



Official Invitation

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

6th NAPF / FESUPO Pan-American Regional Bench Press Championships and 11th Annual NAPF North American Regional Bench Press Championships Holiday Inn - Escazu: San Jose, Costa Rica October 27-29, 2016

Contest Director: Manolo Campos, President, Costa Rica Powerlifting Association (ADELEPO)
Championship Sec: Robert Keller / rhk@verizon.net / Telephone: 954.790.2249
Secretary General: Alex Alvarado (Spanish Speaker) / alexalvaradoalvarado@yahoo.com / Tel: 787.607.0132
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 category in each weight class for both Classic (Raw) and Equipped. The Sub-Junior/Junior, Master Age groups for both Equipped 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 for both Equipped and Classic (Raw). Trophies will be awarded to the top three men and women's teams in open categories for both Equipped and Classic (Raw). Certificates will be given to all nominated participants – Athletes, Coaches and Referees.

Organizer: ADELEPO – Costa Rica Powerlifting Association
City: San Jose, Costa Rica
Date of Event: October 27-29, 2016
Hotel Rates & Meals: **Holiday Inn – Escazu, next to Cima Hospital, Plaza Tempo: San Jose, Costa Rica**
 Plan A: Single Room, 1 Person, 1 King Bed \$142.79 US per night, Tax Included.
 Plan B: Double Room, 2 People, 2 Double-Beds, \$194.05 US per night, Tax Included.
 Plan C: Triple Room, 3 People, 2 Double-Beds, \$247.57 US per night, Tax Included.
 Plan D: Quad Room, 4 People, 2 Double-Beds, \$298.83 US, per night, Tax Included.
Each Room night comes with an excellent breakfast, lunch and dinner buffet meal.
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 October 1. After the deadline the organizer cannot guarantee room accommodations at the group rate. Reservations are to be made using the hotel book form. **Group Code: NAPF Bench Press**
Hotel Location: The Holiday Inn - San Jose Escazu Hotel is strategically located in Escazu, an upscale business and commercial area in San José. It is part of Plaza Tempo, a multi-purpose complex that includes restaurants, a shopping center and a business center. It is beside the Cima Hospital and only 30 minutes from Juan Santamaria International Airport.
Airport Transport: Transportation will be provided from the San Jose, Costa Rica Airport (SJO). Please use the attached transport list. Cost per person, \$20.00 USD, each way, \$40.00 roundtrip.
Scales: The official scale will be made available on Thursday morning, October 27, 2016.
National Anthem: National Anthems will be played for the open division class winners only.
Participation Fee: \$35.00 per lifter (USD) – *Payable to NAPF*
Anti-Doping Fee: \$90.00 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, October 27, 2016 at 1700 hrs in the Grand Ballroom
Opening Ceremony: Thursday, October 27, 2016 at 1800 hrs in the Grand Ballroom
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

Julio Conrado
President, FESUPO

Manolo Campos
President, ADELEPO

Robert Keller
NAPF Championship Secretary



Provisional Timetable of Events

October 26, 2016	Arrival of Athletes/Officials	0900 hrs
October 26, 2016	Athlete/Officials Accreditation	0900 hrs
October 27, 2016	Athlete/Officials Accreditation	0900 hrs
October 27, 2016	Technical Meeting / Referee Meeting	1700 hrs
October 27, 2016	Opening Ceremony	1800 hrs
October 28, 2016	Weigh-in: All Women + Men 53kg to 83kg	1100 hrs
October 28, 2016	Lifting: All Women + Men 53kg to 83kg	1300 hrs
October 28, 2016	Victory Ceremony/Drug-testing Protocol	1600 hrs
October 28, 2016	Media Press Conference	1700 hrs
October 29, 2016	Weigh-in: Men 93kg and 120+kg	1100 hrs
October 29, 2016	Lifting: Men 93kg and 120+kg	1300 hrs
October 29, 2016	Victory Ceremony/Drug-testing Protocol	1600 hrs
October 29, 2016	Media Press Conference	1700 hrs
October 29, 2016	Championship Banquet	1900 hrs
October 30, 2016	Sightseeing Tours	0900 hrs
October 30, 2016	Departure of all Delegations	0900 hrs

Important Competition Notes

1. Team Managers -- Please be sure your athletes make their hotel reservations by NLT October 1, 2016 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, October 27, 2016 at 1700hrs. 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 October 01, 2016 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) ° South American Powerlifting Federation (FESUPO)

Official Nomination Form

**6th NAPF / FESUPO Pan-American Regional Bench Press Championships and
11th Annual NAPF North American Regional Bench Press Championships
Holiday Inn - Escazu: San Jose, Costa Rica
October 27-29, 2016**

<u>Preliminary: September 18, 2016</u>	<u>Not Participating: September 18, 2016</u>	<u>Final: October 01, 2016</u>
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The preliminary and final nomination form must be sent to (both):
 Robert Keller / Email: rhk@verizon.net / Telephone: 954.790.2249
 Alex Alvarado (Spanish Speaker)/ alexalvaradoalvarado@yahoo.com /Telephone: 787.607.0132

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 day : _____ Flight/train/car

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

Departure time: _____ Time: _____ Flight nr: _____

We need rooms: _____ **Single** – from – to: _____ _____ **Double** – from – to: _____
 _____ **Triple** – from – to: _____ _____ **Quad** – 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) ° North American Powerlifting Federation (NAPF) ° South American Powerlifting Federation (FESUPO)

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



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

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+



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

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+



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

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



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

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) ° North American Powerlifting Federation (NAPF) ° South American Powerlifting Federation (FESUPO)

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+



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

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) ° North American Powerlifting Federation (NAPF) ° South American Powerlifting Federation (FESUPO)

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) ° North American Powerlifting Federation (NAPF) ° South American Powerlifting Federation (FESUPO)

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) ° North American Powerlifting Federation (NAPF) ° South American Powerlifting Federation (FESUPO)

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) ° North American Powerlifting Federation (NAPF) ° South American Powerlifting Federation (FESUPO)

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) ° North American Powerlifting Federation (NAPF) ° South American Powerlifting Federation (FESUPO)

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) ° North American Powerlifting Federation (NAPF) ° South American Powerlifting Federation (FESUPO)

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) ° North American Powerlifting Federation (NAPF) ° South American Powerlifting Federation (FESUPO)

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+

