

NAPF

International Powerlifting Federation (IPF)
North American Powerlifting Federation (NAPF)
Puerto Rico Powerlifting Federation (PRPF)

Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation, and the Puerto Rico Powerlifting Federation invite all member federations to the:

8th IPF/NAPF North American Regional Powerlifting Championships **1st IPF/NAPF Central American/Caribbean Games Powerlifting Championships** Aguadilla, Puerto Rico / August 3 - 7, 2010

Contest Director: Nestor Gregory – gregory_nestor43@hotmail.com / Tel: 787.226.3637
Championship Sec: Robert Keller - rhk@verizon.net / Tel: 954.790.2249 / Fax: 954.301.3344
Technical Secretary: Bill Clayton - claytonw@ptd.net / Tel: 908.496.4172
Technical Secretary: Onix Rivera - onix.rivera@upr.edu / Tel: 787.202.7135
Scoring Manager: Sergio Centeno - centeno@choicecable.net / Tel: 787.607.9895
Competition Format: Standard IPF weight classes and age groups [Open, Junior and Masters]

Awards: For the NAPF Championships, medals will be awarded to the 1st, 2nd and 3rd place contestants in each weight class for the Open division. The Junior and Master groups/categories will be determined the Wilks Formula. Awards will be given to the best overall male and female lifter according to the Wilks Formula for the Open, Junior and Masters Groups. Trophies will be awarded to the top three men and women's teams in open category and certificates will be given to all participants. For the Central American/Caribbean Games Championships medals will be awarded to the 1st, 2nd and 3rd place contestants in each weight class for the Open division only. Awards will be given to the best overall male and female lifter according to the Wilks Formula. Member Federations please notify your athletes and coaches.

Organizer Puerto Rico Powerlifting Federation
City: Aguadilla, Puerto Rico
Dates of Event: August 3 - 7, 2010
Competition Venue: Luis T. Diaz Coliseum -- Aguadilla, Puerto Rico
Primary Hotel: Cielo Mar Hotel / Single or Double Room: \$79.30 per night [Includes tax]
Tel: 787. 882.5963 / <http://www.cielomar.com/> Make reservation by June 01, 2010
Secondary Hotel: Faro Hotel Parador / www.farohotels.net / Tel.787.882.8000/Deadline: July 01, 2010
Single Room: \$75.00 per night + taxes = \$83.46 per night.
Double Room/Two Beds: \$85.00 per night + taxes = \$94.14
CECADER Athletes from Central American and Caribbean Islands will be offered a special housing package at the Centro de Capacitación Deportiva y Recreativa [CECADER] athletic/housing facility. Cost is \$15.00 per person/per day. Deadline: July 01, 2010. For reservations, please contact at: teresasoto@yahoo.com / 787.891.1005 x3305
Hotel bookings: All team members are responsible for their hotel expenses. The organiser of this event nor the NAPF will not pay for any hotel accommodations.
Airport: Rafael Hernandez Aguadilla Puerto Rico
Transport: Transport from the Airport to the listed hotels will be provided. Transport will also be provided from the [Faro, Cielo Mar and CECADER] to the championship venue. Please send your arrival and departure information with your nomination.
Scales: Scale will be available at the Cielo Mar Hotel and championship venue.
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.
Technical Meeting: Cielo Mar Hotel Conference Room at 1:00pm on Tuesday, August 03, 2010.
Participation Fee: \$25.00 per lifter (USD) – *Payable to NAPF*
Anti-Doping Fee: \$75.00 per lifter (USD) – *Payable to NAPF*
Spectator Fee: Free Admission to venue.
Banquet Tickets: \$22.00 per person / Cielo Mar Hotel / Saturday, August 07, 2010 @ 7:00pm
Important note: All Banquet Ticket payments must be paid at the Technical Meeting.
NAPF Web-site : <http://www.usapowerlifting.com/IPF-NorthAmerica>

Provisional Timetable of Events

<u>Date</u>	<u>Event Title</u>	<u>Start time</u>
August 2, 2010	Delegation Arrivals/ Athlete Accreditation	8:00 am
August 2, 2010	Athlete Accreditation	9:00 am
August 3, 2010	8 ^h NAPF Regional Congress/General Assembly	10:00 am
August 3, 2010	Lunch for NAPF Delegates	12:00 pm
August 3, 2010	Competition Technical Meeting	1:00 pm
August 3, 2010	Referee Meeting / Assignments	2:00 pm
August 3, 2010	Coffee Break	3:00 pm
August 3, 2010	Early Equipment Check / Wednesday Lifters	4:00 pm
August 3, 2010	Media Press Conference	6:00 pm
August 4, 2010	Opening Ceremony	9:00 am
August 4, 2010	All Women [Sessions Times TBA]	10:00 am
August 4, 2010	Early Equipment Check / Thursday Lifters	2:00 pm
August 4, 2010	Victory Ceremony/Drug-testing Protocol	5:00 pm
August 5, 2010	All Men 52kg to 75kg [Sessions Times TBA]	9:00 am
August 5, 2010	Early Equipment Check / Friday Lifters	2:00 pm
August 5, 2010	Victory Ceremony/Drug-testing Protocol	5:00 pm
August 6, 2010	All Men 82.5kg to 100kg [Sessions Times TBA]	9:00 am
August 6, 2010	Early Equipment Check – Saturday Lifters	2:00 pm
August 6, 2010	Victory Ceremony/Drug-testing Protocol	5:00 pm
August 6, 2010	Media Press Conference	5:30 pm
August 7, 2010	All Men 110kg to 125+kg [Session Times TBA]	10:00 am
August 7, 2010	Victory Ceremony/Drug-testing Protocol	3:00 pm
August 7, 2010	Closing Ceremony	3:00 pm
August 7, 2010	Championship Banquet @ Cielo Mar Hotel	7:00 pm
August 8, 2010	Sightseeing Tour of Aguadilla	9:00 am
August 9, 2010	Departure of all Delegations	9:00 am

Important Notes:

1. Changes may occur to the timetable of events. All changes will take place at only at the technical meeting that will be held on Tuesday, August 3, 2010 at 1:00pm at the Cielo Mar Hotel in Aguadilla, Puerto Rico.
2. Please ensure that you send both the preliminary and final nomination forms are sent by the deadline dates. No entries will be accepted after the final nomination date.
3. It will be mandatory that all athletes have their National Warm-up/Track Suit on at all award presentations. Please adhere to this policy.

Dr. Larry Maile President, NAPF	Nestor Gregory Vice-President, NAPF	Robert Keller Secretary General, NAPF	Bill Clayton Technical Chairman, NAPF
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