



Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation, the South American Powerlifting Federation, and the Costa Rica Powerlifting Association invite all IPF member federations to the:

**10th NAPF / FESUPO Pan-American Regional Bench Press Championships and
18th Annual NAPF North American Regional Bench Press Championships
Barcelo San Jose: San Jose, Costa Rica.
October 30 – November 02, 2024**

Contest Director:	Manuel “Manolo” Campos, Costa Rica Powerlifting Association (ADELEPO) / adelepo.cr@gmail.com / Telephone +506.8868.7619
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 1 st , 2 nd and 3 rd 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:	San Jose, Costa Rica
Date of Event:	October 30 – November 02, 2024
Hotel Rates:	Barceló San José, San José, Costa Rica. A. Single Room, US\$ 151.53 (taxes included) B. Double Room, US\$ 198.55 (taxes included) C. Triple Room, US\$ 280.06 (taxes included) D. Quadruple Room US\$ 356.35 (taxes included) • Breakfast and lunch BUFFET is included.
Hotel bookings:	The organizer will be responsible for the hotel bill of the participating nations. providing an invoice per nation. The following credit and debit cards will be accepted: VISA and MasterCard (American Express will not be accepted); Cash payments will not be accepted. All rooms must be booked before the final nomination NLT September 30, 2024 . After the deadline the organizer cannot guarantee room accommodations at the group rate. Reservations must be made to the following email: napf.costarica.2024@gmail.com
Hotel Location:	The hotel has an excellent location at just 15 minutes from the Juan Santamaría International Airport (SJO).
Airport:	Juan Santamaría International Airport.
Airport Transport:	Transportation will be free of charge, provided by the hotel. Send the attached form NLT September 25, 2024. After the deadline the organizer cannot guarantee transportation.
Scales:	The official scale will be made available on Wednesday morning, October 30, 2024.
National Anthem:	National Anthems will be played for the open division 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 at \$25.00 (USD).
Technical Meeting:	Wednesday, October 30, 2024 at 1700 hrs at the Aguamarina Ballroom.
Opening Ceremony:	Thursday, October 31, 2024 at 0930 hrs at the Greco 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 Greco Ballroom. Tickets must be purchased by each nation before September 25, payable in cash at the accreditation.
NAPF Web-site:	https://www.powerlifting-napf.com/

Hugo Velásquez
President, NAPF

Julio Conrado
President, FESUPO

Manuel Campos
President, ADELEPO

Robert Keller
NAPF Championship Secretary



Provisional Timetable of Events

Updated on July 31, 2024

October 30, 2024	Arrival of Athletes/Officials	0900 hrs
October 30, 2024	Athlete/Officials Accreditation	0900 hrs
October 30, 2024	Technical Meeting / Referee Meeting	1700 hrs
October 31, 2024	Weigh-in: Classic Masters	
	Men 59 kg – 83 kg	0800 hrs
October 31, 2024	Opening Ceremony	0930 hrs
October 31, 2024	Lifting: Classic Masters	
	Men 59 kg – 83 kg	1000 hrs
October 31, 2024	Victory Ceremony	1130 hrs
October 31, 2024	Weigh-in: Classic Masters	
	Women 47 kg – 84+ kg	1100 hrs
October 31, 2024	Lifting: Classic Masters	
	Women 47 kg – 84+ kg	1300 hrs
October 31, 2024	Victory Ceremony	1430 hrs
October 31, 2024	Weigh-in: Classic Masters	
	Men 93 kg – 120+ kg	1400 hrs
October 31, 2024	Lifting: Classic Masters	
	Men 93 kg – 120+ kg	1600 hrs
October 31, 2024	Victory Ceremony	1730 hrs
October 31, 2024	Media Press Conference	1800 hrs
November 1, 2024	Weigh-in: Classic Junior/Sub Junior/Open	
	Men 53 kg – 83 kg	0800 hrs
November 1, 2024	Lifting: Classic Junior/Sub Junior/Open	
	Men 53 kg – 83 kg	1000 hrs
November 1, 2024	Victory Ceremony	1130 hrs
November 1, 2024	Weigh-in: Classic Junior/Sub Junior/Open	
	Women 43 kg – 84+ kg	1100 hrs
November 1, 2024	Lifting: Classic Junior/Sub Junior/Open	
	Women 43 kg – 84+ kg	1300 hrs
November 1, 2024	Victory Ceremony	1430 hrs
November 1, 2024	Weigh-in: Classic Junior/Sub Junior/Open	
	Men 93 kg – 120+ kg	1400 hrs
November 1, 2024	Lifting: Classic Junior/Sub Junior/Open	
	Men 93 kg – 120+ kg	1600 hrs
November 1, 2024	Victory Ceremony	1730 hrs
November 1, 2024	Media Press Conference	1800 hrs



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November 2, 2024	Weigh-in: Equipped – All weight classes	
	Women 43 kg – 84+ kg	0800 hrs
November 2, 2024	Lifting: Equipped	
	Women 43 kg – 84+ kg	1000 hrs
November 2, 2024	Victory Ceremony	1200 hrs
November 2, 2024	Weigh-in: Equipped – All weight classes	
	Men 53 kg – 120+ kg	1130 hrs
November 2, 2024	Lifting: Equipped	
	Men 53 kg – 120+ kg	1330 hrs
November 2, 2024	Victory Ceremony	1530 hrs
November 2, 2024	Media Press Conference	1600 hrs
November 2, 2024	Banquet/Closing Ceremonies	1900 hrs
November 3, 2024	Sightseeing Tours	0900 hrs
November 4, 2024	Departure of all Delegations	0900 hrs

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 September 25, 2024 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 accredited athletes, coaches, officials, and referees nominated by their national federation must stay in the official hotel(s) designated by the organizer. An accreditation badge shall not be issued to a nominated athlete, coach, official or referee that is not staying in the hotel. Additionally, the issued credential shall match the number of days they will be officially participating in the event. If an athlete, coach, referee or official does not stay in the hotel, they shall not receive accreditation and shall be excluded from the event. (IPF By-laws 14.4).** 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 Wednesday, October 30, 2024, at 1700 hrs. 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 **September 30, 2024** 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.



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

Official Nomination Form

**10th NAPF / FESUPO Pan-American Regional Bench Press Championships and
18th Annual NAPF North American Regional Bench Press Championships
Barcelo San Jose: San Jose, Costa Rica.
October 30 – November 02, 2024**

Preliminary: <u>August 30, 2024</u>	Not Participating: <u>August 30, 2024</u>	Final: <u>September 30, 2024</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 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



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

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) ° 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+

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) ° 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

Nominations – Classic Women’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) ° 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 Costa Rica, 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 Costa Rica. 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