



International Powerlifting Federation (IPF)
North American Powerlifting Federation (NAPF)
Asociacion Deportiva de Levantamiento de Potencia (ADELEPO)

NAPF

Official Invitation

The International Powerlifting Federation, the North American Powerlifting, the South American Powerlifting Federation, and the Powerlifting Association of Costa Rica invites all lifters for the

2nd NAPF/FESUPO Pan-American Bench Press Championship
3rd Annual Regional NAPF North-American Bench Press Championship
1st NAPF Central-American Bench Press Championship
September 24 – 28, 2008 in Cartago, Costa Rica

Championship Director: Hugo Velasquez - huveor@racsa.co.cr or telephone: 506.2290.9577 / 506.2552.1572
Technical Secretary: Robert Keller - rhk@verizon.net or telephone: 954.790.2249 / Fax: 954.301.3344
Scoring Manager: Sergio Centeno - Centeno@choicecable.net
Contest Organizer: Jorge Hernandez - jorge62cr@gmail.com or telephone: 506.8831.6481 / 506.2551.5902
Contest Format: Standard IPF weight classes/age groups [Open, Junior, and Masters] will apply for both men/women

Awards:	Medals for 1 st , 2 nd and 3 rd place for each weight class in the open. The placing in the Junior/Master groups will be determined by Wilks Formula according to the number of entries. Awards will be given to the best overall male and female lifter according to the Wilks Formula. Trophies will be awarded to the top three men and women's teams, and certificates/diplomas will be given to all participants.
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Organizer: Costa Rica Powerlifting Association – Asociación Deportiva de Levantamiento de Potencia (ADELEPO)
City: Cartago, Costa Rica [Suburb of San Jose]
Date of Event: Wednesday to Sunday, September 24 - 28, 2008
Venue: Gimnasio Armando Vásquez, Instituto Tecnológico de Costa Rica (ITCR) - Cartago
Hotel: Best Western Irazú Hotel & Casino, San José - Costa Rica
Hotel Rates: \$103.00 per night in double/triple occupancy, \$95.00 per night for single suite. In order to get a discounted rate the teams need to get in touch with Dr. Hugo Velasquez: huveor@racsa.co.cr or telephone: 506.2290.9577 / 506.2552.1572
Hotel bookings: All team members are responsible for their hotel expenses. The organiser of this event will not pay for any hotel accommodations. **Please make you reservations by no later than September 1st, 2008, in order to receive the discounted rate.**
Airport: Juan Santamaria International Airport – San Jose, Costa Rica
Transport: From Airport to the Hotel Irazú have to be arranged with the hotel manager with confirmed reservation.
Scales: Scale will be available at the championship site and Best Western Hotel
National Flag: Each nation must provide its national flag - Approximate size 1.5 m x 1.0 m.
National Anthem: Each nation must also provide its national anthem on an audiocassette tape or CD.
Organising-fee: \$25.00 per lifter (USD) – *Payable to NAPF*
Anti-Doping Fee: \$25.00 per lifter (USD) – *Payable to NAPF*
Banquet: \$20.00 per person (USD) – *Payable to Championship Director*
Drug-Waiver Form: Each lifter will be required present the IPF Doping form at the weigh-in.
Spectator Fee: Free Admission
Technical Meeting: Thursday, September 25th 2008 at 3:00pm at the Gimnasio Nacional – La Sabana, San José
Opening Ceremony: Friday, September 26th 2008 at 9:00am
Web-site Info: <http://www.usapowerlifting.com/IPF-North America>
Live Web TV: This event will be telecasted over the internet by ITCR



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Provisional Timetable of Events

Date	Event Time	Start time
Wednesday, September 24, 2008	WADA Anti-doping Seminar at ITCR	9:00am – 12:00pm
Thursday, September 25, 2008	Powerlifting Seminar at ITCR	9:00am – 12:00pm
Thursday, September 25, 2008	Technical Committee Meeting	2:00pm – 3:00pm
Thursday, September 25, 2008	Accreditation of all Athletes / Names Badges	3:00pm – 5:00pm
Thursday, September 25, 2008	IPF Referee Clinic	3:00pm – 5:00pm
Friday, September 26, 2008	Opening Ceremony	8:00am
Friday, September 26, 2008	All Women + All Men 52kg – 60kg	9:00am
Friday, September 26, 2008	Victory Ceremony/Drug-testing Protocol	12:00pm
Friday, September 26, 2008	All Men 67.5 – 82.5kg	2:00pm
Friday, September 26, 2008	Victory Ceremony/Drug-testing Protocol	5:00pm
Saturday, September 27, 2008	All Men 90kg – 125+kg	9:00am
Saturday, September 27, 2008	Victory Ceremony/Drug-testing Protocol	12:00pm
Saturday, September 27, 2008	Championship Banquet – Best Western Hotel	7:00pm

Special Notes:

1. Changes may occur to the timetable of events. All changes will take place at the technical meeting held on Thursday, September 25, 2008. It is very important that either a team coach or manager from each delegation attend the technical meeting, so they're notified of any changes to competition format, etc.
2. It will be mandatory that each athlete be dressed in their National Warm-up/Track Suit at the awards/Medal presentation.
3. One delegate from each attending member federation is required to attend the opening ceremony.

Important Note: Changes may occur to the timetable of events. All changes will take place at the technical meeting.

Dr. Larry Maile	Dr. Hugo Velasquez	Robert Keller	Julio Conrado
President, NAPF	President, ADELEPO	General Secretary, NAPF	President, FESUPO



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*Personal best bench during the past 12 months performed at a national or international championship.

Nominations - Men 40+

Class	Name	Birth Date	Best Bench	International Titles

Reserve Lifters – Men 40+

Nominations - Men 50+

Class	Name	Birth Date	Best Bench	International Titles

Reserve Lifters – Men 50+

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Nominations – Women’s Open

Class	Name	Birth Date	Best Bench	International Titles

Reserve Lifters – Women’s Open

Nominations - Women 40+

Class	Name	Birth Date	Best Bench	International Titles

Reserve Lifters – Women 40+

*Personal best bench during the past 12 months performed at a national or international championship.



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Nominations - Women 50+

Class	Name	Birth Date	Best Bench	International Titles

Reserve Lifters – Women 50+

***Personal best bench during the past 12 months performed at a national or international championship.**

FEDERATION OFFICIALS/COACHES

(Maximum three [6] Referees & [3] Coaches per Country)

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: _____

Fax: _____ E-mail: _____

