



## 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:

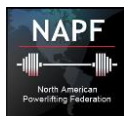
### 7<sup>th</sup> NAPF / FESUPO Pan-American Regional Bench Press Championships and 13<sup>th</sup> Annual NAPF North American Regional Bench Press Championships Holiday Inn - Escazu: San Jose, Costa Rica October 25-27, 2018

**Contest Director:** Manuel ‘Manolo’ Campos, Costa Rica Powerlifting Association (ADELEPO)  
**Championship Sec:** Robert Keller / [rhk@verizon.net](mailto:rhk@verizon.net) / Telephone: 954.790.2249  
**Secretary General:** Alex Alvarado (Spanish Speaker)/ [alexalvaradoalvarado@yahoo.com](mailto:alexalvaradoalvarado@yahoo.com) /Tel: 787.607.0132  
**Technical Secretary:** Bill Clayton / [claytonw@ptd.net](mailto: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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place contestant for each and weight class for both Classic (Raw) and Equipped. Best Lifter 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.

**City:** San Jose, Costa Rica  
**Date of Event:** October 25-27, 2018  
**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, \$98.31 US per night, Tax Included.  
 Plan B: Double Room, 2 People, 2 Double-Beds, \$102.83 US per night, Tax Included.  
 Plan C: Triple Room, 3 People, 2 Double-Beds, \$109.61 US per night, Tax Included.  
 Plan D: Quad Room, 4 People, 2 Double-Beds, \$US114.13, per night, Tax Included.  
**Each room comes with a complimentary breakfast buffet.**  
**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.  
**Scales:** The official scale will be made available on Thursday morning, October 25, 2018.  
**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:** \$5.00 (USD) per day  
**Technical Meeting:** Thursday, October 25, 2018 at 1700 hrs in the Grand Ballroom  
**Opening Ceremony:** Thursday, October 25, 2018 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](http://www.usapowerlifting.com/IPF-NorthAmerica)

<b>Larry Maile</b> President, NAPF	<b>Julio Conrado</b> President, FESUPO	<b>Manolo Campos</b> President, ADELEPO	<b>Robert Keller</b> NAPF Championship Secretary
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## Provisional Timetable of Events

October 24, 2018	Arrival of Athletes/Officials	0900 hrs
October 24, 2018	Athlete/Officials Accreditation	0900 hrs
October 25, 2018	Athlete/Officials Accreditation	0900 hrs
October 25, 2018	Technical Meeting / Referee Meeting	1700 hrs
October 25, 2018	Opening Ceremony	1800 hrs
October 26, 2018	Weigh-in: All Classic Women + Classic Men 53kg to 83kg	0900 hrs
October 26, 2018	Lifting: All Classic Women + Classic Men 53kg to 83kg	1100 hrs
October 26, 2018	Weigh-in: All Classic Men 93kg to 120+kg	1100 hrs
October 26, 2018	Lifting: All Classic Men 93kg to 120+kg	1300 hrs
October 26, 2018	Victory Ceremony/Drug-testing Protocol	1600 hrs
October 26, 2018	Media Press Conference	1700 hrs
October 27, 2018	Weigh-in: All Equipped Women & Men	0900 hrs
October 27, 2018	Lifting: All Equipped Women & Men	1100 hrs
October 27, 2018	Victory Ceremony/Drug-testing Protocol	1400 hrs
October 27, 2018	Media Press Conference	1500 hrs
October 27, 2018	Banquet/Closing Ceremonies	1900 hrs
October 28, 2018	Sightseeing Tours	0900 hrs
October 28, 2018	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, 2018 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.
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 25, 2018 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 September 25, 2018 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 Stream via the internet.



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

**Official Nomination Form**

**7th NAPF / FESUPO Pan-American Regional Bench Press Championships and  
13th Annual NAPF North American Regional Bench Press Championships  
Holiday Inn - Escazu: San Jose, Costa Rica  
October 25-27, 2018**

<b><u>Preliminary: August 25, 2018</u></b>	<b><u>Not Participating: September 25, 2018</u></b>	<b><u>Final: September 25, 2018</u></b>
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**The preliminary and final nomination form must be sent to (both):**

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

Alex Alvarado (Spanish Speaker)/ [alexalvaradoalvarado@yahoo.com](mailto: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 (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



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**Nominations – Equipped Men’s Open**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Equipped Men’s Open**


**Nominations – Equipped Men’s Sub-Junior**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**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**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Equipped Men’s Junior**


**Nominations – Equipped Men’s Masters I / 40+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Equipped Men’s Masters I / 40+**




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**Nominations – Equipped Men’s Masters II / 50+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Equipped Men’s Masters II / 50+**


**Nominations – Equipped Men’s Masters III / 60+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**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+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Equipped Men’s Masters IV / 70+**


**Nominations – Classic Men’s Open**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**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**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Classic Men’s Sub-junior**


**Nominations – Classic Men’s Junior**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Classic Men’s Junior**






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

**Nominations – Classic Men’s Masters I / 40+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Classic Men’s Masters I / 40+**


**Nominations – Classic Men’s Masters II / 50+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Classic Men’s Masters II / 50+**




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

**Nominations – Classic Men’s Masters III / 60+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Classic Men’s Masters III / 60+**


**Nominations – Classic Men’s Masters IV / 70+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**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 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) ° South American Powerlifting Federation (FESUPO)

**Nominations – Equipped Women’s Junior**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Equipped Women’s Junior**


**Nominations – Equipped Women’s Masters I / 40+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Equipped Women’s Masters I / 40+**




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**Nominations – Equipped Women’s Masters II / 50+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Equipped Women’s Masters II / 50+**


**Nominations – Equipped Women’s Masters III / 60+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Equipped Women’s Masters III / 60+**




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**Nominations – Equipped Women’s Masters IV / 70+**

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**Reserve Lifters – Equipped Women’s Masters IV / 70+**


**Nominations – Classic Women’s Open**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Classic Women’s Open**




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

**Nominations – Classic Women’s Sub-Junior**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Classic Women’s Sub-junior**


**Nominations – Classic Women’s Junior**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Classic Women’s Junior**




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

**Nominations – Classic Women’s Masters I / 40+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Classic Women’s Masters I / 40+**


**Nominations – Classic Women’s Masters II / 50+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Classic Women’s Masters II / 50+**






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

**Nominations – Classic Women’s Masters III / 60+**

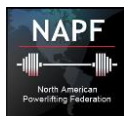
<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Classic Women’s Masters III / 60+**


**Nominations – Classic Women’s Masters IV / 70+**

<b>Class</b>	<b>Name</b>	<b>Birth Year</b>	<b>Best Bench</b>	<b>International Titles</b>

**Reserve Lifters – Classic Women’s Masters IV / 70+**

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



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**Banquet Ticket Order Form**

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

Full Name of Visitor	Country	Number of Tickets	Total Cost
		<b>Total:</b>	

\_\_\_\_\_ 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) ° South American Powerlifting Federation (FESUPO)

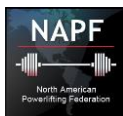
**Ground Transport Order Form**

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



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**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