



International Powerlifting Federation [IPF]  
North American Powerlifting Federation [NAPF]

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## Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation and USA Powerlifting invite all member federations to attend the:

### 9<sup>th</sup> Annul IPF/NAPF

## North American Regional Powerlifting Championships July 6 – 9, 2011 / Hyatt Regency Hotel / Miami, Florida [USA]

**Contest Director:** Robert Keller - [rhk@verizon.net](mailto:rhk@verizon.net) / Tel: 954.790.2249 / Fax: 954.301.3344  
**Championship Sec:** Sergio Centeno [Spanish Speaker] [centeno@choicecable.net](mailto:centeno@choicecable.net) / Tel: 787.607.9895  
**Technical Secretary:** Bill Clayton [IPF Technical Committee] [claytonw@ptd.net](mailto:claytonw@ptd.net) / Tel: 908.496.4172  
**Contest Format:** Standard IPF weight classes and age groups [Open, Sub-junior, Junior and Master]  
**Technical Rules:** IPF Technical Rules and Referees will be used at this championship.

<b>Awards:</b>	Medals for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place for each weight class in the Open category. Sub-junior, Junior and Master age groups will be divided into either groups <b>or</b> weight classes based on the number of final entries. Outstanding lifter awards will be given to the best overall athlete in the Open, Junior and Master categories according to the Wilks Formula. Trophies will be awarded to the top three teams in the Open and Junior and Master categories. Participation diplomas/certificates will be given to all lifters, coaches, and referees that take part in the championship.
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**Organizer:** North American Powerlifting Federation / USA Powerlifting  
**City:** Miami, Florida, United States of America  
**Dates of Event:** Wednesday to Saturday, July 6 – 9, 2011  
**Lifting Venue:** Grand Ballroom / Hyatt Hotel – Miami, Florida  
**Hotel:** Hyatt Hotel – Miami, Florida  
Hotel Website: [www.miamiregency.hyatt.com](http://www.miamiregency.hyatt.com)  
**Hotel Rates:** \$109.00 + 13% tax = [\$123.17] per night for single or double occupancy. A triple room is \$134.00 + 13% tax = [\$151.42] and a Quad is \$159.00 + 13% tax = [\$179.67]. Executive Suites are available. Please contact Robert Keller for prices.  
**Hotel bookings:** All team members are responsible for their hotel expenses. The organizer of this event is not responsible for hotel accommodations. **Please send your hotel booking form for your reservations by NLT June 01, 2011.**  
**Airport:** Miami International Airport – Miami, Florida  
**Transport:** Transport from the Airport to the hotel will be provided - \$15.00 each way. Please send your arrival and departure information with your nomination form.  
**Photographs:** Team Managers are required to send a passport size photograph for each athlete.  
**Scales:** The competition scale will be available at the contest venue 24hrs, beginning July 02, 2011.  
**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.  
**Participation Fee:** \$25.00 per lifter [USD] – **Payable to NAPF**  
**Anti-Doping Fee:** \$75.00 per athlete [USD] – **Payable to NAPF**  
**Anti-Doping:** Each lifter will be required to present official identification [Passport] as well as an IPF Anti-Doping Release Form at the weigh-in. The Anti-doping release forms will be distributed at the technical meeting.  
**Payments** **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.**  
**Spectator Fee:** \$5.00 per spectator  
**Competition T-shirts:** \$15.00 [Small – Large] / \$20.00 [XL – XXXL]  
**Technical Meeting:** Wednesday, July 05, 2011 @ 1:00 am / Hyatt Hotel  
**Opening Ceremony:** Wednesday, July 05, 2011 @ 6:00pm / Hyatt Hotel Grand Ballroom  
**Farewell Banquet:** Tickets \$35.00 [USD] / The Banquet will be held at 7:00pm, July 09, 2011 at the Hyatt Hotel. The Banquet Ticket Order Form must be sent with your final nomination form AND all tickets must be paid for at the Technical Meeting.  
**Competition Website:** [www.usapowerlifting.com/IPF-NorthAmerica](http://www.usapowerlifting.com/IPF-NorthAmerica)



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### Provisional Timetable of Events

<u>Date</u>	<u>Event Title</u>	<u>Start time</u>
Tuesday, July 05, 2011	Arrival of Athletes/Officials	9:00am
Tuesday, July 05, 2011	Athlete/Officials Accreditation	9:00am
Tuesday, July 05, 2011	Scoring Manager Training Seminar	1:00pm
Wednesday, July 06, 2011	Athlete/Officials Accreditation	9:00am
Wednesday, July 06, 2011	NAPF Congress/General Assembly	10:00am
Wednesday, July 06, 2011	Recess/Lunch for delegates	12:00pm
Wednesday, July 06, 2011	Technical Meeting / Referee Assignments	1:00pm
Wednesday, July 06, 2011	Media Press Conference	3:00pm
Wednesday, July 06, 2011	Early Equipment Check [All Women]	4:00pm
Wednesday, July 06, 2011	Opening Ceremony	6:00pm
Thursday, July 07, 2000	Weigh-in/Equipment Check: Women [43kg to 57kg]	7:00am
Thursday, July 07, 2011	Opening Ceremony	8:30pm
Thursday, July 07, 2000	Lifting: Women [43kg to 57kg]	9:00am
Thursday, July 07, 2011	Victory Ceremony/Drug-testing Protocol	1:00pm
Thursday, July 07, 2011	Weigh-in/Equipment Check: Women [63kg to 84+kg]	12:00pm
Thursday, July 07, 2000	Lifting: Women [63kg – 84+kg]	2:00pm
Thursday, July 07, 2011	Victory Ceremony/Drug-testing Protocol	5:00pm
Thursday, July 07, 2011	Early Equipment Check: Friday Lifters	5:00pm
Thursday, July 07, 2011	Media Press Conference	6:00pm
Friday, July 08, 2011	Weigh-in/Equipment Check: Men [53kg to 66kg]	7:00am
Friday, July 08, 2011	Lifting: Men [53kg to 60kg]	9:00am
Friday, July 08, 2011	Victory Ceremony/Drug-testing Protocol	12:00pm
Friday, July 08, 2011	Weigh-in: All Men [74kg to 83kg]	12:00pm
Friday, July 08, 2011	Lifting: All Men [74kg to 83kg]	2:00pm
Friday, July 08, 2011	Victory Ceremony/Drug-testing Protocol	5:00pm
Friday, July 08, 2011	Early Equipment Check: Saturday Lifters	5:00pm
Friday, July 08, 2011	Media Press Conference	6:00pm
Saturday, July 09, 2011	Weigh-in: Men [93kg and 105kg]	7:00am
Saturday, July 09, 2011	Lifting: Men [93kg and 105kg]	9:00am
Saturday, July 09, 2011	Victory Ceremony/Drug-testing Protocol	12:00pm
Saturday, July 09, 2011	Weigh-in: Men [120kg and 125+kg]	12:00pm
Saturday, July 09, 2011	Lifting: Men [120k and 125+kg]	2:00pm
Saturday, July 09, 2011	Victory Ceremony/Drug-testing Protocol	5:00pm
Saturday, July 09, 2011	Media Press Conference	5:30pm
Saturday, July 09, 2011	Championship Banquet	7:00pm
Sunday, July 10, 2011	Sightseeing Tours	9:00am
Monday, July 11, 2011	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 Wednesday, July 6, 2011.

ALL Member Federations must send BOTH the Preliminary and Final Nomination Forms by the set deadlines. It is required that one delegate from each member federation be present at the Technical Meeting in order for their athletes to start in the championship. No changes to the final nomination list will be made once final nominations are sent.

It will be mandatory that each athlete have a National Team Warm-up/Track Suit on at their award presentation. Per IPF Rules, all coaches will be required to wear their National Sport Dress during the direction of the championship.

Dr. Larry Maile  
President, NAPF

Robert Keller  
Secretary General, NAPF

Bill Clayton  
TC Chairman, NAPF

Sergio Centeno  
Championship NAPF









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**Nominations – Women’s Masters Powerlifting**

Wt. Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

**Reserve lifters: [Maximum Two [2] per team]**

Wt. Class	Name (complete)	Birthday	Squat	Bench	Deadlift	TOTAL	Titles

**FEDERATION OFFICIALS/COACHES**

**(Maximum six [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: \_\_\_\_\_







