



## Official Invitation

The International Powerlifting Federation (IPF), the North American Powerlifting Federation (NAPF), and the Federation of Mexican Powerlifting (FEMEPO) invite all NAPF member federations to the:

### 17<sup>th</sup> Annual IPF/NAPF North American Regional Bench Press Championships Sevilla Palace Hotel, México City, México. October 19-21, 2023

**Contest Director:** Gabriel García / [powerliftingmexicoipf@hotmail.com](mailto:powerliftingmexicoipf@hotmail.com) / Telephone: +52 5528595045  
**Championship Sec:** Robert Keller / [rkh@verizon.net](mailto:rkh@verizon.net) / Telephone: 954.790.2249  
**Secretary General:** Alex Alvarado (Spanish Speaker) / [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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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. Participation Medals to all athletes.

**City:** Mexico City, Mexico  
**Date of Event:** October 19-21, 2023  
**Hotel Rates:** **Sevilla Palace, México City, México.** <https://www.sevillapalace.com.mx/en>  
 A. Single Room, 1 or 2 people, 1 or 2 beds, \$85 (USD) (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 **September 29, 2023**. After the deadline the organizer cannot guarantee room accommodations at the group rate. Reservations are to be made by calling **the Sevilla Palace Hotel directly at +52 55 5705 2800** or by email at: [reservaciones@sevillapalace.com.mx](mailto:reservaciones@sevillapalace.com.mx) **Group Code: NAPF**  
**Hotel Location:** The **Sevilla Palace, México City, México** at Av. Paseo de la Reforma 105, Tabacalera, Cuauhtémoc, 06030 Ciudad de México.  
**Airport:** Benito Juárez International Airport Mexico City (MEX).  
**Airport Transport:** Round trip transportation \$25.00 (USD) per lifter.  
**Scales:** The official scale will be made available on Thursday morning, October 19, 2023.  
**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.  
**T-Shirt:** Championship T-shirts will be available @ \$25.00 (USD).  
**Technical Meeting:** Thursday, October 19, 2019 at 1700 hrs at the Goya Ballroom.  
**Opening Ceremony:** Friday, October 20, 2023 at 0830 hrs at the Goya 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 in the Goya Ballroom.  
**NAPF Web-site:** <https://www.powerlifting-napf.com/>

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<b>Hugo Velásquez</b> President, NAPF	<b>Gabriel García</b> President, FEMEPO	<b>Alex Alvarado</b> NAPF Secretary General	<b>Robert Keller</b> NAPF Championship Secretary
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## Provisional Timetable of Events

<b>October 19, 2023</b>	<b>Arrival of Athletes/Officials</b>	<b>0900 hrs</b>
<b>October 19, 2023</b>	<b>Athlete/Officials Accreditation</b>	<b>0900 hrs</b>
<b>October 19, 2023</b>	<b>Technical Meeting / Referee Meeting</b>	<b>1700 hrs</b>
<b>October 20, 2023</b>	<b>Weigh-in: All Classic Men and Women</b>	<b>0800 hrs</b>
<b>October 20, 2023</b>	<b>Opening Ceremony</b>	<b>0930 hrs</b>
<b>October 20, 2023</b>	<b>Lifting: All Classic Men and Women</b>	<b>1000 hrs</b>
<b>October 20, 2023</b>	<b>Victory Ceremony for all Athletes</b>	<b>1500 hrs</b>
<b>October 20, 2023</b>	<b>Media Press Conference</b>	<b>1630 hrs</b>
<b>October 21, 2023</b>	<b>Weigh-in: All Equipped Men and Women</b>	<b>0800 hrs</b>
<b>October 21, 2023</b>	<b>Lifting: All Equipped Men and Women</b>	<b>0930 hrs</b>
<b>October 21, 2023</b>	<b>Victory Ceremony for all Athletes</b>	<b>1330 hrs</b>
<b>October 21, 2023</b>	<b>Media Press Conference</b>	<b>1500 hrs</b>
<b>October 21, 2023</b>	<b>Banquet/Closing Ceremonies</b>	<b>1900 hrs</b>
<b>October 22, 2023</b>	<b>Sightseeing Tours</b>	<b>0900 hrs</b>
<b>October 22, 2023</b>	<b>Departure of all Delegations</b>	<b>0900 hrs</b>

### Important Competition Notes

1. The Goodlift System will be used this year to submit your nominations. Each Nation Federation is required 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 by contact Robert Keller at: [robert.keller@powerlifting.sport](mailto:robert.keller@powerlifting.sport)
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 September 29, 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 event, except those rooms which were cancelled twenty-one (21) days before the start of the event. 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 the days they're in attendance at the Event – from arrival to departure into Mexico City, Mexico. If athletes, coaches, referees, or officials do not stay in the official hotel during the competition or do not reserve using this form, they will be obliged to pay an administration fee of 120.00 USD (100 Euros) per person directly to the organizer. Participants that do not comply with this rule, 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).



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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 Thursday, October 19, 2023, 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.
7. The Final Nomination Date is set for **September 19, 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 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.



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**Official Nomination Form**

**17th Annual NAPF North American Regional Bench Press Championships**  
**Sevilla Palace, México City, México**  
**October 19-21, 2023**

<b>Preliminary: <u>August 19, 2023</u></b>	<b>Not Participating: <u>August 19, 2023</u></b>	<b>Final: <u>September 19, 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: 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 \_\_\_\_\_

**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



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**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**




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**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) ° Mexican Powerlifting Federation (FEMEPO)

**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 (NAPP) ° Mexican Powerlifting Federation (FEMEPO)

**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) ° Mexican Powerlifting Federation (FEMEPO)

**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) ° Mexican Powerlifting Federation (FEMEPO)

**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) ° Mexican Powerlifting Federation (FEMEPO)

**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) ° Mexican Powerlifting Federation (FEMEPO)

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

Wt. Class	Last name	Name	DOB	Bench	International Titles

**Reserve lifters, maximum of 5 per team**


**Nominations – Classic Men’s Special Olympics**

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) ° Mexican Powerlifting Federation (FEMEPO)

**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) ° Mexican Powerlifting Federation (FEMEPO)

**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) ° Mexican Powerlifting Federation (FEMEPO)

**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**




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

Wt. Class	Last name	Name	DOB	Bench	International Titles

**Reserve lifters, maximum of 5 per team**






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**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) ° Mexican Powerlifting Federation (FEMEPO)

**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) ° Mexican Powerlifting Federation (FEMEPO)

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

Wt. Class	Last name	Name	DOB	Bench	International Titles

**Reserve lifters, maximum of 5 per team**


**Nominations – Classic 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) ° Mexican Powerlifting Federation (FEMEPO)

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

Wt. Class	Last name	Name	DOB	Bench	International Titles

**Reserve lifters, maximum of 5 per team**


**Nominations – Classic Women’s Special Olympics**

Wt. Class	Last name	Name	DOB	Bench	International Titles

**Reserve lifters, maximum of 5 per team**




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**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.

<b>Name [complete]</b>	<b>Federation Title</b>

**Authorizing Federation Agent/Officer**

Name: \_\_\_\_\_ Street: \_\_\_\_\_ Zipcode: \_\_\_\_\_

City: \_\_\_\_\_ Country: \_\_\_\_\_ Tel./fax: \_\_\_\_\_



International Powerlifting Federation (IPF) ° North American Powerlifting Federation (NAPF) ° Mexican Powerlifting Federation (FEMEPO)

### 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



International Powerlifting Federation (IPF) ° North American Powerlifting Federation (NAPF) ° Mexican Powerlifting Federation (FEMEPO)

## 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 Mexico, 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 Mexico. 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