

**North American Powerlifting
Federation of South American Powerlifting
International Powerlifting Federation
6th IPF/NAPF/FESUPO Pan-American Regional Bench Press Championships
Holiday Inn Express - Escazu: San Jose, Costa Rica
October 27-29, 2016
Last Revision: Saturday, October 1, 2016**

TO: All Nominated Referees
FROM: Robert Keller / Bill Clayton

DATE: October 1, 2016

SUBJECT: Referee/Staff Schedule

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Thank you in advance for volunteering to referee and assist in the direction of the 6<sup>th</sup> IPF/NAPF/FESUPO Pan-American Regional Bench Press Championships and Central American Classic Sub-junior and Junior Powerlifting Championships that will be held at the Holiday Inn Express – Escazu, San Jose, Costa Rica, on October 27-29, 2019. Enclosed, you will find the Referee/Staff Schedule for the competition.

Any questions or changes to the competition referee schedule, please contact immediately me at: [rhk@verizon.net](mailto:rhk@verizon.net) (or) +954.790.2249

All referees should wear their winter attire, which includes the following:

**Men - Dark Blue Blazer with appropriate IPF/USAPL badge on the left breast pocket.  
Gray Trousers with a White Shirt and appropriate IPF/USAPL tie, with black shoes.  
Please, NO sandals or sneakers.**

**Women - Dark Blue Blazer with appropriate IPF/USAPL badge on the breast pocket. Gray Trousers or skirt with a White Shirt and appropriate IPF/USAPL scarf or tie, with black shoes. Please, NO sandals or sneakers.**

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| <p><b>If you are not able to work a session or assignment, please let me know right away so that we can find a replacement.</b></p> |
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On a final note, I would like to thank each of personally for your continued support of the International Powerlifting Federation, North American Regional Powerlifting Federation and Federation of South American Powerlifting.

I look forward to both seeing and working with you in San Jose!

Sincere regards,

*Robert Keller*

**Robert Keller**  
Championship Secretary  
North American Powerlifting Federation

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**NOMINATED REFEREES & STAFF MEMBERS**

| <b>Referee</b>     | <b>Category</b> | <b>State</b>      | <b>Sessions Available</b> |
|--------------------|-----------------|-------------------|---------------------------|
| Robert Keller      | IPF Cat I       | USA               | All, except Saturday      |
| Mike Armstrong     | IPF Cat I       | Canada            | Thursday & Saturday       |
| Dan Gaudreau       | IPF Cat I       | USA               | All                       |
| Hugo Velasquez     | IPF Cat I       | Costa Rica        | Saturday                  |
| Claudia Nagata     | IPF Cat I       | Brazil            | All                       |
| Robert Massey      | IPF Cat II      | US Virgin Islands | All                       |
| Zelmira Sandi      | IPF Cat II      | Costa Rica        | Friday / Saturday         |
| Nora Montilla      | IPF Cat II      | Costa Rica        | Thursday                  |
| Alex Alvarado      | IPF Cat II      | Puerto Rico       | Thursday & Friday         |
| Mike Zawilinski    | IPF Cat II      | USA               | Live Stream               |
| Don McElravy       | IPF Cat II      | USA               | All                       |
| Manual Campos Coto | National        | Costa Rica        | Thursday / Saturday       |
| Arian Khamesi      | National        | USA               | Scoring Manager           |
| Eugene Biancheri   | State           | USA               | Speaker                   |
| Nick Loiacano      | State           | USA               | Chief Spotter / Loader    |

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**Finalized Timetable of Events**

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

**Finalized 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 | Weigh-in: All lifters - SJ/JR Powerlifting    | 1100 hrs |
| October 27, 2016 | Commencement SJ / JR Powerlifting Event       | 1300 hrs |
| October 27, 2016 | Victory Ceremony / Drug-testing Ceremony      | 1530 hrs |
| October 27, 2016 | Technical Meeting / Referee Meeting           | 1700 hrs |
| October 27, 2016 | Bench Press Championship Opening Ceremony     | 1800 hrs |
| October 28, 2016 | Weigh-in: All Classic/Raw Bench Press Lifters | 1100 hrs |
| October 28, 2016 | Lifting: All Classic/Raw Lifters              | 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: All Equipped Bench Press Lifters    | 1100 hrs |
| October 29, 2016 | Lifting: All Equipped Lifters                 | 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 |

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**Finalized FLIGHT SCHEDULE**

**Sub-junior / Junior Classic Powerlifting – Thursday, October 27, 2016**

| <b>Group</b> | <b>Weight Class</b> | <b>Lifters</b> |
|--------------|---------------------|----------------|
| A            | Women & Men:        | 08             |
|              | <b>Total:</b>       | <b>08</b>      |

**Raw/Classic Bench Press - Friday, October 28, 2016**

| <b>Group</b> | <b>Weight Class</b>   | <b>Lifters</b> |
|--------------|-----------------------|----------------|
| A            | Women All: 18         | 18             |
| B            | Men 59 - 74 kg: 17    | 17             |
| C            | Men 83 - 93 kg: 13    | 13             |
| D            | Men 105 - 120+ kg: 17 | 17             |
|              | <b>Total:</b>         | <b>65</b>      |

**Equipped Bench Press - Saturday, October 29, 2016**

| <b>Group</b> | <b>Weight Class</b>         | <b>Lifters</b> |
|--------------|-----------------------------|----------------|
| A            | Women All & Men 59 - 66 kg: | 16             |
| B            | Men 74 - 93 kg:             | 14             |
| C            | Men 105 - 120+ kg:          | 13             |
|              | <b>Total:</b>               | <b>43</b>      |

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**SESSION I: OCTOBER 26, 2016  
 2016 CENTRAL AMERICAN CLASSIC SJ/JR POWERLIFTING CHAMPIONSHIPS**

**Thursday, October 26, 2016 / Weigh-in: 11:00 – 12:30Pm: Lifting 1:00pm**

| Assignment                               | Name                                |
|------------------------------------------|-------------------------------------|
| Weigh-in: (11:00-12:30pm) Lifting:1:00pm | Claudia Nagata / Alex Alvarado      |
| Equipment Check:                         | Don McElravy / Robert Massey        |
| <b>Chief Referee:</b>                    | Don McElravy / USA                  |
| Side Referee:                            | Nora Montilla – Keller / Costa Rica |
| Side Referee:                            | Alex Alvarado / Puerto Rico         |
| Technical Controller                     | Robert Massey / US Virgin Islands   |
| <b>Chief of the Jury:</b>                | Robert Keller / USA                 |
| Jury Member                              | Mike Armstrong / Canada             |
| Jury Member                              | Claudia Nagata – Cencich / Brazil   |
| Reserve Referee:                         | Robert Keller / USA                 |
| Announcer:                               | Eugene Biancheri                    |
| Scoring Manager:                         | Arian Khamesi                       |
| Expeditor:                               | Manuel Campos / Nora Montilla       |
| Drug-testing:                            | Don McElravy / Nora Montilla        |
| Award Marshal:                           | Robert Massey                       |
| Award Presenters:                        | Keller / Alvarado / Massey          |
| World / Regional Records:                | Robert Keller                       |
| Live Stream                              | Mike Zawilinski                     |

**Awards:**

**Robert Keller – Secretary General, International Powerlifting Federation**  
**Alex Alvarado – Secretary General, North American Powerlifting Federation**  
**Robert Massey – President, USVI Powerlifting Federation**

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**SESSION I: FRIDAY, OCTOBER 28, 2016**  
**PAN-AMERICAN CLASSIC/RAW BENCH PRESS CHAMPIONSHIPS**

**Friday, October 28, 2016 / Weigh-in: 11:00 – 12:30Pm: Lifting 1:00pm**

| Assignment                               | Name                          |
|------------------------------------------|-------------------------------|
| Weigh-in: (11:00-12:30pm) Lifting:1:00pm | Claudia Nagata / Don McElravy |
| Equipment Check:                         | Alex Alvarado / Robert Massey |
| <b>Chief Referee:</b>                    | Don McElravy / USA            |
| Side Referee:                            | Robert Massey / USVI          |
| Side Referee:                            | Alex Alvarado / Puerto Rico   |
| Technical Controller                     | Zelmira Sandi Martinez        |
| <b>Chief of the Jury:</b>                | Dan Gaudreau / USA            |
| Jury Member                              | Robert Keller / USA           |
| Jury Member                              | Claudia Nagata / Brazil       |
| Reserve Referee:                         | Zelmira Sandi Martinez        |
| Announcer:                               | Eugene Biancheri              |
| Scoring Manager:                         | Arian Khamesi                 |
| Expeditor:                               | TBD                           |
| Drug-testing:                            | Don McElravy / Claudia Nagata |
| Award Marshal:                           | Robert Massey                 |
| Award Presenters:                        | Keller / Alvarado / Massey    |
| World / Regional Records:                | Robert Keller                 |
| Live Stream                              | Mike Zawilinski               |

**Awards:**

**Robert Keller – Secretary General, International Powerlifting Federation**  
**Alex Alvarado – Secretary General, North American Powerlifting Federation**  
**Robert Massey – President, USVI Powerlifting Federation**

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**SESSION I: SATURDAY, OCTOBER 29, 2016**  
**2016 PAN-AMERICAN EQUIPPED BENCH PRESS CHAMPIONSHIPS**

**Saturday, October 29, 2016 / Weigh-in: 11:00 – 12:30Pm: Lifting 1:00pm**

| Assignment                               | Name                            |
|------------------------------------------|---------------------------------|
| Weigh-in: (11:00-12:30pm) Lifting:1:00pm | Claudia Nagata / Mike Armstrong |
| Equipment Check:                         | Don McElravy / Robert Massey    |
| <b>Chief Referee:</b>                    | Mike Armstrong / CAN            |
| Side Referee:                            | Don McElravy / USA              |
| Side Referee:                            | Robert Massey / USVI            |
| Technical Controller                     | Zelmira Sandi Martinez / CRC    |
| <b>Chief of the Jury:</b>                | Dan Gaudreau / USA              |
| Jury Member                              | Hugo Velasquez / CRC            |
| Jury Member                              | Claudia Nagata / Brazil         |
| Reserve Referee:                         | Zelmira Sandi Martinez          |
| Announcer:                               | Eugene Biancheri                |
| Scoring Manager:                         | Arian Khamesi                   |
| Expeditor:                               | Manuel Campos Coto              |
| Drug-testing:                            | Don McElravy / Claudia Nagata   |
| Award Marshal:                           | Robert Massey                   |
| Award Presenters:                        | Velasquez / Armstrong / Massey  |
| World / Regional Records:                | Robert Keller                   |
| Live Stream                              | Mike Zawilinski                 |

**Awards:**

**Hugo Velasquez – IPF Executive Board Member – North America**

**Mike Armstrong – President, Commonwealth Powerlifting Federation**

**Robert Massey – President, USVI Powerlifting Federation**