



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

Official Invitation

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

10th Annual NAPF North American Regional Bench Press Championships **Ponce Plaza Hotel and Casino: Ponce, Puerto Rico** **November 19 – 22, 2015**

Contest Director: Ivan Cancel, President, Puerto Rico Powerlifting Federation
Championship Sec: Robert Keller / rhk@verizon.net / Telephone: 954.790.2249
Scoring Manager: Sergio Centeno (Spanish Speaker) / centeno@choicecable.net / Tel: 787.607.9895
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 1st, 2nd and 3rd 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 may be used 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 participants – Athletes, Coaches and Referees.

Organizer: Puerto Rico Powerlifting Federation
City: Ponce, Puerto Rico
Date of Event: November 19-21, 2015
Hotel **Ponce Plaza Hotel and Casino** / www.ponceplazahotelandcasino.com
Competition Venue: Ponce Plaza Hotel and Casino / Amber Ballroom
Hotel Rates: A special rate of \$109.89, inclusive of all taxes for a Standard 1 King Room or Standard Double Room. Important note: In order to receive the special rate of \$109.89, you must book at room for at least two (2) nights. If you're booking a room for only one (1) night, the cost will be \$109.00 + Tax for a single room and \$120.00 + tax for a double room.
Hotel Breakfast: The breakfast buffet will cost \$13.50 per person, per day. However, a minimum of 20 people must order it in advance.
Hotel bookings: 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 November 5th, 2015. After the deadline the organizer cannot guarantee room accommodations at the group rate. Reservations can be made through the Hotel Director Linda Y. Pacheco, by email: lpacheco@ponceplazahotelaandcasino.com / or by telephone at: 787.813.5050 ext. 7519 or 7509 / **Group Code: Bench Press**
Airport Transport: Free transportation will be provided from the Ponce International airport (PSE). Special transport arrangements will be made from San Juan Int'l Airport (SJU). If you require transport from the San Juan Int'l Airport to Ponce, please contact Robert Keller directly.
Scales: The official scale will be made available on Thursday morning, November 19, 2015.
National Anthem: National Anthems will be played for the open division class 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 must be wired to the NAPF – No exceptions.**
Spectator Fee: \$5.00 USD per day
Technical Meeting: Thursday, November 19, 2015 at 1500 hrs @ Amber Ballroom, Ponce Plaza Hotel
Opening Ceremony: Thursday, November 19, 2015 at 1800 hrs @ Amber Ballroom, Ponce Plaza Hotel
Credentials: Nominated athletes, coaches, officials and referees will be granted access free of charge.
Banquet Price: \$40.00 (USD) per person.
Web-site Info: www.usapowerlifting.com/IPF-NorthAmerica

Larry Maile
President, NAPF

Ivan Cancel
Vice-President, NAPF

Alex Alvarado
Secretary General, NAPF

Robert Keller
Championship Secretary, NAPF



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Provisional Timetable of Events

November 18, 2015	Arrival of Athletes/Officials	0900 hrs
November 18, 2015	Athlete/Officials Accreditation	0900 hrs
November 19, 2015	Athlete/Officials Accreditation	0900 hrs
November 19, 2015	Technical Meeting / Referee Meeting	1500 hrs
November 19, 2015	Opening Ceremony	1800 hrs
November 20, 2015	Weigh-in: All Women + Men 53kg to 83kg	1100 hrs
November 20, 2015	Lifting: All Women + Men 53kg to 83kg	1300 hrs
November 20, 2015	Victory Ceremony/Drug-testing Protocol	1600 hrs
November 20, 2015	Media Press Conference	1700 hrs
November 21, 2015	Weigh-in: Men 93kg and 120+kg	1100 hrs
November 21, 2015	Lifting: Men 93kg and 120+kg	1300 hrs
November 21, 2015	Victory Ceremony/Drug-testing Protocol	1600 hrs
November 21, 2015	Media Press Conference	1700 hrs
November 21, 2015	Championship Banquet	1900 hrs
November 22, 2015	Sightseeing Tours	0900 hrs
November 23, 2015	Departure of all Delegations	0900 hrs

Important Competition Notes

- 1. Team Managers -- Please be sure your athletes make their hotel reservations by NLT November 05, 2015 in order to receive the special discounted rate. Per IPF Rules, all nominated athletes, administrators, coaches and referees 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 19, 2015 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 the Final Nomination Form is sent to the Championship Secretary.**
- 3. The Final Nomination Date of November 01, 2015 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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Official Nomination Form

10th Annual NAPF North American Regional Bench Press Championships
Ponce Plaza Hotel and Casino: Ponce, Puerto Rico
November 19 – 22, 2015

<u>Preliminary: October 1, 2015</u>	<u>Not Participating: October 1, 2015</u>	<u>Final: November 01, 2015</u>
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The preliminary and final nomination form must be sent to:

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

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 only), 47kg, 52kg, 57kg, 63kg, 72kg, 84kg and 84+kg

Men

53kg (Sub-junior/Junior only), 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg and 120+kg



International Powerlifting Federation (IPF)
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Nominations – Equipped Men’s Open

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Men’s Open

Nominations – Equipped Men’s Sub-Junior

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Men’s Sub-junior



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Nominations – Equipped Men’s Junior

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Men’s Junior

Nominations – Equipped Men’s Masters I / 40+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Men’s Masters I / 40+



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Nominations – Equipped Men’s Masters II / 50+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Men’s Masters II / 50+

Nominations – Equipped Men’s Masters III / 60+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Men’s Masters III / 60+



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Nominations – Equipped Men’s Masters IV / 70+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Men’s Masters IV / 70+

Nominations – Classic Men’s Open

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Men’s Open



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Nominations – Classic Men’s Sub-Junior

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Men’s Sub-junior

Nominations – Classic Men’s Junior

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Men’s Junior



International Powerlifting Federation (IPF)
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Nominations – Classic Men’s Masters I / 40+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Men’s Masters I / 40+

Nominations – Classic Men’s Masters II / 50+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Men’s Masters II / 50+



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Nominations – Classic Men’s Masters III / 60+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Men’s Masters III / 60+

Nominations – Classic Men’s Masters IV / 70+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Men’s Masters IV / 70+



International Powerlifting Federation (IPF)
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Nominations – Equipped Women’s Open

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Women’s Open

Nominations – Equipped Women’s Sub-Junior

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Women’s Sub-junior



International Powerlifting Federation (IPF)
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Nominations – Equipped Women’s Junior

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Women’s Junior

Nominations – Equipped Women’s Masters I / 40+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Women’s Masters I / 40+



International Powerlifting Federation (IPF)
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Nominations – Equipped Women’s Masters II / 50+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Women’s Masters II / 50+

Nominations – Equipped Women’s Masters III / 60+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Women’s Masters III / 60+



International Powerlifting Federation (IPF)
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Nominations – Equipped Women’s Masters IV / 70+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Women’s Masters IV / 70+

Nominations – Classic Women’s Open

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Women’s Open



International Powerlifting Federation (IPF)
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Nominations – Classic Women’s Sub-Junior

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Women’s Sub-junior

Nominations – Classic Women’s Junior

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Women’s Junior



International Powerlifting Federation (IPF)
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Nominations – Classic Women’s Masters I / 40+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Women’s Masters I / 40+

Nominations – Classic Women’s Masters II / 50+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Women’s Masters II / 50+



International Powerlifting Federation (IPF)
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Nominations – Classic Women’s Masters III / 60+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Women’s Masters III / 60+

Nominations – Classic Women’s Masters IV / 70+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Classic Women’s Masters IV / 70+



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FEDERATION OFFICIALS/COACHES

(All federation athletes, coaches, officials and referees MUST be declared)

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: _____



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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



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Banquet Ticket Order Form

Country of: _____

Full Name of Visitor	Country	Number of Tickets	Total Cost
		Total:	

 National Federation – General Secretary

 National Federation President/Executive Officer

 (Print) National Federation – General Secretary

 (Print) National Federation President/Executive Officer



International Powerlifting Federation (IPF)
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Ground Transport Order Form

Country of: _____

Name of Traveller	Airline	Flight Number	Arrival Date	Departure Date

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