##### Official Invitation

**The International Powerlifting Federation, the North American Powerlifting Federation,**

**the Cayman Islands Powerlifting Organization invite all NAPF member federations to the:**

##### 8th Annual NAPF/FESUPO Pan-American Regional Bench Press Championships

**15th Annual NAPF North American Regional Bench Press Championships**

**Margaritaville Beach Resort – Georgetown, Grand Cayman, Cayman Islands**

**November 17 to 19, 2020**

**Contest Director**: Tony McInerney, President, Cayman Islands Powerlifting Organization

**Championship Sec:** Robert Keller/ [rhk@verizon.net](mailto:rhk@verizon.net)/ Telephone: +954.790.2249

**Secretary General:** Alex Alvarado / [alexalvaradoalvarado@yahoo.com](mailto:alexalvaradoalvarado@yahoo.com) / Tel: +787.607.0132

**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)

**Awards:**  Medals will be awarded to the 1st, 2nd and 3rd place contestants for each weight class and division, for both Classic (Raw) and Equipped. Best Lifter Awards will be given to the best overall male and female lifter according to the IPF GL Formula for Open, Junior, Master for both Equipped and Classic (Raw). Trophies will be awarded to the top three men and women’s teams in open categories for both Equipped and Classic (Raw). Certificates will be given to all nominated participants – Athletes, Coaches and Referees.

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

**Date of Event**: November 17 to 19, 2020

**Hotel Rates & Meals: Margaritaville Beach Resort – Georgetown, Grand Cayman, Cayman Islands**

Plan A: Single Room, 1 Person, 1 Standard Room, $130.00 USD per night, Tax Included.

Plan B: Double Room, 2 People, 2 Double-Beds, $155.00 USD per night, Tax Included.

Plan C: Triple Room, 3 People, 2 Double-Beds, $188.00 USD per night, Tax Included.

Plan D: Quad Room, 4 People, 2 Double-Beds, $248.00 USD, per night, Tax Included.

**Important, each room does NOT come with complimentary breakfast.**

**Hotel bookings**: The organizer nor the NAPF will not be responsible for any hotel bills of the participating IPF Member Federations. Each team manager will be responsible. All rooms must be booked by NLT October 15, 2020. After the deadline, the organizer cannot guarantee room accommodations at the group rate. Reservations can also be made by using the hotel booking form. **Group Code: NAPF Powerlifting Championship**

**Hotel Location:** 269 West Bay Road, Georgetown, Grand Cayman, Cayman Islands

If you experience any problems booking your hotel room, please contact Robert Keller at [robert.keller@powerlifting.sport](mailto:robert.keller@powerlifting.sport)

The Hotel Reservation Link – [Go Here](https://gc.synxis.com/rez.aspx?Hotel=74932&Chain=23717&arrive=7/19/2020&depart=7/26/2020&adult=2&child=0&promo=NAPF)

Daily Buffet Breakfast will cost: $19.00 USD, inclusive of tax.

**Airport: Owen Roberts International Airport (GCM)**

**Transport:** Transportation will be provided from the Cayman Islands International Airport. Please use the attached transport list. Cost per person, $20.00 USD, each way, $40.00 rd. trip.

**Scales:** The official scale will be made available on the morning of November 17, 2020

**National Anthem**: National Anthems will be played for the open division class winners only.

**Participation Fee**: $100.00 per lifter (USD) – **Payable to NAPF**

**Anti-Doping Fee**: $65.00 per lifter (USD) – **Payable to NAPF and will then be sent to the IPF.**

**Payment of fees: The Participation Fee and Anti-doping Fee must be wired to the NAPF – No exceptions.**

## **Spectator Fee:** $10.00 (USD) per day

## **Technical Meeting**: Tuesday, November 17, 2020 at 1300 hrs in the Grand Ballroom

## **Opening Ceremony**: Tuesday, November 17, 2020 at 1800 hrs in the Grand Ballroom (Competition Venue)

**Banquet Price:** $40.00 (USD) per person.

## **Web-site Info:** [**www.powerlifting-napf.com**](http://www.powerlifting-napf.com)

**Larry Maile Dr. Hugo Velasquez Alex Alvarado Robert Keller**

#### **NAPF President NAPF Vice-Presidnet NAPF Sec. General NAPF Championship Secretary**

**18th NAPF North American Regional Bench Press Championships**

**Provisional / Preliminary Timetable of Events**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Event** | | | **Start** |
| **November 16, 2020** | **Accreditation** | | | **09:00** |
| **November 17, 2020** | **Accreditation** | | | **09:00** |
|  | **NAPF General Assembly** | | | **10:00** |
|  | **Technical Meeting – Lifter Nominations** | | | **13:00** |
|  | **Referee Meeting – Platform Assignments** | | | **14:00** |
|  | **Referee Examination (English and Spanish)** | | | **14:30** |
|  | **Opening Ceremony @ Venue** | | | **18:00** |
| **Day** | **Weigh-in Time** | **Classes** | | **Start** |
| **November 18, 2020** | **07:00 – 08:30** | **Classic Women** | **43.00 – 84.00+ kg** | **09:00** |
|  | **11:00 – 12:30** | **Classic Men** | **53.00 – 120.00+ kg** | **13:00** |
|  |  | | |  |
| **November 19, 2020** | **07:00 – 08:30** | **Equipped Women** | **43.00 – 84.00+ kg** | **09:00** |
|  | **11:00 – 12:30** | **Equipped Men** | **53.00 – 120.00+ kg** | **13:00** |
|  |  | | |  |
| **November 20, 2020** | **Farewell / Closing Banquet** | | | **19:00** |
| **November 21, 2020** | **Sightseeing / Shopping** | | | **09:00** |
| **November 22, 2020** | **Departure of Delegations** | | | **07:00** |

**Important Competition Notes**

1. **Team Managers -- Please be sure your athletes make their hotel reservations by NLT October 15, 2020 in order to receive the special discounted rate.** All athletes, coaches, referees and officials from each federation have to book their rooms online with the **link** **provided** and have to stay in the official hotel during the championship. **All athletes, coaches, referees or officials from each federation must stay in the official hotel for all days in attendance of the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of € 100 per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship. All room bookings must be done through the meet director of the championship, unless otherwise specified on the entry form.** (By-Laws 105.4.4)

1. **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 Tuesday, November 17, 2020 at 1300hrs. 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 the Final Nomination Form is sent to the Championship Secretary.**
2. **The Final Nomination Date of October 17, 2020 will be adhered to by all member federations. Please do not wait until the deadline date to send your nomination forms. Please take note, Preliminary Nominations will NOT be accepted unless the LiveStream Questionnaire is completed for each nominated athlete. The LiveStream Questionnaire link can be found here:**

<https://form.jotform.com/200347609911150>

1. **ALL Member Federations must send BOTH the Preliminary and Final Nomination Forms by the set deadlines. Also, all financial debts to the IPF and NAPF must be paid, in full, before the start of the championship.**
2. **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!**
3. **All transport forms must be received with the Final Nomination Form.**
4. **The NAPF shall give the IPF Category I and II Referee Written Examinations on Tuesday, November 17, 2020. The written examination will be given in both English and/or Spanish. By no later than August 17, 2020, please send to us your referee candidates that will take the examinations.**
5. **Banquet tickets: Each member federation may use the attached document or the following link to order your banquet tickets.**

[Banquet Ticket Order Form (Formulario de orden de tiquetes para el banquete)](https://drive.google.com/open?id=1ka70vBzaS5WzOgRkH191_mVSByUqZijAIqr6IKBfwDo)

1. **Airport Transportation: Each member federation may use the attached document or the following link to order your transport.**

[Ground Transportation Order Form (Formulario de orden de transportación terrestre)](https://drive.google.com/open?id=1XZlCvYFSR697xeYs26pHfk5UkdGV9sk9UVA575g-zJA)

1. If National Federation plans nominates a Special Olympic Athlete, please indicate so on the nomination form.

Official Nomination Form

##### 8th Annual NAPF/FESUPO Pan-American Regional Bench Press Championships

**15th Annual North American Regional Bench Press Championships**

**Margaritaville Beach Resort – Georgetown, Grand Cayman, Cayman Islands**

**November 17 to 19, 2020**

|  |  |  |
| --- | --- | --- |
| Preliminary: September 17, 2020 | Not Participating: September 17, 2020 | Final: October 17, 2020 |

**The preliminary and final nomination form must be sent to (both):**

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

Alex Alvarado (Spanish Speaker)/ [alexalvaradoalvarado@yahoo.com](mailto:alexalvaradoalvarado@yahoo.com) / Telephone: 787.607.0132

|  |  |  |
| --- | --- | --- |
| 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 team : |  | Arrival day : |  | Flight/train/car |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Arrival time: |  | On airport/station: |  | Flight nr: |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Departure time: |  | Time: |  | Flight nr: |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **We need rooms**: |  |  | **Single –** from – to: |  |  |  | **Double –** from – to: |  |
|  |  |  | **Triple** – from – to: |  |  |  | **Quad –** from – to: |  |

**New IPF Weight Categories**

Effective January 01, 2011

Women

43kg, 47kg, 52kg, 57kg, 63kg, 72kg, 84kg and 84+kg

Men

53kg, 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg and 120+kg

Note:

Effective January 1, 2019, Member Federations may now nominate 8 lifters for the Women’s Open and Master’s categories and 9 lifters for the Women’s Sub-Junior and Junior Categories.

**PAN-AMERICAN BENCH PRESS CHAMPIONSHIP**

**Nominations – Men’s Equipped Open**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Men’s Equipped Sub Junior**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Men’s Equipped Junior**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Men’s Equipped Masters I / 40+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Men’s Equipped Masters II / 50+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Men’s Equipped Masters III / 60+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Men’s Equipped Masters IV / 70+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Men’s Classic Open**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Men’s Classic Sub Junior**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Men’s Classic Junior**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Men’s Classic Masters I / 40+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Men’s Classic Masters II / 50+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Men’s Classic Masters III / 60+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Men’s Classic Masters IV / 70+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, Maximum 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Equipped Open**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Equipped Sub Junior**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Equipped Junior**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Equipped Masters I / 40+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Equipped Masters II / 50+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Equipped Masters III / 60+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Equipped Masters IV / 70+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Classic Open**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Classic Sub Junior**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Classic Junior**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Classic Masters I / 40+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Classic Masters II / 50+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Classic Masters III / 60+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Nominations – Women’s Classic Masters IV / 70+**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Wt. Class | Family Name | Given / First Name | Birthday | Squat | Bench | Deadlift | Total |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**Address for contact:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Name: |  | Street: |  | | Zipcode: | |  |
| City: |  | Country: |  | Phone: | |  | |
| Fax: |  | E-mail: |  |

**FEDERATION OFFICIALS/COACHES**

**(All federation athletes, coaches, officials and referees MUST be declared)**

Additional coaches’ passes will be available for purchase from the contest director.

|  |  |
| --- | --- |
| **Name [complete]** | **Federation Title** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**Authorizing Federation Agent/Officer**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name:  Name: |  | Street: |  | Zipcode: |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| City: |  | Country: |  | Tel./fax: |  |

**Banquet Ticket Order Form**

Country of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| Full Name of Visitor | Country | Number of Tickets | Total Cost |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  | **Total:** |  |

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

National Federation – General Secretary National Federation President/Executive Officer

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Print) National Federation – General Secretary (Print) National Federation President/Executive Officer

**Ground Transport Order Form**

Country of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Name of Traveller | Airline | Flight Number | Arrival Date / Time | Departure Date / Time |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

National Federation – General Secretary National Federation President/Executive Officer

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Print) National Federation – General Secretary (Print) National Federation President/Executive Officer

VISA SUPPORT DOCUMENT

Country of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| Full Name of Athlete | Birthday | Passport Number | Expiration Date |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**VISA INFORMATION**

If your federation requires a letter of invitation to obtain a VISA to enter to the Cayman Islands, please contact Robert Keller. I**mportant**: This form should include the competitor’s complete birth name as shown on the passport, complete birthday, and passport number with the expiration date. The request should include the arrival and departure dates to the Cayman Islands. All visas requests should be made NLT 8 weeks in advance of your federations travel to the championship.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

National Federation – General Secretary National Federation President/Executive Officer

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Print) National Federation – General Secretary (Print) National Federation President/Executive Officer