

Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation and the British Virgin Islands Powerlifting & Fitness Federation invite all lifters to the:

5th IPF/NAPF North American Regional Bench Press Championships
3rd IPF/NAPF/FESUPO Pan-American Regional Bench Press Championships
Road Town, Tortola, British Virgin Islands
October 6 – 9, 2010

Meet Director: Steve George -- stan356@hotmail.com / Tel: 284.540.0738
Technical Secretary: Robert Keller -- rkh@verizon.net / Tel: 954.790.2249 / Fax: 954.301.3344
Scoring Manager: Sergio Centeno -- centeno@choicicable.net / Tel: 787.607.9895
Contest Organizer: Monique George -- george_monique@hotmail.com / Tel: 284.543.7717
Contest Format: Standard IPF weight classes/age groups [Open, Junior, and Masters]

Awards:	Medals for 1 st , 2 nd and 3 rd place for each weight class in the open categories for both the North American and Pan-American Championships. Placing in the Junior/Master groups will be determined by the Wilks Formula according to the number of entries. Awards will be given to the best overall male and female open lifter according to the Wilks Formula. Trophies will be awarded to the top three men and women's teams in the open categories, and certificates/diplomas will be given to all participants, coaches and officials.
----------------	--

Host Federation: British Virgin Islands Powerlifting & Fitness Federation [BVIPLFF]
City: Road Town, Tortola, British Virgin Islands
Date of Event: Thursday to Sunday, October 06 - 09, 2010
Venue: Multipurpose Sports Complex, Road Town, Tortola, British Virgin Islands
Hotel: The Moorings Mariner Inn Hotel & Restaurant – Four Star Rated.
Web-site Hotel: <http://www.bvimarinerinnhotel.com>
Hotel Rates: \$126.25 USD per night in single/double room; taxes are not included. Hotel stay includes buffet breakfast each morning.
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 your reservations by no later than September 01, 2010. If less expensive accommodations are required, please contact Monique George and/or Robert Keller.
Airport: The Terrance B. Lettsome Airport [EIS] – Roadtown, Tortola
Transport: Transport from the airport to the hotel will be provided for no charge by the BVI Powerlifting Federation to the athletes, coaches and officials. Please send your arrival and departure information with your nomination form.
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 CD.
Organising-fee: \$25.00 per lifter (USD) – *Payable to NAPF*
Anti-Doping Fee: \$75.00 per lifter (USD) – *Payable to NAPF*
Banquet buffet: \$30.00 per person (USD) – *Payable to Championship Organizer*
Accreditation: Team Managers are to send the final nomination form with all required information to process credentials for the championship. Persons not included on the final nomination forms will not be provided with credentials by the host federation.
Drug-Waiver Form: Each lifter will be required present the Appendix II Anti-doping form at the weigh-in. Forms will be distributed to all delegations at the Technical Meeting.
Competition T-shirts: \$15.00 USD
Spectator Fee: No charge
Technical Meeting: The Mariner Hotel / Thursday, October 06, 2010 at 1:00pm
Bench Press Seminar: The Mariner Hotel / Thursday, October 06, 2010 at 3:00pm – Free to all lifters/coaches
Opening Ceremony: The Mariner Hotel / Friday, October 07, 2009 at 9:00am
Internet Webstream: This championships will be broadcast live via the internet.

International Powerlifting Federation (IPF)

North American Powerlifting Federation (NAPF)

British Virgin Islands Powerlifting & Fitness Federation [BVIPLFF]

Web-site Info: <http://www.usapowerlifting.com/IPF-North America>**Provisional Timetable of Events**

<u>Date</u>	<u>Event Title</u>	<u>Start time</u>
October 06, 2010	Delegation Arrivals	9:00am
October 06, 2010	Athlete Accreditation	1:00pm
October 07, 2010	Athlete Accreditation	9:00am
October 07, 2010	Payment of Inscription Fees	9:00am
October 07, 2010	Championship Technical Meeting	2:00pm
October 07, 2010	Referee Meeting / Assignments	2:00pm
October 07, 2010	Bench Press Training Seminar	3:00pm
October 07, 2010	Media Press Conference	5:00pm
October 08, 2010	Opening Ceremony	9:00am
October 08, 2010	All Women + Men 52- 82.50	9:00am
October 08, 2010	Victory Ceremony/Drug-testing Protocol	4:00pm
October 08, 2010	Media Press Conference	5:00pm
October 08, 2010	Early Equipment Check – Friday Lifters	6:00pm
October 09, 2010	All Men 90kg – 125+kg (Session Times TBA)	9:00am
October 09, 2010	Victory Ceremony/Drug-testing Protocol	4:00pm
October 09, 2010	Closing Ceremony	5:00pm
October 09, 2010	Media Press Conference	5:30pm
October 09, 2010	Championship Banquet	7:00pm
October 10, 2010	Sightseeing Tour of Tortola, BVI	9:00am
October 11, 2010	Departure of all Delegations	9:00am

Important Notes:

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Thursday, October 06, 2010.

The member federations are responsible for making sure all preliminary and final nomination deadlines are met to include payment of all fees in a timely manner. Nomination forms that are not complete with all required information will not be accepted and returned.

It will be mandatory that all athletes have their National Warm-up/Track Suit on at all award presentations and media press conferences.

Dr. Larry Maile
President, NAPF

Nestor Gregory
Vice-President, NAPF

Robert Keller
General Sec., NAPF

Bill Clayton
Tech. Sec., NAPF

NAPF

International Powerlifting Federation (IPF)
North American Powerlifting Federation (NAPF)
British Virgin Islands Powerlifting & Fitness Federation [BVIPLFF]

Official Nomination Form

<u>Preliminary: August 01, 2010</u>	<u>Not participating: August 01, 2010</u>	<u>Final: September 01, 2010</u>
--	--	---

The preliminary and final nomination forms must be sent to:
 Robert Keller – rhk@verizon.net / Telephone: 954.790.2249 / Fax: 954.301.3344
 Sergio Centeno -- centeno@choicecable.net

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 _____ Flight/train/car

Arrival time: _____ On airport/station: _____ Flight nr: _____

Departure time: _____ Time: _____ Flight nr: _____

We need rooms: _____ **Single** – from – to: _____ **Double** – from – to: _____

Nominations – Mens Open

Class	Name	Birth Date	Best Bench	International Titles

Reserve Lifters – Mens Open

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



International Powerlifting Federation (IPF)
North American Powerlifting Federation (NAPF)
British Virgin Islands Powerlifting & Fitness Federation [BVIPLFF]

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+

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



International Powerlifting Federation (IPF)
 North American Powerlifting Federation (NAPF)
 British Virgin Islands Powerlifting & Fitness Federation [BVIPLFF]

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.



International Powerlifting Federation (IPF)
North American Powerlifting Federation (NAPF)
British Virgin Islands Powerlifting & Fitness Federation [BVIPLFF]

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: _____

