



International Powerlifting Federation (IPF) ° North American Powerlifting Federation (NAPF)
Federation of South American Powerlifting (FESUPO) ° USA Powerlifting (USAPL)

Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation, and
USA Powerlifting invite all NAPF / FESUPO member federations to the:
18th Annual NAPF/FESUPO Pan-American Regional Powerlifting Championships
18th Annual NAPF North America Regional Powerlifting Championships
1st NAPF/FESUPO Pan-American University Cup
Hyatt Regency Hotel: Orlando International Airport, Orlando, Florida, USA
August 15 to August 21, 2021

Contest Director: Robert Keller | rhk@verizon.net | Telephone: +954.790.2249
Championship Sec: Robert Keller | rhk@verizon.net | Telephone: +954.790.2249
Secretary General: Alex Alvarado | alexalvaradoalvarado@yahoo.com | Telephone: +787.607.0132
Technical Secretary: Bill Clayton | claytonw@ptd.net | Telephone: +908.303.9267
Scoring Manager: Arian Khamesi | arian11@gmail.com | Telephone: +305.494.9966
Contest Format: Standard IPF weight classes and age groups (Open, Sub-Junior, Junior and Masters)

Awards: Medals will be awarded to the 1st, 2nd, and 3rd place contestants for each weight class for the University Cup. Medals will be awarded to the 1st, 2nd, and 3rd place contestants for each weight class and for each age division for both Classic (Raw) and Equipped in the North American and Pan-American Championships. Best Lifter Awards to athletes in the University Cup, North American and Pan-American Regional Championship in accordance with the IPF GL Formula for Open, Junior, Master for both Equipped and Classic (Raw). Certificates will be given to all nominated participants – Athletes, Coaches and Referees. Team awards will be presented in the both the University Cup and in the Pan-American Championships.

City: Orlando, Florida, USA
Date of Event: August 15 to August 22, 2021
Hotel Rates & Meals: **Hyatt Regency Hotel: Orlando International Airport**
 Plan A: Single Room, 1 Person, 1 Standard Room, \$139.00 USD per night, plus tax.
 Plan B: Double Room, 2 People, 1 Standard Room, \$139.00 USD per night, plus tax.
 If you require a room for 3 or 4 persons, please contact Robert Keller.
Important, each room does NOT come with a complimentary breakfast.
Hotel Reservations: The organizer nor the NAPF will not be responsible for any hotel bills of the participating IPF Member Federations. Team Managers are responsible. All rooms must be booked by NLT July 16, 2021. After the deadline, the organizer cannot guarantee room accommodations at the group rate. Reservations can also be made by CALLING the hotel. Please use Group Code: NAPF Powerlifting
Hotel Location: 9801 International Drive, Orlando, Florida 32819
Hotel Telephone: +407.284.1234
Hotel Website: www.hyatt.com/orlando
Hotel Reservation Link: <https://www.hyatt.com/en-US/group-booking/ORLAN/G-PLIF>
If you require assistance, please contact Robert Keller at: rhk@verizon.net
Airport: **Orlando International Airport (MCO)**
Transport: The Hyatt Regency Hotel is connected directly to the Orlando International Airport.
Scales: The official scale will be made available on Sunday morning, August 15, 2021.
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: Sunday, August 15, 2021 at 1300 hrs in the School Room
Opening Ceremony: Sunday, August 15, 2021 at 1800 hrs in the Grand Ballroom (Competition Venue)
Banquet Price: No Banquet will be held this year.
Web-site Info: www.powerlifting-napf.com | Website: www.powerlifting-napf.com/records

Larry Maile NAPF President	Dr. Hugo Velasquez NAPF Vice-Presidnet	Alex Alvarado NAPF Sec. General	Robert Keller NAPF Championship Secretary
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18th Annual NAPF/FESUPO Pan-American Regional Powerlifting Championships
18th Annual NAPF North America Regional Powerlifting Championships
1st NAPF/FESUPO Pan-American University Cup
August 15, 2021 to August 22, 2021

Provisional / Preliminary Timetable of Events

Day	Event			Start
August 14, 2021	Accreditation			09:00
August 15, 2021	Accreditation			09:00
	NAPF General Assembly			10:00
	Technical Meeting – Lifter Nominations			13:00
	Referee Meeting – Platform Assignments			14:00
	Referee Written Examination (English and Spanish)			14:30
	Opening Ceremony @ Venue			18:00
Day	Weigh-in Time	Classes		Start
August 16, 2021	07:00 – 08:30	University Women	47.00 – 63.00 kg	09:00
	11:00 – 12:30	University Men	59.00 – 83.00 kg	13:00
August 17, 2021	07:00 – 08:30	University Women	69.00 – 84.00+ kg	09:00
	11:00 – 12:30	University Men	93.00 – 120+ kg	13:00
	17:00 – 17:30	All University Lifters	BL & Team Awards	17:00
August 18, 2021	07:00 – 08:30	Classic Women	47.00 – 63.00 kg	09:00
	11:00 – 12:30	Classic Men	59.00 – 74.00 kg	13:00
August 19, 2021	07:00 – 08:30	Classic Women	69.00 – 76.00 kg	09:00
	11:00 – 12:30	Classic Men	83.00 – 93.00 kg	13:00
August 20, 2021	07:00 – 08:30	Classic Women	84.00 – 84.00+ kg	09:00
	11:00 – 12:30	Classic Men	105.00 – 120.00+ kg	13:00
	17:00 – 17:30	All Classic Lifters	BL & Team Awards	17:00
August 21, 2021	07:00 – 8:30	Equipped Women	47.00 – 84.00+ kg	09:00
	11:00 – 12:30	Equipped Men	59.00 – 83.00 kg	13:00
August 22, 2021	07:00 – 8:30	Equipped Men	93.00 – 105.00 kg	9:00
	11:00 – 12:30	Equipped Men	120.00 – 120.00+ kg	13:00
	17:00 – 17:30	All Equipped Lifters	BL & Team Awards	17:00
August 23, 2021	Departure of Delegations			07:00



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Important Competition Notes

1. **Team Managers -- Please be sure your athletes make their hotel reservations by NLT July 16, 2021 to receive the group rate.** All nominated athletes, coaches, referees, and officials are required to stay in the official hotel during the championship. **If the athletes, coaches, referees, or officials decide not to stay in the official hotel during the championship, they will be required to pay an administration fee of € 100 per person to the organizer. Persons not following these guidelines will be excluded from that championship. All room bookings must be done through the meet director for the championship (By-Laws 105.4.4).**
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 Sunday, August 15, 2021 at 1300hrs. Please ensure one delegate from each member federation is 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.**
3. **The Final Nomination date is July 16, 2021. Please do not wait until the deadline date to send your nomination forms.**
4. **Each nominated athlete will be required to complete the LiveStream Questionnaire. The LiveStream Questionnaire link can be found here:**
<https://form.jotform.com/200347609911150>
5. **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.**
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.**
7. **The NAPF shall give the IPF Category I and II Referee Written Examinations on Sunday, August 15, 2021. The written examination will be given in either English or Spanish. By no later than May 16, 2021 please send to us your referee candidates that will take the examinations.**
8. **If National Federation plans nominates a Special Olympic Athlete, please indicate so on the nomination form.**
9. **Important, nominations are limited to 8 Male and 8 Female lifters from each university. Athletes must be at least 18 years of age and no older than 25 years of age on December 31, 2021. For this competition, the athletes must be born between 1/01/1996 and 12/31/2003 and be a full-time student in good standing at an accredited college or university.**



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Official Nomination Form

<u>Preliminary: July 5, 2021</u>	<u>Not Participating: July 5, 2020</u>	<u>Final: July 16, 2021</u>
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The preliminary and final nomination form must be sent to (both):

Robert Keller | Email: rhk@verizon.net | Telephone: 954.790.2249

Alex Alvarado (Spanish Speaker) | 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 _____ 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: _____

IPF Weight Categories

Effective January 01, 2021

Women

43kg, 47kg, 52kg, 57kg, 63kg, 69kg, 76kg, 84kg and 84+kg

Men

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

Note:

The Women's 43kg/Men's 53kg weight classes are assigned to Sub-Junior and Junior lifters only.



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PAN-AMERICAN UNIVERSITY CUP

Nominations – Men’s Classic

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team

Nominations – Women’s Classic

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team



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PAN-AMERICAN CHAMPIONSHIPS
Nominations – Women’s Classic Open

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team

Nominations – Women’s Classic Sub Junior

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team



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PAN-AMERICAN CHAMPIONSHIPS
Nominations – Women’s Classic Junior

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team

Nominations – Women’s Classic Masters I / 40+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team



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PAN-AMERICAN CHAMPIONSHIPS
Nominations – Women’s Classic Masters II / 50+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team

Nominations – Women’s Classic Masters III / 60+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team



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PAN-AMERICAN CHAMPIONSHIPS
Nominations – Women’s Classic Masters IV / 70+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team



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PAN-AMERICAN CHAMPIONSHIPS
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



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PAN-AMERICAN CHAMPIONSHIPS
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



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PAN-AMERICAN CHAMPIONSHIPS
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



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PAN-AMERICAN CHAMPIONSHIPS
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



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PAN-AMERICAN CHAMPIONSHIPS
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



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PAN-AMERICAN CHAMPIONSHIPS
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



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PAN-AMERICAN CHAMPIONSHIPS
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



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PAN-AMERICAN CHAMPIONSHIPS
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



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PAN-AMERICAN CHAMPIONSHIPS
Nominations – Men’s Classic Open

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team

Nominations – Men’s Classic Sub Junior

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

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Nominations – Men’s Classic Junior

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team

Nominations – Men’s Classic Masters I / 40+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

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PAN-AMERICAN CHAMPIONSHIPS
Nominations – Men’s Classic Masters II / 50+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team

Nominations – Men’s Classic Masters III / 60+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team



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Nominations – Men’s Classic Masters IV / 70+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, max. 5 per team



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NORTH AMERICAN CHAMPIONSHIPS
Nominations – Women’s Classic Open

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team

Nominations – Women’s Classic Sub Junior

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team



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NORTH AMERICAN CHAMPIONSHIPS **Nominations – Women’s Classic Junior**

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team

Nominations – Women’s Classic Masters I / 40+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team



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NORTH AMERICAN CHAMPIONSHIPS
Nominations – Women’s Classic Masters II / 50+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team

Nominations – Women’s Classic Masters III / 60+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

Reserve lifters, Maximum 5 per team



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Nominations – Women’s Classic Masters IV / 70+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

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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

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Nominations – Men’s Classic Junior

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

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Nominations – Men’s Classic Masters I / 40+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

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NORTH AMERICAN CHAMPIONSHIPS
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

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NORTH AMERICAN CHAMPIONSHIPS
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



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NORTH AMERICAN CHAMPIONSHIPS
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



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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



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NORTH AMERICAN CHAMPIONSHIPS
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

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Nominations – Women’s Equipped Masters IV / 70+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

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Nominations – Men’s Classic Open

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

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Nominations – Men’s Classic Sub Junior

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

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Nominations – Men’s Classic Junior

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

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Nominations – Men’s Classic Masters I / 40+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

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Nominations – Men’s Classic Masters II / 50+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

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Nominations – Men’s Classic Masters III / 60+

Wt. Class	Family Name	Given / First Name	Birthday	Squat	Bench	Deadlift	Total

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Nominations – Men’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: _____

