



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

## Official Invitation

**The International Powerlifting Federation, the North American Powerlifting Federation, the South American Powerlifting Federation, and the Belize Powerlifting Association invites all IPF/NAPF/FESUPO member federations to the:**

**11<sup>th</sup> NAPF/FESUPO Pan American Regional Bench Press Championships  
and the 20<sup>th</sup> Annual NAPF North American Regional Bench Press Championships  
Belize Biltmore Plaza, Belize City, Belize  
October 28 – 31, 2026**

**Contest Director:** Khalid Usher / [belizepowerliftingassociation@gmail.com](mailto:belizepowerliftingassociation@gmail.com) / Tel & WA: +501 667-2091  
**Championship Sec:** Robert Keller / [robert.keller@powerlifting.sport](mailto:robert.keller@powerlifting.sport) / Telephone: +1.954.790.2249  
**Secretary General:** Alex Alvarado (Spanish Speaker) / [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 and age groups (Open, Sub Junior, Junior and Masters)

**Awards:** Medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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. Medals 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:** Belize City, Belize  
**Date of Event:** October 28 – 31, 2026  
**Hotel Rates & Meals:** **Belize Biltmore Plaza**  
**Mile 3 Philip Goldson Highway, Belize City, Belize C.A**  
 Room options (Tax Included):

- Deluxe Single/Double: USD 169.46
- Deluxe Single with breakfast buffet: USD 185.39
- Deluxe Double with breakfast: USD 201.31

For reservations, use Group Code - 7930 - to secure the special rate.  
 Note: SPECIAL HOTEL RATE: Each additional person incurs a US\$15 charge per person plus tax. Maximum of 4 people per room, Roll-a-way beds are available at US\$15 per bed per night + tax.  
**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 28, 2026.** After the deadline the organizer cannot guarantee room accommodations at the group rate.  
 Reservations Link: [RESERVATIONS](#)

Contact: [reservations@biltmore.com](mailto:reservations@biltmore.com) for any issues or queries concerning bookings  
 Philip S.W. Goldson International Airport (BZE).  
**Airport:**  
**Airport Transport:** Transportation will be provided from the Belize City Airport (BZE). Cost per person, \$10.00 (USD), each way, \$20.00 (USD) roundtrip.  
**Scales:** The official scale will be made available on Wednesday morning, October 28, 2026.  
**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:** \$90.00 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:** \$10.00 (USD) Adults / \$5.00 (USD) Kids per day.  
**T-Shirt:** Championship T-shirts will be available at \$25.00 (USD).  
**Technical Meeting:** Wednesday, October 28, 2026 at 1700 hrs at the Pink Ginger Room.  
**Opening Ceremony:** Thursday, October 29, 2026 at 0930 hrs at the River Hall Ballroom (venue).  
**Credentials:** Nominated athletes, coaches, officials, and referees will be granted access free of charge.  
**Banquet Price:** \$50.00 (USD) per person. The Banquet will be held at the River Hall Ballroom (venue).  
**NAPF Web-site:** <https://www.powerlifting-napf.com/>

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<b>Hugo Velásquez</b> President, NAPF	<b>Julio Conrado</b> President, FESUPO	<b>Khalid Usher</b> President, BPA	<b>Alex Alvarado</b> Sec. General, NAPF	<b>Robert Keller</b> Championship Secretary, NAPF
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## Provisional Timetable of Events

October 28, 2026	Arrival of Athletes/Officials	0900 hrs
October 28, 2026	Athlete/Officials Accreditation	0900 hrs
October 28, 2026	Technical Meeting / Referee Meeting	1700 hrs
October 29, 2026	Weigh-in: Para-Powerlifting, Special Olympians and Youth	0800 hrs
October 29, 2026	Opening Ceremony	0900 hrs
October 29, 2026	Lifting: Para-Powerlifting, Special Olympians, and Youth	1000 hrs
October 29, 2026	Victory Ceremony	1130 hrs
October 29, 2026	Weigh-in: Classic Masters Men 59 kg – 83 kg	1100 hrs
October 29, 2026	Lifting: Classic Masters Men 59 kg – 83 kg	1300 hrs
October 29, 2026	Victory Ceremony	1400 hrs
October 29, 2026	Weigh-in: Classic Masters Women 47 kg – 84+ kg	1300 hrs
October 29, 2026	Lifting: Classic Masters Women 47 kg – 84+ kg	1500 hrs
October 29, 2026	Victory Ceremony	1600 hrs
October 29, 2026	Weigh-in: Classic Masters Men 93 kg – 120+ kg	1500 hrs
October 29, 2026	Lifting: Classic Masters Men 93 kg – 120+ kg	1700 hrs
October 29, 2026	Victory Ceremony	1800 hrs
October 30, 2026	Weigh-in: Classic Sub-Junior/Junior/Open Men 53 kg – 83 kg	0800 hrs
October 30, 2026	Lifting: Classic Sub Junior/Junior/Open Men 53 kg – 83 kg	1000 hrs
October 30, 2026	Victory Ceremony	1130 hrs
October 30, 2026	Weigh-in: Classic Sub-Junior/Junior/Open Women 43 kg – 84+ kg	1100 hrs
October 30, 2026	Lifting: Classic Sub Junior/Junior/Open Women 43 kg – 84+ kg	1300 hrs
October 30, 2026	Victory Ceremony	1430 hrs
October 30, 2026	Weigh-in: Classic Sub Junior/Junior/Open Men 93 kg – 120+ kg	1400 hrs
October 30, 2026	Lifting: Classic Sub-Junior/Junior/Open Men 93 kg – 120+ kg	1600 hrs
October 30, 2026	Victory Ceremony	1730 hrs
October 31, 2026	Weigh-in: All Equipped Women 43 kg – 84+ kg	0800 hrs
October 31, 2026	Lifting: All Equipped Women 43 kg – 84+ kg	1000 hrs
October 31, 2026	Victory Ceremony	1100 hrs
October 31, 2026	Weigh-in: All Equipped Men 53 kg – 120+ kg	1130 hrs
October 31, 2026	Lifting: All Equipped Men 53 kg – 120+ kg	1330 hrs
October 31, 2026	Victory Ceremony	1530 hrs
October 31, 2026	Banquet/Closing Ceremonies	1900 hrs
November 1, 2026	Sightseeing Tours	0900 hrs
November 2, 2026	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 National Federation needs to have a login and a password to access the system. If your National Federation does not have access yet, please contact Alex Alvarado 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 28, 2026 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 28, 2026, 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 28, 2026 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 Streamed via YouTube.



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**Official Nomination Form**

**11<sup>th</sup> NAPF/FESUPO Pan American Regional Bench Press Championships  
 and the 20<sup>th</sup> Annual NAPF North American Regional Bench Press Championships  
 Belize Biltmore Plaza, Belize City, Belize  
 October 28 – 31, 2026**

<b>Preliminary: <u>August 28, 2026</u></b>	<b>Not Participating: <u>August 28, 2026</u></b>	<b>Final: <u>September 28, 2026</u></b>
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**The preliminary and final nomination form must be sent to (both):**

Robert Keller / Email: [robert.keller@powerlifting.sport](mailto:robert.keller@powerlifting.sport) / 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, 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**




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**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**




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**Nominations – Equipped Men’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 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**




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**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**




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**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**




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**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**




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**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**




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**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**




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**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**




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**Nominations – Classic Women’s Junior**

Wt. Class	Last name	Name	DOB	Bench	International Titles

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**Nominations – Classic Women’s Masters I / 40+**

Wt. Class	Last name	Name	DOB	Bench	International Titles

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**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**




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**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**






