



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

### Official Invitation

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

## **30<sup>th</sup> FESUPO South American Powerlifting Championships 15<sup>th</sup> FESUPO / NAPF Pan-American Powerlifting Championships Ribeirão Preto, Brazil September 15 – 19, 2015**

**Championship Director:** Julio Conrado / Email: [powerbrazil@uol.com.br](mailto:powerbrazil@uol.com.br) / Tel: 55.11.8806.5216

**Championship Secretary:** Robert Keller / Email: [rnh@verizon.net](mailto:rnh@verizon.net) / Tel: 954.790.2249

**Technical Secretary:** Eumenes Leite de Souza / Email: [mendinho@gmail.com](mailto:mendinho@gmail.com) / 55.16.98117.4786

**All Correspondence and Visa:** Please send all correspondence and visa request to Eumenes de Souza  
Email: [mendinho@gmail.com](mailto:mendinho@gmail.com) / 55.16.98117.4786 / Please send the attached Visa Support Document  
with your preliminary nomination form.

**Host City:** Ribeirão Preto, Brazil

**Dates of Championship:** September 15 – 20, 2015

**Hotel Information:** Araucaria Plaza Hotel / [www.araucariaplaza.com.br](http://www.araucariaplaza.com.br)

**Hotel Room Rate(s):**

Suite Luxury Single – R \$290,00 / 110.00 USD + 14% tax per night

Suite Luxury Double – R \$340,00 / 129.00 USD + 14% tax per night

Check-in: 2:00pm / Check-out: 12:00pm

Please note, hotel room come with only two double beds. Breakfast is included with the rate.

The organizer will not be responsible for the hotel bills of the participating IPF Member Federations. Each member federation team manager will be responsible. All rooms must be booked by NLT September 1, 2015. No exceptions. After the deadline the organizer cannot guarantee room accommodations at the special group rate. Book your hotel rooms with Michelle here: [eventos@araucariaplaza.com.br](mailto:eventos@araucariaplaza.com.br)

**Special Note:** All athletes, coaches, referees or officials from each federation must stay in the official hotel during the championship. If the nominated athletes, coaches, referees or officials do not stay in the championship hotel, they will be obliged to pay an administration fee of \$125.00 USD per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (By-Laws 105.4.4).

**Contest Venue:** Araucaria Plaza Hotel

**Technical Meeting:** Tuesday, September 15, 2015 at 14:00 hrs at the Araucaria Plaza Hotel.

**Arrivals/Transportation:** Transport by Taxi from Leite Lopes Airport - Ribeirão Preto, Brazil to the Araucaria Plaza Hotel and back to the airport will cost **\$20.00 USD**, each way with 2 person in the Taxi.

**Scales:** The scales will be available starting Monday, September 14, 2015. Scales will be available 24hrs for the entire duration of the competition.

**Training:** Workout Gym (Training hours: 0600am to 2200 pm), Arnaldo Victaliano 916, Ribeirão Preto.

**Flag and anthems:** Will be provided by the NAPF / FESUPO

**Credentials:** All nominated athletes, coaches, officials and referees be allowed into the venue free of charge for each member federation. A maximum of the three coaches can be nominated by each team.

**Closing Banquet:** Saturday Evening, September 19, 2015 at 19:00 at the Araucaria Plaza Hotel - Cost is **\$45.00 USD**, per person, for a buffet meal. DJ and entertainment will be provided.

**Participation Fee:** 50.00 USD per athlete, per division, per Championship. The following divisions will be offered:

South American Raw Championships / South American Equipped Championships

Pan-American Raw Championships / Pan-American Equipped Championships

**Anti-Doping Fee:** 50.00 USD per athlete. All Fees (participation, anti-doping, transport and banquet) will be collected at the conclusion of the technical meeting.

Championship Web-site Info: [www.usapowerlifting.com/IPF-NorthAmerica](http://www.usapowerlifting.com/IPF-NorthAmerica)

Championship Web-site info: [www.powerlifting.com.ar/index%20fesupo.htm](http://www.powerlifting.com.ar/index%20fesupo.htm)



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**Awards:** Custom medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place contestants in the men/women's open division for each weight class. The Sub-junior, Junior, Master and Raw/Classic lifters medalists will be determined by either weight class or by age groups, based on the the total number of entries. Groups will be scored by the Wilks Formula. Awards will be given to the best overall male and female lifter according to the Wilks Formula for Open, Junior, Master and Raw/Classic. Team trophies will be awarded to the top three men and women's teams in Open Class. For Classic/Raw, Junior and Masters categories, one team award will be presented. Participation certificates will be given to all participants.

**IPF World, Pan-American and FESUPO Records:** At this competition, lifters will be able to set both Classic (Raw) and Equipped IPF World, Pan-American and FESUPO Regional Powerlifting Records in the Open, Sub-Junior, Junior and Masters Categories. Pan-American records here: [www.goheavey.net](http://www.goheavey.net)

**Championships Divisions (FESUPO and Pan-American Championships):**  
 Classic (Raw): Open, Sub-Junior, Junior, Master 1, Master 2, Master 3 and Master 4  
 Equipped: Open, Sub-Junior, Junior, Master 1, Master 2, Master 3 and Master 4

**Nominations:** Nomination Forms must be sent to both Eumenes Souza and Robert Keller  
 Deadlines are as follows:

**Preliminary:** **July 19, 2015** (fully complete preliminary form must be sent).

**Final:** **August 27, 2015** (late entries will not be accepted).

**14 Days before Technical Meeting:** **September 1, 2015** is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms. If no withdrawal is made 14 days prior to the Technical Meeting before a World championships or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form (IPF-By-Laws105.5.2).

**Provisional Timetable of Events**

Day	Event		Start	
September 14, 2015	Accreditation		09:00	
September 15, 2015	Accreditation		09:00	
	FESUPO General Assembly		10:00	
	Technical Meeting		14:00	
	Referee Meeting		14:30	
	Coaches Meeting		15:00	
	Opening Ceremony @ Venue		18:00	
Day	Weigh-in	Classes	Start	
September 16, 2015	07:00 – 08:30	Classic Women	43.00 – 63.00 kg	09:00
	12:00 – 13:30	Classic Women	72.00 – 84.00+ kg	14:00
September 17, 2015	07:00 – 08:30	Classic Men	53.00 – 93.00 kg	09:00
	11:00 – 12:30	Classic Men	105.00 – 120+kg	13:00
	IPF Referee Recertification Seminar		18:00	
September 18, 2015	07:00 – 08:30	Equipped Women	43.00 – 63.00 kg	09:00
	11:00 – 12:30	Equipped Women	72.00 – 84.00+ kg	13:00
September 19, 2015	07:00 – 08:30	Equipped Men	53.00 – 93.00 kg	09:00
	11:00 – 12:30	Equipped Men	105.00 – 120+kg	13:00
	Farewell Banquet – Araucaria Plaza Hotel		19:00	
September 20, 2015	Sightseeing Tours		09:00	
September 21, 2015	Departure of Delegations		07:00	



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### **Important Items to Remember**

Preliminary nomination forms must be sent not later than 60 days before the date of the Championship. Final nominations must be submitted by no later than August 27, 2015 and must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a nominated reserve lifter. No new nominated lifters will be accepted).

According to the IPF Technical Rules (Page 4, item 7) on the submitted Final Nomination Form you must send the definite list the athletes that will take part in the championship. At the Technical Meeting you can only delete athletes from your final nomination form and the change of weight class for any athlete is forbidden and not possible.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Tuesday, September 15, 2015. The Technical Meeting will be held in the Araucaria Plaza Hotel – Exact Room TBD.

Victory Ceremonies will be held at the end of each lifting session. It will be absolutely mandatory that each athlete wear a complete National Team Warm-up/Track Suit, to include pants, for the award presentation.

If the organizer does not receive confirmed cancellations of hotel rooms at least 14 days prior to the championship, all hotel costs will be the responsibility of the team manager/member federation. The same shall apply to participation and anti-Doping fees (IPF-By-Laws105.5.2).

All athletes, coaches, referees or officials from each federation must stay in the official hotel during the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of 125.00 USD (100 Euros) per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (IPF By-laws 105.4.4).

**Indemnity & Insurance:** All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said World Championships. All delegate members must have a valid health insurance. The organiser and the IPF will not incur any expenses for a doctor or a stay in hospital. We recommend travel insurance for covering loss of luggage, theft, delayed planes etc.

**Specially priced and discounted tours and activities will be available for sale during the championship.**



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**Official Nomination Form**

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**30<sup>th</sup> FESUPO South American Powerlifting Championships**  
**14<sup>th</sup> FESUPO / NAPF Pan-American Powerlifting Championships**  
**Ribeirão Preto, Brazil**  
**September 15 – 19, 2015**

<b>Preliminary: July 19, 2015</b>	<b>Not Participating: July 19, 2015</b>	<b>Final: August 27, 2015</b>
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**The preliminary and final nomination forms must be sent to:**

Robert Keller / Email: [rhk@verizon.net](mailto:rhk@verizon.net) / Cell: 954.790.2249

Eumenes de Souza / Email: [mendinho@gmail.com](mailto:mendinho@gmail.com) / Tel: 55.16.98117.4786

Sergio Centeno / E-Mail: Sergio Centeno / Email: [centeno@choicecable.net](mailto:centeno@choicecable.net) / Tel: 787.607.9895

Submitted by \_\_\_\_\_ National Powerlifting Federation

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 team : \_\_\_\_\_ 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: \_\_\_\_\_

The National Secretary must designate which categories each nominated referee is available to referee at the championship. If nominated by the Technical Committee to referee at the championships, each referee must be available for the designated categories. Furthermore, it is an obligation of every Federation to confirm the participation of all their Referees nominated on the Final Nomination Form and/or cancel the referees who will not participate in the championship.

State each lifter's personal best achieved at a national or international championships during the previous 12 months. Enter the lifter's family name and first name separately into an appropriate column below. Please, use each lifter's full first name, not his or her nickname!





International Powerlifting Federation (IPF)  
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**Nominations – Men Junior**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**


**Nominations - Men Masters I / 40+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**


**Nominations - Men Masters II / 50+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**




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**Nominations - Men Masters III / 60+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**


**Nominations - Men Masters IV / 70+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**


**Nominations – Men Raw/Classic**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**




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**Nominations - Women Open**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, max. 5 per team**


**Nominations - Women Sub Junior**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, max. 5 per team**


**Nominations - Women Junior**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, max. 5 per team**






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**Nominations - Women Masters I / 40+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team


**Nominations - Women Masters II / 50+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team


**Nominations - Women Masters III / 60+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team




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**Nominations - Women Masters IV / 70+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, max. 5 per team**


**Nominations - Women Raw / Classic**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, max. 5 per team**


**PAN-AMERICAN CHAMPIONSHIPS**

**Nominations – Men Open**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**




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**Nominations – Men Sub Junior**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**


**Nominations – Men Junior**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**


**Nominations - Men Masters I / 40+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**




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**Nominations - Men Masters II / 50+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**


**Nominations - Men Masters III / 60+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**


**Nominations - Men Masters IV / 70+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**




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**Nominations – Men Raw/Classic**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, Maximum 5 per team**


**Nominations - Women Open**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, max. 5 per team**


**Nominations - Women Sub Junior**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

**Reserve lifters, max. 5 per team**




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**Nominations - Women Junior**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team


**Nominations - Women Masters I / 40+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team


**Nominations - Women Masters II / 50+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team




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**Nominations - Women Masters III / 60+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team


**Nominations - Women Masters IV / 70+**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team


**Nominations - Women Raw / Classic**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team


**Address for contact:**

Name \_\_\_\_\_ Street: \_\_\_\_\_ Zipcode \_\_\_\_\_  
 City: \_\_\_\_\_ Country: \_\_\_\_\_ Phone: \_\_\_\_\_



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Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Visa Support Document**

**Country:** \_\_\_\_\_

Full names of athlete	Birth Date	Passport Number	Expiration Date
Full names of coach / official	Birth Date	Passport Number	Expiration Date

**VISA INSTRUCTIONS**

If you require a letter of invitation to obtain a VISA to enter Brazil, please send the completed VISA Support Document to Eumenes de Souza Email: [mendinho@gmail.com](mailto:mendinho@gmail.com) / Tel: 55.16.98117.4786. **Important:** The Visa Support Document should include each athlete/official/coaches complete and full name as indicated on their passport, birthday, and passport number with the expiration date. The request should include the arrival and departure dates to Brazil. **It is very important that you apply as early as possible.** Recommendation is to apply no later than 90 days (July 0, 2015) prior to you leaving for your trip to the Canada.

\_\_\_\_\_  
 (Signature) National Federation – General Secretary

\_\_\_\_\_  
 (Signature) National Federation President/Executive Officer

\_\_\_\_\_  
 (Print) National Federation – General Secretary

\_\_\_\_\_  
 (Print) National Federation President/Executive Officer





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**Hotel Booking Form**

Country: \_\_\_\_\_

Visitors Name	Single (or) Double Room	Arrival Date	Departure Date	Total Room Nights
<b>Room 1</b>				
<b>Room 2</b>				
<b>Room 3</b>				
<b>Room 4</b>				
<b>Room 5</b>				
<b>Room 6</b>				
<b>Room 7</b>				
<b>Room 8</b>				

\_\_\_\_\_  
 (Signature) National Federation – General Secretary

\_\_\_\_\_  
 (Signature) National Federation President/Executive Officer

\_\_\_\_\_  
 (Print) National Federation – General Secretary

\_\_\_\_\_  
 (Print) National Federation President/Executive Officer



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**Airline Arrival – Departure Form**

Country: \_\_\_\_\_

No.	Name of Traveller	Name of Airline	Flight Number	Arrival Date	Arrival Time
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
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14.					
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16.					
17.					
18.					
	Name of Traveller	Name of Airline	Flight Number	Departure Date	Departure Time
1.					
2.					
3.					
4.					
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18.					

\_\_\_\_\_  
 (Signature) National Federation – General Secretary

\_\_\_\_\_  
 (Signature) National Federation President/Executive Officer

\_\_\_\_\_  
 (Print) National Federation – General Secretary

\_\_\_\_\_  
 (Print) National Federation President/Executive Officer



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