



International Powerlifting Federation (IPF)  
North American Powerlifting Federation (NAPF)  
USA Powerlifting (USAPL)

## Official Invitation

### 2006 IPF World Master's Bench Press Championships 2006 Pan-American Master's Bench Press Championships

Contest Director: Robert Keller - [rhk@verizon.net](mailto:rhk@verizon.net) / +1.954.790.2259 (Cell) / Fax: +1.954.301.3344  
Technical Secretary: Bill Clayton - [clayton@blast.net](mailto:clayton@blast.net) / +1.908.496.4172 (Home)  
Championship Sec: Gaston Parage - [gparage@vo.lu](mailto:gparage@vo.lu) / +352.584744 (Home) / +352.021165214 (Cell)  
Host Federation: USA Powerlifting - <http://www.usapowerlifting.com>

<b>Awards:</b>	Medals for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place for each weight class for both the Pan-American and World Masters Bench Press Championships. Champion of Champion awards shall be given to the best overall male and female lifter according to the Wilks Formula for all masters groups. Trophies will be awarded to the top three men and women's teams for each age group, and certificates will be given to all participants, coaches, and officials.
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**Host City:** Miami, Florida (USA)  
**Dates of Event:** April 19-22, 2006  
**Venue:** Ashe Auditorium – James L Knight Performing Arts Center  
**Hotel:** Hyatt Regency Hotel [Miami, Florida] - <http://miamiregency.hyatt.com>  
Telephone: +1.305.358.1234 \* Fax: +1.305.358.0529

<b>Hotel/Venue</b>	<i>Special Note of Importance:</i> Hyatt Regency Hotel and JL Knight – Ashe Performing Arts Center are <u>connected</u> together. No transport from the Hyatt Regency Hotel to the JL Knight Ashe Performing Arts Center is required.
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**Hotel bookings:** All team members are responsible for their hotel expenses. The organiser of this event will not pay for any hotel accommodations. Team managers will be responsible for all unpaid bills. Hotel Reservations MUST be sent via the Hotel Booking Form.

**Hotel rates:** Rates for hotel rooms will be:  
**Category 1:** \$141.25 [USD] per night, per person, for 1 person per room  
**Category 2:** \$70.63 [USD] per night, per person, for 2 people per room  
**Category 3:** \$56.50 [USD] per night, per person, for 3 people per room  
**Category 4:** \$49.44 [USD] per night, per person, for 4 people per room

- Complete European Style Buffet Breakfast - costs \$20.17 [USD] per day, per person
- The hotel and buffet rates include all taxes

**Airport:** Miami International Airport - <http://www.miami-airport.com/>  
**Transport:** Hotel is eight (8) miles from the airport. Super Shuttle [Tel: +1.305.871.2000] will provide transportation to the Hyatt Regency Hotel for a cost of \$11.00 [USD] per person. <http://www.supershuttle.com>

**Scales:** Scale will be available at the Hyatt Regency Hotel.

**National Flag:** Each nation must provide its national flag - Approximate size 1.5 m x 1.0 m.

**National Anthem:** Each nation must also provide its national anthem on an audiocassette tape or CD.

**Participation-fee:** 15.00 €Euro per lifter

**Anti-Doping Fee:** 50.00 €Euro per lifter

**Banquet:** 25.00 €Euro per person [Buffet]

**Drug-Waiver Form:** Each lifter will be required present the IPF Doping form at the weigh-in.

**Spectator Fee:** Admission: \$10.00 [USD] per day.

**Technical Meeting:** Wednesday, April 19, 2006 at 5:00pm, Hyatt Regency Hotel – Miami

**Opening Ceremony:** Thursday, April 20, 2006 at 10:00am, in the Ashe Auditorium/JL Knight Center

**Web-site Info:** <http://www.powerlifting-ipf.com>  
<http://www.ipfworlds.com/mastersbench/index.html>



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**Provisional Timetable of Events**

<b><u>Date</u></b>	<b><u>Location</u></b>	<b><u>Event</u></b>	<b><u>Hours</u></b>
<b>Tuesday, April 18, 2006</b>	Hyatt Hotel	Accreditation	09:00 – 17:00
<b>Wednesday, April 19, 2006</b>	Hyatt Hotel	Athlete Accreditation	09:00 – 17:00
<b>Wednesday, April 19, 2006</b>	Hyatt Hotel	Technical Meeting	17:00 – 19:00
<b>Thursday, April 20, 2006</b>	Ashe Auditorum	Opening Ceremony	10:00 – 11:00
<b>Saturday, April 22, 2006</b>	Hyatt Hotel	Banquet	19:00 – 21:00
<b><u>Date</u></b>	<b><u>Weigh-in</u></b>	<b><u>Classes</u></b>	<b><u>Start competition</u></b>
<b>Thursday, April 20, 2006</b>	09:00 – 10:30	Women M2: All classes	11:00
	11:30 – 13:00	Women M1: All classes	13:30
	14:00 – 15:30	Men M3: All classes	16:00
	17:00 – 18:30	Masters 2: 52,0kg – 67,5kg	19:00
<b>Friday, April 21, 2006</b>	09:00 – 10:30	Masters 2: 75,0kg – 100,0kg	11:00
	12:00 – 13:30	Masters 2: 110,0kg – +125,0kg	14:00
	16:00 – 17:30	Masters 1: 52,0kg – 67,5k	18:00
<b>Saturday, April 22, 2006</b>	08:00 – 09:30	Masters 1: 75,0kg – 90,0kg	10:00
	11:00 – 12:30	Masters 1: 100,0kg – +125,0kg	13:00

**Special Notes:**

- 1) Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Wednesday, April 19, 2006, in the Hyatt Regency Hotel.
- 2) All lifters from North, Central and the South America Regions [to include the Caribbean Islands] will automatically be entered in the Pan-American Championships.
- 3) Please apply early for your travel VISAS to the United States of America.
- 4) Awards by presented to the top three lifters, via Wilks Formula, for Men that are 70+ and Women that are 60+.
- 5) Banquet tickets will need to be purchased by no later than Friday, April 21, 2006 at 5:00pm.
- 6) Maximum of 10 Women and 11 Men per age group – Maximum of 2 lifters per class from one country.
- 7) The complete birth date must be provided to the meet director.
- 8) Special cruises and sightseeing tours can be arranged for small or large and groups, and on an individual basis as well.
- 9) *If you send your hotel bookings after the April 01, 2006e, we cannot guarantee that you will get rooms in the official hotels. All Hotel costs must be paid from all nominated lifter and officials which are not cancelled 7 days prior to the championships and the same rule is valid for the participation and anti-doping fees (IPF-By-Laws 106.5.2)*

**Norbert Wallauch**  
**IPF President**

**Robert Keller**  
**Championship Director**

**Gaston Parage**  
**Championship Secretary**

**Dr. Larry Maile**  
**President, NAPF/USAPL**

**Detlev Albrings**  
**IPF General Secretary**

**John Stephenson**  
**Chief, IPF Technical Committee**



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**Official Nomination Form**

The International Powerlifting Federation and USA Powerlifting invite all federations for the  
**IPF Master's World Bench Press Championships**  
**IPF Master's Pan-American Bench Press Championships**  
 19<sup>th</sup> to 22<sup>nd</sup> of April 2006 – Miami, Florida [USA]

<b>Preliminary: 18 February 2006</b>	<b>Not participating: 18 February 2006</b>	<b>Final: 29 March 2006</b>
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The preliminary and final nomination forms must be sent to:  
 Robert Keller – Championship Director at: [rhk@verizon.net](mailto:rhk@verizon.net) or Fax: +954.301.3344, or Tel: +954.790.2249  
 Gaston Parage – Championship Secretary at: [gparage@vo.lu](mailto:gparage@vo.lu) or Fax: +352-582.696, or Tel: +352.021165214

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 \_\_\_\_\_ Arrival \_\_\_\_\_ Flight/train/car

Arrival time: \_\_\_\_\_ On airport/station: \_\_\_\_\_ Flight nr: \_\_\_\_\_

Departure time: \_\_\_\_\_ Time: \_\_\_\_\_ Flight nr: \_\_\_\_\_

We need rooms: \_\_\_\_\_ Single – from – to: \_\_\_\_\_ Double – from – to: \_\_\_\_\_

**Nominations - Men 40+**

Class	Name	Birth Date	Best Bench	International Titles

**Reserve Lifters – Men 40+**


\*Personal best bench during the past 12 months performed at a national or international championship.



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**Nominations - Men 50+**

Class	Name	Birth Date	Best Bench	International Titles

**Reserve Lifters – Men 50+**


**Nominations - Men 60+**

Class	Name	Birth Date	Best Bench	International Titles

**Reserve Lifters – Men 60+**


\*Personal best bench during the past 12 months performed at a national or international championship.



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**Nominations - Women 40+**

Class	Name	Birth Date	Best Bench	International Titles

**Reserve Lifters – Women 40+**


**Nominations - Women 50+**

Class	Name	Birth Date	Best Bench	International Titles

**Reserve Lifters – Women 50+**


\*Personal best bench during the past 12 months performed at a national or international championship.



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**FEDERATION OFFICIALS/COACHES**

**(Maximum three [3] Referees & Coaches per Country)**

Additional coaches' passes will be available for purchase from the contest director.

Name [complete]	Federation Title

**VISA INFORMATION**

If you require a letter of invitation to gain a VISA to enter the United States, please contact me at: [rhk@verizon.net](mailto:rhk@verizon.net)  
**Important:** Your e-mail should include the contact person's name, fax and telephone number(s), their professional title, and complete address. Please include the number of days of travel (arrival and departure dates), your passport number(s), names of parties that will be travelling with you, etc.

**Authorizing Federation Agent/Officer**

Name: \_\_\_\_\_ Street: \_\_\_\_\_ Zipcode: \_\_\_\_\_  
 City: \_\_\_\_\_ Country: \_\_\_\_\_ Tel./fax: \_\_\_\_\_  
 Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_



