



**North American Powerlifting Federation  
8<sup>th</sup> Annual IPF/NAPF North American Powerlifting Championships  
1<sup>st</sup> IPF/NAPF Central American & Caribbean Games Powerlifting Championships  
Aguadilla, Puerto Rico / August 2 – 8, 2010**

The 2010 NAPF North American Powerlifting Championships and 1<sup>st</sup> NAPF Central American & Caribbean Games Championships will be held in Aguadilla, Puerto Rico on August 4 – 7, 2010. There will be a live webcast of the championship. The featured lifters are: Women -- Maria Vasquez [Guatemala]; Janel Brown [USA]; and Milaney Santiago [Puerto Rico]. Men – Ivan Cancel [Puerto Rico]; Wade Hooper [USA]; Randolph Morgan [Guyana]; David Ricks [USA]; Adrian Brown [Trinidad/Tobago]; William Schouten [USVI]; Hayden Hudson [Trinidad/Tobago] and Brian Siders [USA]

The competition can be viewed at the following  
<http://www.ustream.tv/channel/north-american-powerlifting-championships>

Enclosed is the lifting schedule:

<b>Date</b>	<b>Meeting / Event</b>	<b>Location</b>	<b>Time</b>
August 04, 2010	Opening Ceremony – All Delegations	Luis T. Diaz Coliseum	9:00 AM
August 04, 2010	Lifting [All Women]	Luis T. Diaz Coliseum	10:00 AM
August 04, 2010	Victory Ceremony / Anti-doping Protocols	Luis T. Diaz Coliseum	3:00 PM
August 05, 2010	Lifting [Men 52 – 75kg]	Luis T. Diaz Coliseum	10:00 AM
August 05, 2010	Victory Ceremony / Anti-doping Protocols	Luis T. Diaz Coliseum	3:00 PM
August 06, 2010	Lifting [Men 82.5 – 90kg]	Luis T. Diaz Coliseum	9:00 AM
August 06, 2010	Victory Ceremony / Anti-doping Protocols	Luis T. Diaz Coliseum	1:00 PM
August 06, 2010	Lifting [Men 100kg]	Luis T. Diaz Coliseum	2:00 PM
August 06, 2010	Victory Ceremony / Anti-doping Protocols	Luis T. Diaz Coliseum	5:00 PM
August 07, 2010	Lifting [Men 110 – 125+kg]	Luis T. Diaz Coliseum	10:00 AM
August 07, 2010	Victory Ceremony / Anti-doping Protocols	Luis T. Diaz Coliseum	3:00 PM
August 07, 2010	Closing Ceremony	Luis T. Diaz Coliseum	3:00 PM
August 07, 2010	Farewell Banquet	Cielo Mar Hotel	7:00 PM

Thank you,

Robert Keller  
 Secretary General  
 North American Powerlifting Federation