Caribbean Championships**: Custom medals, best lifter awards and and top three team awards will be awarded in the men/womens open division only. Certificates will be given to all participants.

**Nominations:** Team Nomination Forms must are to be sent to both Robert Keller, the Championship

Director and Sergio Centeno, the NAPF Championship Secretary by no later than:

**Preliminary:** **May 07, 2014 (fully complete preliminary form must be sent. No preliminary for nomination will be accepted if complete filled in the preliminary was not sent).**

**Final:** **June 07, 2014 (late entries will not be accepted).**

**7 Days before Technical Meeting: July 01, 2014 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**

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| --- | --- | --- | --- | --- |
| **Day** | **Event** | | | **Start** |
| **July 07, 2014** | **Accreditation** | | | 09:00 |
|  | **Scoring Program Seminar (English Speakers)** | | | 09:00 |
|  | **Scoring Program Seminar (Spanish Speakers)** | | | 14:00 |
| **July 08, 2014** | **Accreditation** | | | 09:00 |
|  | **NAPF General Assembly** | | | 10:00 |
|  | **Anti-Doping Workshop** | | | 13:00 |
|  | **Technical Meeting** | | | 14:00 |
|  | **Referee Meeting** | | | 14:30 |
|  | **Opening Ceremony @ Venue** | | | 17:00 |
| **Day** | **Weigh-in Time** | **Classes** | | **Start** |
| **July 09, 2014** | **07:00 – 08:30** | **Women** | **43.00 – 63.00 kg** | **09:00** |
|  | **12:00 – 13:30** | **Women** | **72.00 – 84.0+kg** | **14:00** |
|  | **IPF President’s Round Table Meeting** | | | **18:00** |
| **July 10, 2014** | **07:00 – 08:30** | **Men** | **53.00 – 66.00 kg** | **09:00** |
|  | **11:00 – 12:30** | **Men** | **74.00 kg** | **13:00** |
|  | **IPF Referee Recertification Seminar** | | | **18:00** |
| **July 11, 2014** | **07:00 – 08:30** | **Men / Women** | **Special Olympic** | **09:00** |
|  | **11:00 – 12:30** | **Men** | **83.00 / 93.00 kg** | **13:00** |
|  | **Renaissance Hotel – Evening Entertainment** | | | **18:00** |
| **July 12, 2014** | **07:00 – 08:30** | **Men** | **105.00 kg** | **09:00** |
|  | **11:00 – 12:30** | **Men** | **120.00 / 120.00+** | **13:00** |
|  | **Farewell Banquet – Renaissance Hotel** | | | **19:00** |
| **July 13, 2014** | **Island Activities and Tours** | | | **08:00** |
| **July 14, 2014** | **Departure of Delegations** | | | **07:00** |

**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 by no later than June 7, 2014 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 to the IPF 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 the change of weight class of any athlete is forbidden and not possible.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Tuesday, July 08, 2014. The Technical Meeting will be held in the Mahogany Room in the Renaissance Hotel. .

Victory Ceremonies will be held at the end of each lifting session. It will be absolutely mandatory that each athlete wear a complete National Team Warm-up/Track Suit, to include pants, 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 the team manager/member federation. 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 (100 Euros) 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 St. Croix tours and activities will be available for sale during the championship.**



### Robert Keller Fernando Baez Sergio Centeno Bill Clayton

**NAPF President NAPF Vice-President NAPF Secretary General NAPF Technical Chairman**

**Official Nomination Form**

**The International Powerlifting Federation, the North American Powerlifting Federation,**

**and the US Virgin Islands Powerlifting Federation invite all IPF member federations to the:**

**12th Annual North American Regional Powerlifting Championships**

**8th Annual Caribbean Powerlifting Championships**

|  |  |  |
| --- | --- | --- |
| Preliminary: May 07, 2014 | Not Participating: May 07, 2014 | Final: June 07, 2014 |

**The preliminary and final nomination forms must be sent to:**

Robert Keller / Email: [rhk@verizon.net](mailto:rhk@verizon.net) / Cell: 954.790.2249 / Fax: 954.301.3344

Sergio Centeno / E-Mail: Sergio Centeno / Email: [centeno@choicecable.net](mailto:centeno@choicecable.net) / Tel: +1.787.607.9895

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| Submitted by |  | National Powerlifting Federation |

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| Submitting officer: |  | Title: |  | Date: |  |

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| Team Manager : |  | Coach: |  |

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| Referee 1 : |  | Cat : |  | Available for categories: |  |
| Referee 2 : |  | Cat : |  | Available for categories: |  |
| Referee 3 : |  | Cat : |  | Available for categories: |  |

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| Total number of lifters: |  | Total amount of team : |  | Arrival : day : |  | Flight/train/car |

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| Arrival time: |  | On airport/station: |  | Flight nr: |  |

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| Departure time: |  | Time: |  | Flight nr: |  |

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| **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!

**BANQUET TICKET ORDER**

The Farewell Banquet will be held on Saturday evening, at 1900hrs, at the Renaissance Hotel. The cost for each banquet ticket is $40.00 USD. All Banquet Ticket orders must be sent with the final nomination form. All monies will be collected from each team manager after the Technical Meeting. DJ and Entertainment will be provided at the banquet. Our federation will be ordering banquet tickets.

**ACCREDITATION OF FEDERATION OFFICIALS/COACHES**

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| **Full and Complete Name** | **Federation Title** |
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**NORTH AMERICAN CHAMPIONSHIPS**

**Nominations – Men Open**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
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**Nominations – Men Sub Junior**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
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**Nominations – Men Junior**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
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**Nominations - Men Masters I / 40+**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
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**Nominations - Men Masters II / 50+**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
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**Nominations - Men Masters III / 60+**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
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**Nominations - Men Masters IV / 70+**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
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**Nominations – Men Raw/Classic**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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**Nominations - Women Open**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Nominations - Women Sub Junior**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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**Nominations - Women Junior**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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**Nominations - Women Masters I / 40+**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Nominations - Women Masters II / 50+**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Nominations - Women Masters III / 60+**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Nominations - Women Masters IV / 70+**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Nominations - Women Raw / Classic**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**CARIBBEAN CHAMPIONSHIPS**

**Nominations – Men Open**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
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**Nominations - Women Open**

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| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Address for contact:**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Name: |  | Street: |  | | Zipcode: | |  |
| City: |  | Country: |  | Phone: | |  | |
| Fax: |  | E-mail: |  |

**Visa Support Document**

**Country: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- |
| **Full names of athletes** | **Birth Day** | **Passport Number** | **Expiration Date** |
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| **Full names of coaches** | **Birth Day** | **Passport Number** | **Expiration Date** |
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**VISA INSTRUCTIONS**

If you require a letter of invitation to obtain a VISA to enter to the US Virgin Islands please send the completed VISA Support Document to Robert Keller by Email: [rhk@verizon.net](mailto: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 90 days (May 01, 2014) prior to you leaving for your trip to the US Virgin Islands.

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

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

**Hotel Booking Form**

**Country: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Visitors Name | Single (or) Double Room | Arrival Date | Departure Date | Breakfast  Option: 1 or 2 |
| **Room 1** |  |  |  |  |
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| **Room 2** |  |  |  |  |
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| **Room 3** |  |  |  |  |
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| **Room 4** |  |  |  |  |
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| **Room 5** |  |  |  |  |
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| **Room 6** |  |  |  |  |
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| **Room 7** |  |  |  |  |
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| **Room 8** |  |  |  |  |
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**Airline Arrival – Departure Form**

**Country: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- |
| **Name of Traveller** | **Airline** | **Flight Number** | **Arrival Date** | **Departure Date** |
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**Powerlifting Scoring Seminar – Reservation Form**

**Country: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- |
| **Name of Attendee** | **Excel Knowledge**  **Poor = 1; Fair = 2;**  **Average = 3; Good = 4;**  **Excellent = 5** | **Laptop**  **Yes or No** | **Microsoft Version on Laptop** | **Session I: 0900**  **Session 2: 1400** |
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