

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)/ <u>alexalvarado@yahoo.com</u> /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. 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

Scales:

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 Julio Conrado Manolo Campos Robert Keller

President, NAPF President, FESUPO President, ADELEPO NAPF Championship Secretary







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, administers, 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.



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

Preliminary: September 18, 2016 Not Participating: September 18, 2016 Final: October 01, 2016 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: Cat: ____ Available for categories: ___ Referee 1: Cat: Available for categories: Referee 2: Cat: Available for categories: Referee 3: Total number of lifters: Total amount of Arrival day : Flight/train/car On airport/station: Flight nr: Arrival time: Flight nr: Departure time: Time: _____ Single – from – to: ______ Double – from – to: _____ We need rooms: _____ 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



Nominations - Equipped Men's Open

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Men's Open

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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

Nominations – Equipped Men's Masters I / 40+

Class	Name	Birth Year	Best Bench	International Titles

Reserve Lifters – Equipped Men's Masters I / 40+

	 1	



International Powerlifting Federation (IPF) $^{\circ}$ North American Powerlifting Federation (NAPF) $^{\circ}$ 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+
,	Nomina	ations – Classic M	en'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

				I
Class	Name	Birth Year	Best Bench	International Titles
	Rosarva I if	ters – Classic Men	's Sub-junior	
	Reserve En	crs - Classic Men	s Sub-jumor	
	<u>Nominati</u>	ions – Classic Mo	en's Junior	
Class	<u>Nominati</u> Name		1	International Titles
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Class			1	International Titles
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Class			1	International Titles
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Class			1	International Titles
Class			1	International Titles
Class	Name		Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles



International Powerlifting Federation (IPF) $^{\circ}$ North American Powerlifting Federation (NAPF) $^{\circ}$ South American Powerlifting Federation (FESUPO) Nominations - Classic Men's Masters I / 40+

Class	Name	Rirth Voor	Rost Ronch	International Titles
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	Dogowyo I iftom	s – Classic Men's	Magtang I /	40 ⊥
	Reserve Litter	s – Classic Ivieli s	NIASIEIS I /	4V ⁺
	Nominations -	<u>– Classic Men's I</u>	Masters II / 5	<u>50+</u>
Class				
Class	Nominations -			50+ International Titles
Class				
Class	Name		Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles



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
	Dogowyo I iftong	Classia Man's	Magtare III	/ 60 ±
	Reserve Lifters -	- Classic Men's	Masters III	/ 60+
	Reserve Lifters -	- Classic Men's	Masters III	/ 60+
	Reserve Lifters -	- Classic Men's	Masters III	/ 60+
	Reserve Lifters -	- Classic Men's	Masters III	/ 60+
	Reserve Lifters -	- Classic Men's	Masters III	/ 60+

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 Lif	ters – Equipped W	omen's Open	
	N	E		
	Nominations -	- Equipped Wom	en's Sub-Ju	nior
		I	I	I
Class	Nominations -	I	I	nior International Titles
Class		I	I	I
Class		I	I	I
Class		I	I	I
Class		I	I	I
Class		I	I	I
Class		I	I	I
Class		T.	I	I
Class		T.	I	I
Class	Name	Birth Year	Best Bench	International Titles
Class	Name	T.	Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles



International Powerlifting Federation (IPF) North American Powerlifting Federation (NAPF) South American Powerlifting Federation (FESUPO) Nominations - Equipped Women's Junior

	Nominations — r	<u>squipped we</u>	omen soume	<u>) </u>
Class	Name	Birth Year	Best Bench	International Titles
	D			
	Reserve Lifters -	- Equipped W	omen's Junio	r
	Nominations – Equi	pped Womei	n's Masters I	<u>/ 40+</u>
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 – 1	Equipped Wome	n's Masters	II / 50+
	Reserve Lifters – l	Equipped Wome	n's Masters	II / 50+
	Reserve Lifters –]	Equipped Wome	n's Masters	II / 50+
	Reserve Lifters – 1	Equipped Wome	n's Masters	II / 50+
	Reserve Lifters –]	Equipped Wome	n's Masters	II / 50+

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
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	Reserve Lifters –	Equipped Wome	n's Masters I	LV / 70+
	<u>Nominat</u>	ions – Classic Wo	men's Open	
Class	Nominat Name		T	International Titles

Reserve	Lifters —	Classic	Women	's Onen



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 Lifte	ers – Classic Wome	en's Sub-junio	r
	<u>Nominatio</u>	ns – Classic Wor	nen's Junior	
Class				
Class	<u>Nominatio</u> Name			International Titles
Class				
Class	Name	Birth Year	Best Bench	
Class	Name		Best Bench	
Class	Name	Birth Year	Best Bench	
Class	Name	Birth Year	Best Bench	
Class	Name	Birth Year	Best Bench	
Class	Name	Birth Year	Best Bench	



International Powerlifting Federation (IPF) $^{\circ}$ North American Powerlifting Federation (NAPF) $^{\circ}$ South American Powerlifting Federation (FESUPO) Nominations — Classic Women's Masters I / 40+

Class	Name	Birth Year	Best Bench	International Titles
	D I '6			. / 40 .
	Reserve Lifters –	- Classic Womer	<u>1's Masters I</u>	. / 40+
	Nominations (Classic Woman?	Mastare II	/ 50 ±
	Nominations – C	Classic Women's	s Masters II	/ 50+
Class				
Class	Nominations – C			/ 50+ International Titles
Class				
Class		Birth Year	Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles



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 II	I / 60+
	Reserve Enters –	Classic vv officir	5 Masters II	17 00 1
	Nominations – C	Classic Women's	Masters IV	<u>/ 70+</u>
Class	Nominations – C			/ 70+ International Titles
Class				
Class	Name	Birth Year	Best Bench	International Titles
Class		Birth Year	Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles
Class	Name	Birth Year	Best Bench	International Titles



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.

Na	ame [complete]	Federation Ti	tle
	Authorizing Feder	ation Agent/Officer	
ime:	Street:		Zincode:

City: _____ Tel./fax: _____



Banquet Ticket Order Form

Country of:	
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Full Name of Visitor	Country	Number of Tickets	Total Cost
	_		
	_		
		Total:	
		I otali	
			
National Federation – General	Secretary	National Federation President/Ex	ecutive Officer
(Print) National Federation – C	Peneral Secretary	(Print) National Federation President	dent/Executive Officer



Ground Transport Order Form

Country of:		

Name of Traveller	Airline	Flight Number	Arrival Date	Departure Date

National Federation – General Secretary	National Federation President/Executive Officer
(Print) National Federation – General Secretary	(Print) National Federation President/Executive Officer



VISA SUPPORT DOCUMENT

(country of:		
Full Name of Athlete	Birthday	Passport Number	Expiration Date
	_		
your federation requires a letter		NFORMATION A to enter to the Costa Rica, plea	se contact Robert Keller. Import
is form should include the comp	petitor's complete birth nam	e as shown on the passport, comp	lete birthday, and passport numb
th the expiration date. The required the NLT 6 weeks in advance of			Rica. All visas requests should be
ational Federation – General	Secretary	National Federation Pr	esident/Executive Officer
rint) National Federation – C	Beneral Secretary	(Print) National Federa	tion President/Executive Of