

## Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation and the Cayman Islands Powerlifting Organization [CIPO] invite all FESUPO/NAPF member federations to the:

### **5<sup>th</sup> Annual IPF/NAPF/FESUPO Caribbean Islands Powerlifting Championships Georgetown, Grand Cayman, Cayman Islands / March 23 – 26, 2011**

**Contest Director:** Tony McInerney / [tony-mac@candw.ky](mailto:tony-mac@candw.ky) / Tel: 345.925.8879 / Fax: 345.946.5218  
**Championship Sec:** Sergio Centeno [Spanish Speaker] [centeno@choicecable.com](mailto:centeno@choicecable.com) / Tel: 787.607.9895  
**Secretary General:** Robert Keller / [rhk@verizon.net](mailto:rhk@verizon.net) / Telephone: 954.790.2249 / Fax: 954.301.3344  
**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]

<b>Awards:</b>	Medals will be awarded to the 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place contestant in the Open division for each weight class. The Junior and Master groups/categories will be determined by the total number of entries and scored by the Wilks Formula. Awards will be given to the best overall male and female lifter according to the Wilks Formula for Open, Junior and Masters. Trophies will be awarded to the top three men and women's teams in open category and certificates will be given to all participants.
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**Organizer:** Cayman Islands Powerlifting Organization [CIPO]

**City:** Georgetown, Grand Cayman, Cayman Islands

**Date of Event:** March 23 - 26, 2011

**Competition Venue:** Kings Sports Center

**Hotel:** Ramada Grand Cayman Resort.

Website: <http://www.grandcaymanian.ky/>

**Hotel Rates:** Ramada Grand Cayman Resort Prices are: Studio Room [Sleeps two persons]: \$109.00 + 10% Tax = \$119.90 [USD] per night / One Bedroom Suite [Sleeps four persons]: \$160.00 + 10% tax = \$176.00 [USD] **Please make your reservations by February 21, 2011 for discounted rate at the Ramada Grand Cayman Resort.**

**Hotel bookings:** All team members are responsible for ALL of their hotel expenses. The competition director and the NAPF will not pay for any hotel accommodations.

**Airport:** Owen Roberts International Airport [Twenty minutes drive to Ramada Resort]

**Transport:** \$5.00 [USD] per person each way -- Special Group/Team Rates are available.

**Scales:** The official scale will be available at the Ramada Grand Cayman Resort.

**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:** \$75.00 per lifter (USD) – **Payable to NAPF**

**Payment of fees:** **All Fees [participation, anti-doping and banquet] will be collected at the conclusion of the technical meeting – official and certified receipts will be provided for all transactions. No exceptions.**

**Drug-Waiver Form:** Each lifter will be required to present their passport or government issued identification with an IPF Anti-Doping form at the weigh-in. The Anti-doping forms will be distributed at the Technical Meeting to each coach/lifter.

**Spectator Fee:** \$10.00 [USD] per spectator each day

**Contest T-Shirts:** \$15.00 [USD] Small - Large / \$20.00 [USD] XL - XXXL

**Technical Meeting:** Thursday, March 24, 2011 at 1:00 pm at the Ramada Grand Cayman Resort.

**Opening Ceremony:** Thursday, March 24, 2011 at 6:00 pm in the championship venue [Kings Sport Center].

**Banquet Price:** \$30.00 [USD] Per person. Banquet will be held at the Ramada Grand Cayman Resort

**Web-site Info:** [www.usapowerlifting.com/IPF-NorthAmerica](http://www.usapowerlifting.com/IPF-NorthAmerica)

### Provisional Timetable of Events

Wednesday, March 23, 2011	Arrival of Athletes/Officials	9:00am
Wednesday, March 23, 2011	Athlete/Officials Accreditation	9:00am
Thursday, March 24, 2011	Athlete/Officials Accreditation	9:00am
Thursday, March 24, 2011	NAPF Caribbean Assembly Meeting	10:00am
Thursday, March 24, 2011	Recess/Lunch for delegates	12:00pm
Thursday, March 24, 2011	Technical Meeting	1:00pm
Thursday, March 24, 2011	Coffee Break	2:00pm
Thursday, March 24, 2011	Media Press Conference	2:30pm
Thursday, March 24, 2011	Opening Ceremony	6:00pm
Thursday, March 24, 2011	Social Event for officials, coaches and athletes	7:00pm
Friday, March 25, 2011	Weigh-in: [All Women + Men 59kg and 66kg]	8:00am
Friday, March 25, 2011	Lifting: [All Women + Men 59kg and 66kg]	10:00am
Friday, March 25, 2011	Weigh-in: [Men 74.00kg and 83.00]	12:00pm
Friday, March 25, 2011	Victory Ceremony/Drug-testing Protocol	1:00pm
Friday, March 25, 2011	Lifting: [Men 74kg and 83.00kg]	2:00pm
Friday, March 25, 2011	Victory Ceremony/Drug-testing Protocol	5:00pm
Friday, March 25, 2011	Media Press Conference	6:00pm
Saturday, March 26, 2011	Weigh-in: [Men 93kg and 105kg]	7:00am
Saturday, March 26, 2011	Lifting: [Men 93kg and 105kg]	9:00am
Saturday, March 26, 2011	Weigh-in: [Men 120kg and 120+kg]	11:00am
Saturday, March 26, 2011	Victory Ceremony/Drug-testing Protocol	12:00pm
Saturday, March 26, 2011	Lifting: [Men 120kg and 120+kg]	1:00pm
Saturday, March 26, 2011	Victory Ceremony/Drug-testing Protocol	4:00pm
Saturday, March 26, 2011	Media Press Conference	5:00pm
Saturday, March 26, 2011	Championship Banquet	7:00pm
Sunday, March 27, 2011	Sightseeing Tours	9:00am
Monday, March 28, 2011	Departure of all Delegations	9:00am

### Important Competition Notes:

1. Please be sure to make your hotel reservations at the Ramada Grand Cayman Resort by February 22, 2011 in order to receive the special discounted rate.
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, March 23, 2011 at 1:00pm. It is required that one delegate from each member federation be present in order for their athletes to start in the championship. No changes to the start list will be made once final nominations are sent.
3. Final Nomination Date will be adhered to by all member federations. Late nomination forms will incur a late fee per athlete.
4. It will be mandatory that each athlete have a National Team Warm-up/Track Suit on at their award presentation. All coaches will be required to wear National Sport Dress during the direction of the championship. No exceptions!
5. Security for all member federation delegations will be in place at and Ramada Grand Cayman Resort and the Kings Sport Center.
6. The championship will be televised by LIVE webstream over the internet.

**NAPF**

**International Powerlifting Federation (IPF)  
North American Powerlifting Federation (NAPF)  
Cayman Islands Powerlifting Organization (CIPO)**

**Official Nomination Form**

The International Powerlifting Federation, the North American Powerlifting Federation and the Cayman Islands Powerlifting Organization [CIPO] invite all FESUPO/NAPF member federations to the:

**5<sup>th</sup> Annual IPF/FESUPO/NAPF  
Caribbean Islands Powerlifting Championships  
Georgetown, Cayman Islands / March 23 - 26, 2011**

**Preliminary: February 01, 2011**

**Not Participating: February 01, 2011**

**Final: March 01, 2011**

**The preliminary and final nomination forms must be sent to:**

Robert Keller – Email: [rhk@verizon.net](mailto:rhk@verizon.net) / Telephone: 954.790.2249 / Fax: 954.301.3344

Sergio Centeno -- [Spanish Speaker] Email: [centeno@choicecable.com](mailto:centeno@choicecable.com) /Telephone: 787.607.9895

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: \_\_\_\_\_

**New IPF Weight Categories**

Effective January 01, 2011

**Women**

43kg [Sub-junior/Junior], 47kg, 52kg, 57kg, 63kg, 72kg, 84kg and 84+kg

**Men**

53 [Sub-junior/Junior], 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg and 120+kg





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**Nominations – Men 50+ Powerlifting**

Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

**Reserve lifters: (Maximum five [5] per team)**

Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

**Nominations – Women Open Powerlifting**

Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

**Reserve lifters: (Maximum five [5] per team)**

Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles





