



International Powerlifting Federation (IPF) ° North American Powerlifting Federation (NAPF) ° Panama Powerlifting Federation

Official Invitation

**The International Powerlifting Federation, the North American Powerlifting Federation and the Panama Powerlifting Federation invites all IPF/NAPF member federations to the:
19th Annual NAPF North American Regional Bench Press Championships
Hotel El Panama by Faranda Grand – Panama City, Panama
October 22 – 25, 2025**

Contest Director: Jacques Tibi / powerliftingpty@gmail.com / Telephone: +507.214.4353
Cellphone/WhatsApp: +507.6747.5604

Contest/Federation Contact: Gabriela Cigaran / nafpanama@gmail.com Telephone/WhatsApp: +507.6467.9227

Contest Hotel Contact: Lina Noblesilla / grupos.panama@farandahotels.com / Telephone: +507.215.9432

Championship Sec: Robert Keller / robert.keller@powerlifting.sport / Telephone: +1.954.790.2249

Secretary General: Alex Alvarado (Spanish Speaker) / 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: Panama City, Panama

Date of Event: October 22 – 25, 2025

Hotel Rates & Meals: **Hotel El Panama by Faranda Grand – Panama City, Panama**
Four (4) Hotel Room Options:
1. Single Room: \$145.20.00 (USD) per night, Tax Included.
2. Double Room King/Twin: \$180.40 (USD) per night, Tax Included.
3. Triple Room King with Sofa Bed: \$215.60 (USD) per night, Tax Included.
4. Quadruple King/Twin: \$250.80 (USD) per night, Tax Included.
Each room comes with a complimentary breakfast and lunch buffet.

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 22, 2025.** After the deadline the organizer cannot guarantee room accommodations at the group rate. All hotel reservations must be done through the following link:
<https://docs.google.com/forms/d/e/1FAIpQLSchy4EmGvAIIbj0MpUcVxMkfoU8JxwN4o8TyFIDR5GB8sd2w/viewform>

Tourism Link: www.visitpanama.com

Airport: Tocumen International Airport (PTY).

Airport Transport: Transportation will be provided from the Panama City Airport (PTY). Cost per person, \$25.00 (USD), each way, \$50.00 (USD) roundtrip. Options like Uber and Cabify are also available.

Scales: The official scale will be made available on Wednesday morning, October 22, 2025.

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: \$80.00 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 22, 2025 at 1700 hrs at the Manuel Amador Guerrero Conference Room.

Opening Ceremony: Thursday, October 23, 2025 at 0930 hrs at the Grand Centenario Ballroom (venue).

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 Centenario Ballroom (venue). Tickets must be purchased by each nation before September 18, payable in cash at the accreditation.

NAPF Web-site: <https://www.powerlifting-napf.com/>

Hugo Velásquez President, NAPF	Alex Alvarado Secretary General, NAPF	Jaques Tibi President, FPP	Robert Keller NAPF Championship Secretary
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Provisional Timetable of Events

October 22, 2025	Arrival of Athletes/Officials	0900 hrs
October 22, 2025	Athlete/Officials Accreditation	0900 hrs
October 22, 2025	Technical Meeting / Referee Meeting	1700 hrs
October 23, 2025	Weigh-in: Para-Powerlifting, Special Olympians and Youth	0800 hrs
October 23, 2025	Opening Ceremony	0900 hrs
October 23, 2025	Lifting: Para-Powerlifting, Special Olympians, and Youth	1000 hrs
October 23, 2025	Victory Ceremony	1130 hrs
October 23, 2025	Weigh-in: Classic Masters Men 59 kg – 83 kg	1100 hrs
October 23, 2025	Lifting: Classic Masters Men 59 kg – 83 kg	1300 hrs
October 23, 2025	Victory Ceremony	1400 hrs
October 23, 2025	Weigh-in: Classic Masters Women 47 kg – 84+ kg	1300 hrs
October 23, 2025	Lifting: Classic Masters Women 47 kg – 84+ kg	1500 hrs
October 23, 2025	Victory Ceremony	1600 hrs
October 23, 2025	Weigh-in: Classic Masters Men 93 kg – 120+ kg	1500 hrs
October 23, 2025	Lifting: Classic Masters Men 93 kg – 120+ kg	1700 hrs
October 23, 2025	Victory Ceremony	1800 hrs
October 24, 2025	Weigh-in: Classic Sub-Junior/Junior/Open Men 53 kg – 83 kg	0800 hrs
October 24, 2025	Lifting: Classic Sub Junior/Junior/Open Men 53 kg – 83 kg	1000 hrs
October 24, 2025	Victory Ceremony	1130 hrs
October 24, 2025	Weigh-in: Classic Sub-Junior/Junior/Open Women 43 kg – 84+ kg	1100 hrs
October 24, 2025	Lifting: Classic Sub Junior/Junior/Open Women 43 kg – 84+ kg	1300 hrs
October 24, 2025	Victory Ceremony	1430 hrs
October 24, 2025	Weigh-in: Classic Sub Junior/Junior/Open Men 93 kg – 120+ kg	1400 hrs
October 24, 2025	Lifting: Classic Sub-Junior/Junior/Open Men 93 kg – 120+ kg	1600 hrs
October 24, 2025	Victory Ceremony	1730 hrs
October 25, 2025	Weigh-in: All Equipped Women 43 kg – 84+ kg	0800 hrs
October 25, 2025	Lifting: All Equipped Women 43 kg – 84+ kg	1000 hrs
October 25, 2025	Victory Ceremony	1100 hrs
October 25, 2025	Weigh-in: All Equipped Men 53 kg – 120+ kg	1130 hrs
October 25, 2025	Lifting: All Equipped Men 53 kg – 120+ kg	1330 hrs
October 25, 2025	Victory Ceremony	1530 hrs
October 25, 2025	Banquet/Closing Ceremonies	1900 hrs
October 26, 2025	Sightseeing Tours	0900 hrs
October 27, 2025	Departure of all Delegations	0900 hrs



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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 18, 2025 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 Wednesday, October 22, 2025, 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 22, 2025** 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

**19th Annual NAPF North American Regional Bench Press Championships
Hotel El Panama by Faranda Grand – Panama City, Panama
October 22 – 25, 2025**

<u>Preliminary: August 22, 2025</u>	<u>Not Participating: August 22, 2025</u>	<u>Final: September 22, 2025</u>
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The preliminary and final nomination form must be sent to (both):

Robert Keller / Email: robert.keller@powerlifting.sport / 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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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.

Name [complete]	Federation Title

Authorizing Federation Agent/Officer

Name: _____ Street: _____ Zipcode: _____

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



International Powerlifting Federation (IPF) ° North American Powerlifting Federation (NAPF) ° Panama Powerlifting Federation

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) ° Panama Powerlifting Federation

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 Panama, 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 Panama. 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