



Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation and Powerlifting America invites all IPF/NAPF member federations to the:

21st Annual IPF/NAPF North American Regional Powerlifting Championships

Embassy Suites by Hilton Scottsdale
Scottsdale, Arizona, United States of America

August 4-10, 2024

Contest Director: Miryam Elm / wadestrengthsystems@gmail.com Telephone/WhatsApp +1 602.717. 3871
Championship Sec: Robert Keller / rhk@verizon.net / Telephone: +1 (954) 790-2249
Secretary General: Alex Alvarado / alexalvaradoalvarado@yahoo.com /Tel: +1 (787) 607-0132
Technical Secretary: Bill Clayton / claytonw@ptd.net / Telephone: +1 (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: Scottsdale, Arizona, United States of America
Date of Event: August 4-10, 2024
Hotel Rates & Meals: Embassy Suites by Hilton Scottsdale
 5001 N. Scottsdale Road, Scottsdale, Arizona 85250 USA
 1. Two room suit 1 king: \$141.39 (USD) per night, Tax Included.
 2. Two double beds: \$141.39 (USD) per night, Tax Included.
Notes: 1) Includes free breakfast and a complimentary evening reception
 2) Two room suites with mini kitchens include a separate bedroom, kitchen with microwave, sink, mini refrigerator and dining table. Each suite has a couch and TV in a separate living room.
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 June 30, 2024.** After the deadline the organizer cannot guarantee room accommodations at the group rate. All hotel reservations must be done through the following link:
[Reservation at Embassy Suites by Hilton Scottsdale](#)
Airport: Sky Harbor International Airport Phoenix, Arizona (PHX) (10 miles from venue/hotel)
Airport Transport: Shuttle Transportation will be provided from Sky Harbor International Airport to the Hotel/Venue. \$40 (USD) one way \$80 (USD) roundtrip. Transportation should be reserved in advance. Complete the following link before July 4, 2024:
<https://www.wadestrengthsystems.com/transport-booking>.
 Transportation requested after the deadline will have an additional charge.
Scales: The official scale will be available from Sunday, August 4, 2024. The scale will be available from 0600 hrs to 2200 hrs at the McDowell Ballroom, across from outside elevator.
Training Room: McDowell Room across from outside elevator, next to the scale room
 Available from 0600 hrs – 2200 hrs August 4 - August 10
National Anthem: National Anthems will be played for the open division class winners only.
Participation Fee: \$100.00 (USD) per lifter – **Payable to NAPF**
Anti-Doping Fee: \$70.00 (USD) per lifter – **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 (discounted multi-day passes will be available). Link: [Spectator Tickets](#)
Technical Meeting: Sunday, August 4, 2024 at 1300 hrs @ Camelback Ballroom
Opening Ceremony: Sunday, August 4, 2024 at 1900 hrs at the venue
Credentials: Nominated athletes, coaches, officials, and referees will be granted access free of charge.
Banquet Price: **\$45.00 (USD)** per person at 1900 hrs @ Conference Center. Link: [Banquet Tickets](#)
Web-site Info: <https://www.wadestrengthsystems.com/info-page>
NAPF website: www.powerlifting-napf.com

Hugo Velasquez President, NAPF	Alex Alvarado Secretary General, NAPF	Miryam Elm Contest Director, PA, USA	Robert Keller NAPF Championship Secretary
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Provisional Timetable of Events

Day	Event			Start
August 3, 2024	Accreditation			09:00
August 4, 2024	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
August 4, 2024	Opening Ceremony @ Venue			19:00
Day	Weigh-in Time	Classes		Start
August 5, 2024	07:00 – 08:30	Special Olympians	All Categories	09:00
	12:00 – 13:30	Classic Women	43 kg – 57 kg	14:00
August 6, 2024	07:00 – 08:30	Classic Women	63 kg – 69 kg	09:00
	12:00 – 13:30	Classic Men	59 kg – 74 kg	14:00
August 7, 2024	07:00 – 08:30	Classic Women	76 kg	09:00
	12:00 – 13:30	Classic Men	83 kg	14:00
August 8, 2024	07:00 – 08:30	Classic Women	84 kg – 84+ kg	09:00
	12:00 – 13:30	Classic Men	93 kg	14:00
August 9, 2024	07:00 – 08:30	Classic Men	105 kg – 120+ kg	09:00
	12:00 – 13:30	Equipped Women	All Categories	14:00
August 10, 2024	08:00 – 9:30	Equipped Men	All Categories	10:00
August 10, 2024	Farewell Banquet			19:00
August 11, 2024	Sightseeing Tours			09:00
August 11/12, 2024	Departure of Delegations			09:00

Note: The Timetable of Events will be updated based on final nominations.



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 June 30, 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).
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 4, 2024, 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 4, 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 | North American Powerlifting Federation | Powerlifting America

Official Nomination Form

21st Annual IPF/NAPF North American Regional Powerlifting Championships

Embassy Suites by Hilton Scottsdale
 Scottsdale, Arizona, United States of America
 August 4-10, 2024

<u>Preliminary: June 4, 2024</u>	<u>Not Participating: June 4, 2024</u>	<u>Final: July 4, 2024</u>
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The preliminary and final nomination form must be sent to (both):

Robert Keller / Email: rhk@verizon.net / Telephone: 1 (954) 790 - 2249

Alex Alvarado (Spanish Speaker)/ 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



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NORTH AMERICAN CHAMPIONSHIP

Nominations – Women’s Special Olympics

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



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 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 – 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 – 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 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 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

Address for contact:

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

