



Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation, the South American Powerlifting Federation, and the Puerto Rico Powerlifting Federation invite all IPF member federations to the:

**9th NAPF / FESUPO Pan-American Regional Bench Press Championships and
16th Annual NAPF North American Regional Bench Press Championships
Courtyard by Marriott Aguadilla, Aguadilla, Puerto Rico
October 28-29, 2022**

Contest Director: Jannitzi Tapia / jannitzi@gmail.com / Telephone: 201.898-4701
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 contestant for each and weight class 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: Aguadilla, Puerto Rico
Date of Event: October 28-29, 2022
Hotel Rates & Meals: **Courtyard by Marriott Aguadilla, Aguadilla, Puerto Rico**
 A. Single Room, 2 people, 1 King size bed, \$187.59 (USD) (Taxes included).
 B. Double Room, 2-4 People, 2 Queen size bed, \$187.59 (USD) per night (taxes included).
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 **August 5, 2022**. After the deadline the organizer cannot guarantee room accommodations at the group rate. Reservations are to be made by calling the Courtyard at Marriott Aguadilla hotel at 787.658.8000 or email to reservaciones@ihphospitality.com. **Group Code: Bench Press NAPF**
Hotel Location: The Courtyard by Marriott Aguadilla at 200 W Parade Rd, Aguadilla, PR. Less than a mile from the Rafael Hernandez International Airport (BQN).
Airport: Rafael Hernandez International Airport (BQN)
Airport Transport: A complimentary shuttle to the hotel from the Aguadilla Airport only will be provided to anyone with a reservation at the hotel. A Transport Form link will be sent to each Nation Federation for this purpose. You will be required to provide your flight information.
Scales: The official scale will be made available on Friday morning, October 28, 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: \$10.00 (USD) per day
Technical Meeting: Friday, October 28, 2022 at 1700 hrs at the General Ramey Conference Room
Opening Ceremony: Saturday, October 29, 2022 at 0830 hrs at the Grand Borinquen Ballroom
Credentials: Nominated athletes, coaches, officials, and referees will be granted access free of charge.
Banquet Price: \$40.00 (USD) per person. The Banquet will be held at the Grand Borinquen Ballroom
NAPF Web-site: <https://www.powerlifting-napf.com/>

Hugo Velásquez President, NAPF	Julio Conrado President, FESUPO	Alex Alvarado NAPF Secretary General	Robert Keller NAPF Championship Secretary
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Provisional Timetable of Events

October 27, 2022	Arrival of Athletes/Officials	0900 hrs
October 28, 2022	Athlete/Officials Accreditation	0900 hrs
October 28, 2022	Technical Meeting / Referee Meeting	1700 hrs
October 29, 2022	Weigh-in: All Classic Men and Women	0700 hrs
October 29, 2022	Opening Ceremony	0830 hrs
October 29, 2022	Lifting: All Classic Men and Women	0900 hrs
October 29, 2022	Weigh-in: All Equipped Men and Women	1100 hrs
October 29, 2022	Lifting: All Equipped Men and Women	1300 hrs
October 29, 2022	Victory Ceremony for all Athletes	1500 hrs
October 29, 2022	Media Press Conference	1630 hrs
October 29, 2022	Banquet/Closing Ceremonies	1900 hrs
October 30, 2022	Sightseeing Tours	0900 hrs
October 31, 2022	Departure of all Delegations	0900 hrs

Important Competition Notes

1. Team Managers -- Please be sure your athletes make their hotel reservations by NLT August 5, 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.
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 Friday, October 28, 2022 at 1700hrs. 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.
3. The Final Nomination Date of **September 28, 2022** 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. The championship will be televised by LIVE Stream via the internet.
8. For now, all IPF COVID and the Puerto Rico COVID Protocols will also be observed at this event.



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

Official Nomination Form

**9th NAPF / FESUPO Pan-American Regional Bench Press Championships and
16th Annual NAPF North American Regional Bench Press Championships
Courtyard by Marriott Aguadilla, Aguadilla, Puerto Rico
October 28-29, 2022**

Preliminary: <u>August 28, 2022</u>	Not Participating: <u>September 28, 2022</u>	Final: <u>September 28, 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

43 kg (Sub-junior/Junior only), 47 kg, 52 kg, 57 kg, 63 kg, 69 kg y 76 kg, 84 kg and 84+ kg

Men

53 kg (Sub-junior/Junior only), 59 kg, 66 kg, 74 kg, 83 kg, 93 kg, 105 kg, 120 kg and 120+ kg



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

Nominations – Equipped Men’s Open

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team

Nominations – Equipped Men’s Sub-Junior

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Equipped Men’s Junior

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team

Nominations – Equipped Men’s Masters I / 40+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Equipped Men’s Masters II / 50+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team

Nominations – Equipped Men’s Masters III / 60+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Equipped Men’s Masters IV / 70+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Classic Men’s Open

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team

Nominations – Classic Men’s Sub-Junior

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Classic Men’s Junior

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team

Nominations – Classic Men’s Masters I / 40+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Classic Men’s Masters II / 50+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team

Nominations – Classic Men’s Masters III / 60+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Classic Men’s Masters IV / 70+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Equipped Women’s Open

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team

Nominations – Equipped Women’s Sub-Junior

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Equipped Women’s Junior

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team

Nominations – Equipped Women’s Masters I / 40+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Equipped Women’s Masters II / 50+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team

Nominations – Equipped Women’s Masters III / 60+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Equipped Women’s Masters IV / 70+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Classic Women’s Open

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team

Nominations – Classic Women’s Sub-Junior

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Classic Women’s Junior

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team

Nominations – Classic Women’s Masters I / 40+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

Nominations – Classic Women’s Masters II / 50+

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Wt. Class	Last name	Name	DOB	Bench	International Titles

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

Nominations – Classic Women’s Masters IV / 70+

Wt. Class	Last name	Name	DOB	Bench	International Titles

Reserve lifters, maximum of 5 per team



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

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: _____ Street: _____ Zipcode: _____

City: _____ Country: _____ Tel./fax: _____



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

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



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

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 Puerto Rico, please contact Robert Keller.
Important: 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 from Puerto Rico. All visa 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