



### Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation, and the Cayman Islands Powerlifting Organization invite all IPF/NAPF member federations to participate in the:

### **20<sup>th</sup> Annual IPF/NAPF**

### **North American Regional Powerlifting Championships**

### **And the**

### **2<sup>nd</sup> Annual NAPF/FESUPO Pan-American Classic University Cup**

### **Grand Cayman Marriott Beach Resort**

### **Grand Cayman, Cayman Islands**

**August 7-12, 2023**

**Contest Director:** Tony McInerney / [tony-mac@candw.ky](mailto:tony-mac@candw.ky) Telephone/WhatsApp: +1 (345) 925-5335  
**Championship Sec:** Robert Keller / [rkh@verizon.net](mailto:rkh@verizon.net) / Telephone/WhatsApp: +1 (954) 790-2249  
**Secretary General:** Alex Alvarado / [alexalvaradoalvarado@yahoo.com](mailto:alexalvaradoalvarado@yahoo.com) /Tel: +1 (787) 607-0132  
**Technical Secretary:** Bill Clayton / [claytonw@ptd.net](mailto:claytonw@ptd.net) / Telephone: +1 (908) 303-9267  
**Contest Format:** Standard IPF weight classes / groups (Open, Sub Junior, Junior, University and Masters)

**Awards:** Overall medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place athletes in each weight class in both the Classic (Raw) and Equipped categories. Awards will be given to the overall best male and female lifter utilizing the **IPF GL Points** in the Open, Junior, and Master divisions, in both Classic and Equipped categories. Trophies will be awarded to the top three men and women's teams in the Open category in both the Classic and equipped categories. Certificates will be given to all nominated participants – Athletes, Coaches, Officials and Referees. **Medals for the Squat, Bench Press and Deadlift will be awarded.**

**City:** Grand Cayman, Cayman Islands

**Date of Event:** August 7-12, 2023

**Hotel Rates & Meals:** **Grand Cayman Marriott Beach Resort, Grand Cayman, Cayman Islands**

1. Single Room: \$211.25 (USD) per night, includes all taxes.
2. Double Room includes King/pull out sofa: \$211.25 (USD) per night, includes taxes.
3. Triple Room – two double beds: \$248.75 (USD) per night, includes all taxes.
4. Quadruple Room – two double beds: \$248.75 (USD) per night, includes taxes.

**Hotel bookings:** The organizer, the IPF and the NAPF will NOT be responsible for any hotel bills of the participating IPF Member Federations. Each national team manager will be responsible. **All rooms must be booked by NLT July 6, 2023.** After the deadline the organizer cannot guarantee room accommodations at the group rate. All hotel reservations must be reserved utilizing the following link:

[Book your group rate for Cayman Islands Powerlifting Competition](#)

**Airport Transport:** Transportation will be provided from the Owen Roberts International Airport (GCM). Cost per person be will \$20.00 (USD), each way, \$40.00 (USD) roundtrip.

**Scales:** The official scale will be made available on Sunday afternoon, August 6, 2023.

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

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

**Anti-Doping Fee:** \$70.00 per lifter (USD) – **Payable to NAPF**

**Payment of fees:** **The Participation Fee and Anti-doping Fee must be wire to the NAPF by Friday, July 14, 2023.**

**Spectator Fee:** \$5.00 (USD) per day

**Technical Meeting:** Monday, August 7, 2023 at 1300 hrs

**Opening Ceremony:** Monday, August 7, 2023 at 1800 hrs in the competition venue.

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

**Banquet Price:** \$40.00 (USD) per person | Banquet will be held at Coconut Joe's Restaurant | Buffet

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

**Hugo Velasquez**  
President, NAPF

**Alex Alvarado**  
Secretary General, NAPF

**Tony McInerney**  
President, CIPO

**Robert Keller**  
NAPF Championship Secretary



### Provisional Timetable of Events

Day	Event			Start
August 6, 2023	Accreditation			09:00
August 7, 2023	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 8, 2023	07:00 – 08:30	Classic Women	43.00 kg – 57.00 kg	09:00
	12:00 – 13:30	Classic Men	53.00 kg – 74.00 kg	14:00
August 9, 2023	07:00 – 08:30	Classic Women	63.00 kg – 69.00 kg	09:00
	12:00 – 13:30	Classic Men	83.00 kg	14:00
August 10, 2023	07:00 – 08:30	Classic Women	76.00 kg – 84.00+ kg	09:00
	12:00 – 13:30	Classic Men	93 kg	14:00
August 11, 2023	07:00 – 08:30	Classic Men	105.00 kg – 120.00+ kg	09:00
	12:00 – 13:30	Equipped Women	43.00 kg – 84.00+ kg	14:00
		Equipped Men	53.00 kg – 83.00 kg	
August 12, 2023	08:00 – 9:30	Equipped Men	93.00 kg – 120.00+ kg	10:00
August 12, 2023	Farewell Banquet   Coconut Joes Restaurant			19:00
August 13, 2023	Sightseeing Tours			09:00
August 13/14, 2023	Departure of Delegations			09:00



**THIS ARE YOUR AVAILABLE GROUP ROOM RATES**

**Run of House *King Rooms***

Maximum occupancy 2 people, the room features a king size bed plus a pull out sofa.

- Maximum occupancy 2 people
  - Room rate USD\$169.00
  - Accommodation Tax USD\$21.97
  - Service charge USD\$20.28
- TOTAL COST PER ROOM PER NIGHT USD \$211.25**

**Run of House *Double Rooms***

Maximum occupancy 4 people, the room features 2 doubles beds.

- Room rate USD\$199.00
  - Accommodation Tax USD\$25.87
  - Service charge USD\$23.88
- TOTAL COST PER ROOM PER NIGHT USD \$248.75**

**IMPORTANT INFO**

Upon making a reservation a credit card will be required, this credit card will be charge 1 night deposit upon making the reservation and full payment will be taken 30 days before arrival. Upon check in a credit card must be presented to be allowed to charge food, beverage or other services to the room, Individual credit cards for any incidental charges will be pre-authorized for KYD \$100.00 per day upon check-in, if this is not used during your stay it will be refunded upon check-out.

If upon check-in only when the room and taxes are fully prepaid, if the guests does not present a credit or debit card, the guest **will not be able to charge any services or amenities to the room**, all charges will have to be settle directly at the restaurant, bars, etc.

**[BOOK NOW HERE](#)**

Or you can contact us via email at:  
[mhrs.gcmgc.reservations.agent@marriott.com](mailto:mhrs.gcmgc.reservations.agent@marriott.com)



### 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 6, 2023, 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 each days in attendance at the event – from arrival to departure of Grand Cayman, Cayman Islands. If the 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 110.00 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 reserved 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 Monday, August 7, 2023, 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 is July 7, 2023, and 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 with both 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.



**Official Nomination Form**

**20<sup>th</sup> Annual IPF/NAPF North American Regional Powerlifting Championships  
2<sup>nd</sup> NAPF/FESUPO Pam-American University Cup  
Grand Cayman Marriott Beach Resort  
Grand Cayman, Cayman Islands  
August 7-12, 2023**

<b><u>Preliminary: June 14, 2023</u></b>	<b><u>Not Participating: June 14, 2023</u></b>	<b><u>Final: July 7, 2023</u></b>
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**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: 1 (787) 607 - 0132

Submitted by \_\_\_\_\_ National Powerlifting Federation/Association

Submitting officer: \_\_\_\_\_ Title: \_\_\_\_\_ Date: \_\_\_\_\_

Team Manager : \_\_\_\_\_

Head Coach : \_\_\_\_\_

Referee 1 :	_____	Cat :	_____	Available for categories: _____
Referee 2 :	_____	Cat :	_____	Available for categories: _____
Referee 3 :	_____	Cat :	_____	Available for categories: _____
Referee 4 :	_____	Cat :	_____	Available for categories: _____
Referee 5 :	_____	Cat :	_____	Available for categories: _____

**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





**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**




**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**






**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**




**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**




**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**




**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 University**

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**




**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**




**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 Olympic**

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 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**




**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**




**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**




**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**




**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 University**

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**




**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**




**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: \_\_\_\_\_





**Banquet Ticket Order Form**

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

Full Name of Visitor	Country	Number of Tickets	Total Cost
		<b>Total:</b>	

\_\_\_\_\_  
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 **Cayman Islands**, 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 **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