



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

The International Powerlifting Federation, the North American Powerlifting Federation,
 and the US Virgin Islands Powerlifting Federation Present:

12th Annual North American Regional Powerlifting Championships
8th Annual Caribbean Powerlifting Championships
Final Timetable of Events

| 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 | | 18:00 |
| | | | |
| 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 83.00 kg | 09:00 |
| | 11:00 – 12:30 | Men 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 |