



Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation and the Federation of Panama Powerlifting invites all IPF/NAPF member federations to the:
**19th Annual IPF/NAPF North American Regional Powerlifting Championships and the
3rd NAPF Central American Cup**
Hotel El Panama by Faranda Grand - Panama City, Panama
August 14-20, 2022

Contest Director: Jacques Tibi / fpp@powerliftingpanama.com Telephone: +507 214 4353
Cellphone/WhatsApp: +507 6747 5604
Contest Contact: Gabriela Cigarán / napfpanama@gmail.com Telephone/WhatsApp: +507 6467 9227
Championship Sec: Robert Keller / rhk@verizon.net / Telephone: +954.790.2249
Secretary General: Alex Alvarado (Spanish Speaker) / alexalvaradoalvarado@yahoo.com / Tel: 787.607.0132
Technical Secretary: Bill Clayton / claytonw@ptd.net / Telephone: 908.303.9267
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 athletes for each weight class in both Classic (Raw) and Equipped categories. Awards will be given to the overall best male and female lifter according to the **IPF GL Points** for Open, Junior, and Master divisions, for both Equipped and Classic (Raw) categories. Trophies will be awarded to the top three men and women's teams in the open categories for both Equipped and Classic (Raw). Certificates will be given to all nominated participants – Athletes, Coaches, Officials and Referees.

City: Panama City, Panama
Date of Event: August 14-20, 2022
Hotel Rates & Meals: **Hotel El Panama by Faranda Grand – Panama City, Panama**
Four (4) Hotel Room Options:

1. Standard Room: \$117.00 (USD) per night, Tax Included.
2. Double Room King/Twin: \$148.00 (USD) per night, Tax Included.
3. Triple Room King with Sofa Bed: \$189.00 (USD) per night, Tax Included.
4. Quadruple King/Twin: \$230.00 (USD) per night, Tax Included.

Each room comes with a complimentary breakfast and lunch buffet.

Hotel bookings: The organizer will not be responsible for any hotel bills of the participating IPF Member Nations. Each team manager will be responsible. **All rooms must be booked by NLT July 14, 2022.** After the deadline the organizer cannot guarantee room accommodations at the group rate. All hotel reservations must be done through the following link:
https://docs.google.com/forms/d/e/1FAIpQLScVtwz3UKuWxtkUk9ZmKAgI3nwPDhX3co5eG6k_gzBdv5JzWw/viewform?usp=sf_link

Tourism Link: www.visitpanama.com

Airport Transport: Transportation will be provided from the Panama City Airport (PTY). Cost per person, \$20.00 (USD), each way, \$40.00 (USD) roundtrip.

Scales: The official scale will be made available on Sunday morning, August 14, 2022.

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: \$70.00 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: \$5.00 (USD) per day

Technical Meeting: Sunday, August 14, 2022 at 1300 hrs in the Manuel Amador Guerrero Conference Room

Opening Ceremony: Sunday, August 14, 2022 at 1800 hrs in the Gran Centenario Ballroom (Venue)

Credentials: Nominated athletes, coaches, officials, and referees will be granted access free of charge.

Banquet Price: \$40.00 (USD) per person (open bar included) / Miraflores Salon

Web-site Info: www.powerlifting-napf.com

Hugo Velasquez
President, NAPF

Alex Alvarado
Secretary General, NAPF

Jacques Tibi
President, FPP

Robert Keller
NAPF Championship Secretary



Provisional / Preliminary Timetable of Events

Day	Event		Start	
August 13, 2022	Accreditation		09:00	
August 14, 2022	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 15, 2022	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 16, 2022	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 17, 2022	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
August 18, 2022	07:00 – 08:30	Equipped Women	47.00 – 63.00 kg	09:00
	11:00 – 12:30	Equipped Men	59.00 – 83.00 kg	13:00
August 19, 2022	07:00 – 08:30	Equipped Women	69.00 – 84.00+ kg	09:00
	11:00 – 12:30	Equipped Men	93.00 – 105.00 kg	13:00
August 20, 2022	07:00 – 8:30	Equipped Men	120.00 – 120.00+ kg	09:00
August 20, 2022	Farewell Banquet		19:00	
August 21, 2022	Sightseeing Tours		09:00	
August 22, 2022	Departure of Delegations		09:00	



Important Competition Notes

- 1. The Goodlift System will be used this year to submit your nominations. Each Nation Federation need to have a login and a password to access the system. If your National Federation does not have access yet, please request it as soon as possible.**
- 2. All international athletes and their coaches are required to register in the ADEL system: <https://adel.wada-ama.org/> and complete the mandatory anti-doping education modules.**
3. Team Managers - Please be sure your athletes make their hotel reservations by NLT July 14, 2022 in order to receive the special discounted rate. Per IPF Rules, all nominated athletes, administrators, coaches and referees are required to stay at the championship hotel.
- 4. Participating National Member Federations shall be responsible for their own hotel bills. All pre-booked rooms must be paid before the Events, except those rooms which were cancelled until twenty-one (21) days before the beginning of the Events. National Member Federations will be charged for any damages or thefts occurring in the hotel room (IPF By-Laws 12.9).**
- 5. All athletes, coaches, referees, or officials from each National Member Federation must stay in the official hotel for all days in attendance at the Event – from arrival to departure of Panama City, Panama. If athletes, coaches, referees, or officials do not stay in the official hotel during the Event or do not reserve using this form, they will be obliged to pay an administration fee of 120.00 USD (100 Euros) per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that Event. All room reservations must be done through the meet director of the Event, unless otherwise specified on the Invitation to the Event. (IPF By-laws 14.4).**
6. 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 14, 2022 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.
7. The Final Nomination Date of July 14, 2022 will be adhered to by all member federations. Please do not wait until the deadline date to send your nomination forms.
8. ALL Member Federations must send BOTH the Preliminary and Final Nomination Forms by the set deadlines.
9. All financial debts to the IPF and NAPF must be paid, in full, before the start of the championship.
10. 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!
11. The championship will be televised by LIVE Stream via the internet.
12. IPF COVID Protocols will be observed, Panama COVID Protocols will also be observed.



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Official Nomination Form

**19th Annual IPF/NAPF North American Regional Powerlifting Championships and the
3rd NAPF Central American Cup
Hotel El Panama by Faranda Grand - Panama City, Panama
August 14-20, 2022**

<u>Preliminary: June 25, 2022</u>	<u>Not Participating: June 25, 2022</u>	<u>Final: July 14, 2022</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: _____

New 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



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NORTH AMERICAN CHAMPIONSHIP

Nominations – Men’s Equipped Open

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

Reserve lifters, Maximum 5 per team

Nominations – Men’s Equipped Sub Junior

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

Reserve lifters, Maximum 5 per team



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Nominations – Men’s Equipped Junior

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

Reserve lifters, Maximum 5 per team



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Nominations – Men’s Equipped Masters II / 50+

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

Reserve lifters, Maximum 5 per team



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Nominations – Men’s Equipped Masters IV / 70+

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

Reserve lifters, Maximum 5 per team



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Nominations – Men’s Classic Open

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

Reserve lifters, Maximum 5 per team

Nominations – Men’s Classic Sub Junior

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

Reserve lifters, Maximum 5 per team



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Nominations – Men’s Classic Junior

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

Reserve lifters, Maximum 5 per team



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Nominations – Men’s Classic Masters II / 50+

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

Reserve lifters, Maximum 5 per team



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Nominations – Men’s Classic Masters IV / 70+

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

Reserve lifters, Maximum 5 per team

Nominations – Men’s Special Olympics

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

Reserve lifters, Maximum 5 per team



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Nominations – Women’s Equipped Open

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

Reserve lifters, Maximum 5 per team

Nominations – Women’s Equipped Sub Junior

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

Reserve lifters, Maximum 5 per team



Nominations – Women’s Equipped Junior

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

Reserve lifters, Maximum 5 per team

Nominations – Women’s Equipped Masters I / 40+

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

Reserve lifters, Maximum 5 per team



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Nominations – Women’s Equipped Masters II / 50+

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

Reserve lifters, Maximum 5 per team

Nominations – Women’s Equipped Masters III / 60+

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

Reserve lifters, Maximum 5 per team



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Nominations – Women’s Equipped Masters IV / 70+

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

Reserve lifters, Maximum 5 per team



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Nominations – Women’s Classic Open

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

Reserve lifters, Maximum 5 per team

Nominations – Women’s Classic Sub Junior

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

Reserve lifters, Maximum 5 per team



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Nominations – Women’s Classic Junior

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

Reserve lifters, Maximum 5 per team



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Nominations – Women’s Classic Masters II / 50+

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

Reserve lifters, Maximum 5 per team

Nominations – Men’s Special Olympics

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

Reserve lifters, Maximum 5 per team

Address for contact:

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

