



## Official Invitation

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

### 23<sup>rd</sup> Annual IPF/NAPF North American Regional Powerlifting Championships

Sheraton Hotel Newfoundland

St. John's, Newfoundland and Labrador, Canada

August 2-8, 2026

**Contest Directors:** Jeff Butt and Larry Walsh / [strongontherock26@gmail.com](mailto:strongontherock26@gmail.com) / Tel: +1 (709) 597-2945  
**Championship Sec:** Robert Keller / [robert.keller@powerlifting.sport](mailto:robert.keller@powerlifting.sport) / Telephone: +1 (954) 790-2249  
**Secretary General:** Alex Alvarado / [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 Technical Secretary:** Justin Smith / [justinsmith902@gmail.com](mailto:justinsmith902@gmail.com) / Tel: +1 (902) 439-7978  
**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. 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:** St. John's, Newfoundland and Labrador, Canada

**Date of Event:** August 2-8, 2026

**Hotel Rates & Meals:** Sheraton Hotel Newfoundland

115 Cavendish Square, St. John's, NL, Canada A1C 3K2

1. Sheraton City

Single \$195 (USD)/ Double \$205 (USD)/ Triple \$215 (USD)/ Quad \$225 (USD)

Breakfast is included.

2. Harbour Deluxe

Single \$210 (USD) / Double \$220 (USD)/ Triple \$230 (USD)/ Quad \$240 (USD)

Breakfast is 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 June 30, 2026.** After the deadline the organizer cannot guarantee room accommodations at the group rate. All hotel reservations must be done through [Book your group rate for NAPF 2026](#)

**Airport:** St. John's, Newfoundland and Labrador (YYT) **Important note:** not St. John, New Brunswick.

**Airport Transport:** There will be a shuttle for \$20 (USD), return and taxis at the airport door at all times. Taxis cost is around \$15 (USD) each way. The Hotel is approximately 10-12 Minutes from the airport.

**Scales:** The official scale will be available at Avalon Room from Friday, July 31, 2026.

**Training Room:** 3 - 4 platforms will be available for training at the Garrison and Single Room. The room is located at the back of the venue. Available from 0600 hrs – 2200 hrs August 1 - August 7

**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:** \$90.00 (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:** \$5.00 (USD) per Session (discounted multi-session passes will be available).

**Technical Meeting:** Sunday, August 2, 2026 at 1300 hrs @ Oppidan Room

**Opening Ceremony:** Sunday, August 2, 2026 at 1900 hrs at Fort William Ballroom.

**Credentials:** Nominated athletes, coaches, officials, and referees will be granted access free of charge.

**Banquet Price:** **\$50.00 (USD)** per person at 1900 hrs @ Fort William Ballroom.

**Web-site Info:** Coming soon. Please direct questions to [strongontherock26@gmail.com](mailto:strongontherock26@gmail.com)

**NAPF website:** [www.powerlifting-napf.com](http://www.powerlifting-napf.com)

Hugo Velasquez  
President, NAPF

Alex Alvarado  
Secretary General, NAPF

Jeff Butt & Larry Walsh  
Contest Directors, CP

Robert Keller  
NAPF Championship Secretary



**Provisional Timetable of Events**

Day	Event		Start	
August 1, 2026	Accreditation		09:00	
August 2, 2026	Accreditation		09:00	
	NAPF General Assembly		10:00	
	Technical Meeting – Lifter Nominations – Coaches Meeting		13:00	
	Referee Meeting – Platform Assignments		14:00	
	Referee Written Examination (English and Spanish)		14:30	
	Opening Ceremony @ Venue		19:00	
Day	Weigh-in Time	Classes	Start	
August 3, 2026	07:00 – 08:30	Special Olympians	All Categories	09:00
	12:00 – 13:30	Classic Women	43 kg – 57 kg	14:00
August 4, 2026	06:30 – 08:00	Classic Women	63 kg – 69 kg	08:30
	11:00 – 12:30	Classic Men	59 kg – 66 kg	13:00
	15:30 – 17:00	Classic Men	74 kg	17:30
August 5, 2026	07:00 – 08:30	Classic Women	76 kg	09:00
	13:00 – 14:30	Classic Men	83 kg	15:00
August 6, 2026	07:00 – 08:30	Classic Women	84 kg – 84+ kg	09:00
	13:00 – 14:30	Classic Men	93 kg – 105 kg	15:00
August 7, 2026	07:00 – 08:30	Classic Men	120 kg – 120+ kg	09:00
	13:00 – 14:30	Equipped Women	All Categories	15:00
August 8, 2026	08:00 – 9:30	Equipped Men	All Categories	10:00
August 8, 2026	Farewell Banquet		19:00	
August 9, 2026	Sightseeing Tours		09:00	
August 9/10, 2026	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 June 30, 2026, 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 2, 2026, 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 2, 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 Stream via the internet.



International Powerlifting Federation | North American Powerlifting Federation | Canada Powerlifting

**Official Nomination Form**

**23<sup>rd</sup> Annual IPF/NAPF North American Regional Powerlifting Championships**  
Sheraton Hotel Newfoundland  
St. John's, Newfoundland and Labrador, Canada  
August 2-8, 2026

<b><u>Preliminary: June 2, 2026</u></b>	<b><u>Not Participating: June 2, 2026</u></b>	<b><u>Final: July 2, 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: 1 (954) 790 - 2249

Alex Alvarado (Spanish Speaker)/ [alexalvaradoalvarado@yahoo.com](mailto: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: \_\_\_\_\_



