



Official Invitation

**The International Powerlifting Federation, the North American Powerlifting Federation, the Costa Rica Powerlifting Association invite all IPF member federations to the:
17th Annual NAPF North American Regional Powerlifting Championships
Holiday Inn - Escazu: San Jose, Costa Rica
August 5-10, 2019**

Contest Director: Manuel ‘Manolo’ Campos, Costa Rica Powerlifting Association (ADELEPO)
Championship Sec: Robert Keller / rhk@verizon.net / Telephone: +954.790.2249
Secretary General: Alex Alvarado / 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 contestants for each weight class and division, for both Classic (Raw) and Equipped. Best Lifter Awards will be given to the best overall male and female lifter according to the IPF 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.

City: San Jose, Costa Rica
Date of Event: August 5 to 10, 2019
Hotel Rates & Meals: **Holiday Inn – Escazu, next to Cima Hospital, Plaza Tempo: San Jose, Costa Rica**
 Plan A: Single Room, 1 Person, 1 Standard Room, \$138.43 USD per night, Tax Included.
 Plan B: Double Room, 2 People, 2 Double-Beds, \$175.15 USD per night, Tax Included.
 Plan C: Triple Room, 3 People, 2 Double-Beds, \$211.88 USD per night, Tax Included.
 Plan D: Quad Room, 4 People, 2 Double-Beds, \$248.60 USD, per night, Tax Included.

Important, each room comes with a complimentary Breakfast and Lunch buffet.

Hotel bookings: The organizer nor the NAPF will not be responsible for any hotel bills of the participating IPF Member Federations. Each team manager will be responsible. All rooms must be booked by NLT July 1, 2019. After the deadline the organizer cannot guarantee room accommodations at the group rate. Reservations can also be made by using the hotel booking form. **Group Code: NAPF Powerlifting Championship**
Hotel Location: The Holiday Inn - San Jose Escazu is located in Plaza Tempo, a multi-purpose complex that includes 15 restaurants, a shopping center and business center. It is beside the Cima Hospital and only 20 minutes from Juan Santamaria International Airport. **To book your reservation(s), please contact Vanessa Valladares / ReservasHI.Escazu@agrisal.com / Tel: +506 2506 5052** ALL hotel reservations must be made by July 1, 2019. If you experience any problems booking your hotel room, please contact me immediately Robert Keller at: rhk@verizon.net
 Hotel Link: <http://holidayinn.nezko.com/holiday-inn-san-jose-escazu/es/>

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 round trip.

Scales: The official scale will be made available on Sunday morning, August 4, 2019.

National Anthem: National Anthems will be played for the open division class winners only.

Participation Fee: \$100.00 per lifter (USD) – *Payable to NAPF*

Anti-Doping Fee: \$65.00 per lifter (USD) – *Payable to NAPF and will then be sent to the IPF.*

Payment of fees: **The Participation Fee and Anti-doping Fee must be wired to the NAPF – No exceptions.**

Spectator Fee: \$10.00 (USD) per day

Technical Meeting: Monday, August 5, 2019 at 1300 hrs in the Grand Ballroom

Opening Ceremony: Monday, August 5, 2019 at 1800 hrs in the Grand Ballroom (competition venue)

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
NAPF President

Dr. Hugo Velasquez
IPF EC Member, NAPF

Alex Alvarado
NAPF Sec. General

Robert Keller
NAPF Championship Secretary



International Powerlifting Federation (IPF) ° North American Powerlifting Federation (NAPF) ° Costa Rica Powerlifting Association (ADELEPO)

Provisional Timetable of Events

Day	Event		Start
August 4, 2019	Accreditation		09:00
August 5, 2019	Accreditation		09:00
	NAPF General Assembly / Elections		10:00
	Technical Meeting – Lifter Nominations		13:00
	Referee Meeting – Platform Assignments		14:00
	Referee Examination (English and Spanish)		14:30
	Opening Ceremony @ Venue		18:00
Day	Weigh-in Time	Classes	Start
August 6, 2019	07:00 – 08:30	Classic Women 43.00 – 63.00 kg	09:00
	12:00 – 13:30	Classic Men 53.00 – 74.00 kg	14:00
August 7, 2019	07:00 – 08:30	Classic Women 72.00 – 84.00+ kg	09:00
	11:00 – 12:30	Classic Men 83.00 – 105.00kg	13:00
August 8, 2019	07:00 – 08:30	Classic Men 120.00 / 120.00+kg	09:00
	11:00 – 12:30	Equipped Women 43.00 – 84.00+kg	13:00
August 9, 2019	07:00 – 08:30	Equipped Men 53.00 – 83.00 kg	09:00
	11:00 – 12:30	Equipped Men 93.00 – 105.00 kg	13:00
August 10, 2019	08:00 – 9:30	Equipped Men 120.00 / 120.00+ kg	09:00
	Farewell / Closing Banquet – Regency Ballroom		19:00
August 11, 2019	Sightseeing / Shopping		09:00
August 12, 2019	Departure of Delegations		07:00



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Important Competition Notes

- 1. Team Managers -- Please be sure your athletes make their hotel reservations by NLT July 1, 2019 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. Family guests and friends may stay in the competition hotel for the same member federations rates.**
- 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 Monday, August 5, 2019 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 July 5, 2019 will be adhered to by all member federations. Please do not wait until the deadline date to send your nomination forms. Please take note, Preliminary Nominations will NOT be accepted unless the LiveStream Questionnaire is completed for each nominated athlete. The LiveStream Questionnaire link can be found here: <https://form.jotform.com/91056731664156>**
- 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 Stream via the internet.**
- 8. All transport forms must be received with the Final Nomination Form.**
- 9. The NAPF shall give the IPF Category I and II Referee Examination on Monday, August 5, 2019. The written examination will be given in both English and/or Spanish. By no later than May 1, 2019, please send to us your referee candidates that will take the examinations.**
- 10. Banquet tickets: Each member federation may use the attached document or the following link to order your banquet tickets.**
<https://docs.google.com/forms/d/15nrX2jL5iI58lYrc4zu4L-YMnyvD9AxL7I6cNtH5uUE/edit>
- 11. Airport Transportation: Each member federation may use the attached document or the following link to order your transport.**
https://docs.google.com/forms/d/1_XqEED8DbCA_qSRT9xzDuOfu5VgP5Z0Gevi9a4E4qXQ/edit



International Powerlifting Federation (IPF) ° North American Powerlifting Federation (NAPF) ° Costa Rica Powerlifting Association (ADELEPO)

Official Nomination Form

**17th Annual NAPF North American Regional Powerlifting Championships
Holiday Inn - Escazu: San Jose, Costa Rica
August 5-10, 2019**

<u>Preliminary: June 5, 2019</u>	<u>Not Participating: June 5, 2019</u>	<u>Final: July 5, 2019</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, 47kg, 52kg, 57kg, 63kg, 72kg, 84kg and 84+kg

Men

53kg, 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg and 120+kg

Note:

Effective January 1, 2019, Member Federations may now nominate 8 lifters for the Women’s Open and Master’s categories and 9 lifters for the Women’s Sub-Junior and Junior Categories.



International Powerlifting Federation (IPF) ° North American Powerlifting Federation (NAPF) ° Costa Rica Powerlifting Association (ADELEPO)

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) ° Costa Rica Powerlifting Association (ADELEPO)

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) ° Costa Rica Powerlifting Association (ADELEPO)

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) ° Costa Rica Powerlifting Association (ADELEPO)

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) ° Costa Rica Powerlifting Association (ADELEPO)

Nominations – Classic Men’s Sub-Junior

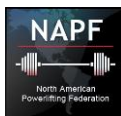
Class	Name	Birth Year	Best Bench	International Titles

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) ° Costa Rica Powerlifting Association (ADELEPO)

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) ° Costa Rica Powerlifting Association (ADELEPO)

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) ° Costa Rica Powerlifting Association (ADELEPO)

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) ° Costa Rica Powerlifting Association (ADELEPO)

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) ° Costa Rica Powerlifting Association (ADELEPO)

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) ° Costa Rica Powerlifting Association (ADELEPO)

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) ° Costa Rica Powerlifting Association (ADELEPO)

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) ° Costa Rica Powerlifting Association (ADELEPO)

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) ° Costa Rica Powerlifting Association (ADELEPO)

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+



International Powerlifting Federation (IPF) ° North American Powerlifting Federation (NAPF) ° Costa Rica Powerlifting Association (ADELEPO)

FEDERATION OFFICIALS/COACHES

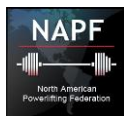
(All federation athletes, coaches, officials and referees MUST be declared)

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: _____



International Powerlifting Federation (IPF) ° North American Powerlifting Federation (NAPF) ° Costa Rica Powerlifting Association (ADELEPO)

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) ° North American Powerlifting Federation (NAPF) ° Costa Rica Powerlifting Association (ADELEPO)

Ground Transport Order Form

Country of: _____

Name of Traveller	Airline	Flight Number	Arrival Date / Time	Departure Date / Time

National Federation – General Secretary

National Federation President/Executive Officer

(Print) National Federation – General Secretary

(Print) National Federation President/Executive Officer



International Powerlifting Federation (IPF) ° North American Powerlifting Federation (NAPF) ° Costa Rica Powerlifting Association (ADELEPO)

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 Costa Rica, 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 Costa Rica. All visas requests should be made NLT 6 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