



**International Powerlifting Federation (IPF)**  
**North American Powerlifting Federation (NAPF)**  
**United States Virgin Islands Powerlifting Federation (USVIPF)**

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## Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation and the United States Virgin Islands Powerlifting invite all IPF member federations to the:

### **6<sup>th</sup> Annual IPF/NAPF Caribbean Islands Powerlifting Championships Charlotte Amalie, St. Thomas, United States Virgin Islands March 28 – April 01, 2012**

**Contest Director:** Robert Massey / [coachmassey1@msn.com](mailto:coachmassey1@msn.com) / Cell: 340.998.1039 / Office: 340.774.3564  
**Championship Sec:** Sergio Centeno [Spanish Speaker] / [centeno@choicecable.net](mailto:centeno@choicecable.net) / 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:** United States Virgin Islands Powerlifting Federation  
**City:** Charlotte Amalie, St. Thomas, US Virgin Islands  
**Date of Event:** March 29 – April 01, 2012  
**Competition Venue:** Sports and Fitness Center -- University of The Virgin Islands  
**Hotel:** Windward Passage Hotel / Website: [www.windwardpassage.com](http://www.windwardpassage.com)  
**Hotel Rates:** **Single Room:** \$119.00 + 10% Tax + 10% Resort Fee per night = \$142.80  
**Double Room:** \$119.00 + 10% Tax + 10% Resort Fee per night = \$142.80  
**Please make your reservations by February 15, 2012**  
**Hotel bookings:** All NAPF Members are responsible for ALL of their hotel expenses. The competition director and the NAPF will not pay for any hotel accommodations.  
**Airport:** Cyril E. King International Airport – St. Thomas, USVI / [www.viport.com](http://www.viport.com)  
**Transport:** \$5.00 (USD) per person each way -- Special Group/Team Rates are available.  
**Scales:** The official scale will be available at the Windward Passage Hotel and the contest 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.  
**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, stamped 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:** \$ 5.00 (USD) - Adults / \$3.00 USD - Students  
**Contest T-Shirts:** \$15.00 (USD) Small - Large / \$20.00 (USD) XL - XXXL  
**Technical Meeting:** Thursday, March 29, 2011 at 1300 hrs at the  
**Opening Ceremony:** Thursday, March 29, 2011 at 1800 hrs at the University of the VI – Sports Center  
**Banquet Price:** \$35.00 (USD) Per person. Banquet will be held at the Windward Passage Hotel.  
**Web-site Info:** [www.usapowerlifting.com/IPF-NorthAmerica](http://www.usapowerlifting.com/IPF-NorthAmerica)

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**Dr. Lawrence Maile**  
President, NAPF

**Robert Massey**  
President, USVIPF

**William B. Clayton**  
Technical Chairman, NAPF

**Robert Keller**  
Secretary General, NAPF



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**Provisional Timetable of Events**

March 28, 2012	Arrival of Athletes/Officials	0900 hrs
March 28, 2012	Athlete/Officials Accreditation	0900 hrs
March 29, 2012	Athlete/Officials Accreditation	0900 hrs
March 29, 2012	NAPF Caribbean Assembly Meeting	1000 hrs
March 29, 2012	Recess/Lunch for delegates	1200 hrs
March 29, 2012	Technical Meeting	1300 hrs
March 29, 2012	Coffee Break	1400 hrs
March 29, 2012	Media Press Conference	1430 hrs
March 29, 2012	Opening Ceremony – All Member Federation Athletes	1800 hrs
March 29, 2012	Social Event for officials, coaches and athletes	1900 hrs
March 30, 2012	Weigh-in: [All Women + Men 59kg and 66kg]	0800 hrs
March 30, 2012	Lifting: [All Women + Men 59kg and 66kg]	1000 hrs
March 30, 2012	Weigh-in: [Men 74.00kg and 83.00]	1200 hrs
March 30, 2012	Victory Ceremony/Drug-testing Protocol	1300 hrs
March 30, 2012	Lifting: [Men 74kg and 83.00kg]	1400 hrs
March 30, 2012	Victory Ceremony/Drug-testing Protocol	1700 hrs
March 30, 2012	Media Press Conference	1800 hrs
March 31, 2012	Weigh-in: [Men 93kg and 105kg]	0800 hrs
March 31, 2012	Lifting: [Men 93kg and 105kg]	1000 hrs
March 31, 2012	Weigh-in: [Men 120kg and 120+kg]	1200 hrs
March 31, 2012	Victory Ceremony/Drug-testing Protocol	1300 hrs
March 31, 2012	Lifting: [Men 120kg and 120+kg]	1400 hrs
March 31, 2012	Victory Ceremony/Drug-testing Protocol	1700 hrs
March 31, 2012	Media Press Conference	1800 hrs
April 01, 2012	Championship Banquet	1100 hrs
April 01, 2012	Sightseeing Tours	1400 hrs
April 02, 2012	Departure of all Delegations	0900 hrs

**Important Competition Notes:**

1. Please be sure to make your hotel reservations at the Windward Passage Hotel by February 01, 2012 in order to receive the special discounted rate. Per IPF Rules, all Athletes, coaches and officials are required to stay at the championship hotel.
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 29, 2012 at 1:00pm. **It is required that one delegate from each member federation be present at the Technical Meeting.** No changes to the start list will be made once Final Nomination Form is sent to the Championship Secretary.
3. The Final Nomination Date of March 01, 2012 will be adhered to by all member federations. Please do not wait until the deadline date to send your nomination forms.
4. ALL Member Federations must send BOTH the Preliminary and Final Nomination Forms by the set deadlines.
5. All financial debts to the IPF and NAPF must be paid, in full, before the start of the championship.
6. Per IPF Rules, it will be mandatory that each athlete have a National Team Warm-up/Track Suit on at their award presentation. All officials and coaches will be required to wear National Sport Dress during the direction of the championship. No exceptions!
7. Security for all member federation delegations will be in place at and Windward Passage Hotel and at the championship venue where the lifting will take place.
8. The championship will be televised by LIVE webstream via the internet.



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**Official Nomination Form**

The International Powerlifting Federation, the North American Powerlifting Federation and the United States Virgin Islands Powerlifting invite all IPF member federations to the:

**6<sup>th</sup> Annual IPF/NAPF**  
**Caribbean Islands Powerlifting Championships**  
**Charlotte Amalie, St. Thomas, United States Virgin Islands**  
**March 29 – April 01, 2012**

<b><u>Preliminary: February 01, 2012</u></b>	<b><u>Not Participating: February 01, 2012</u></b>	<b><u>Final: March 01, 2012</u></b>
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**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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**Hotel Booking Document**

Visitor's Name	category (single or double)	Arrival Date	Departure Date
<b>Room 1</b>			
<b>Room 2</b>			
<b>Room 3</b>			
<b>Room 4</b>			
<b>Room 5</b>			
<b>Room 6</b>			
<b>Room 7</b>			
<b>Room 8</b>			
<b>Room 9</b>			

\_\_\_\_\_  
 National Federation – General Secretary

\_\_\_\_\_  
 National Federation President/Executive Officer

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 (Print) National Federation – General Secretary

\_\_\_\_\_  
 (Print) National Federation President/Executive Officer





