



International Powerlifting Federation [IPF]  
USA Powerlifting [USAPL]

## Official Invitation

The International Powerlifting Federation and  
USA Powerlifting invites all IPF member federations to attend the:

### **10<sup>th</sup> IPF Men/Women's World Masters Bench Press Championships** **March 30 -- April 3, 2010 / Orlando, Florida [USA]**

**Contest Director:** Robert Keller: [rhk@verizon.net](mailto:rhk@verizon.net) / Tel: +1-954.790.2249 / Fax: +1-954.301.3344  
**Champ. Secretary:** Gaston Parage: [gparage@vo.lu](mailto:gparage@vo.lu) / Tel: +352-621165214 / Fax: +352-582696  
**Technical Secretary:** Bill Clayton: [claytonw@ptd.net](mailto:claytonw@ptd.net) / Tel: +1-908.496.4172  
**Contest Format:** Standard IPF weight classes and age groups

**Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place for each weight class and age group. The Women's Master III and Men's Masters IV categories will be determined by the Wilks Formula. Trophies will be awarded to the top three teams and three best lifters for each age group with the exception of the Women's Master III and Men's Masters IV age groups. Participation diplomas/certificates will be awarded to all nominated lifters, coaches and referees that take part in the championship.

**Organizer:** USA Powerlifting  
**City:** Orlando, Florida: United States of America  
**Dates of Event:** Tuesday to Saturday, March 30 – April 3, 2010  
**Lifting Venue:** Intercontinental Ballroom / Hyatt Regency Hotel – Orlando, Florida  
**Hotel:** Hyatt Regency Hotel: Orlando International Airport  
Hotel Website: [www.orlandoairport.hyatt.com](http://www.orlandoairport.hyatt.com)  
**Hotel Rates:** **Plan A:** \$109.00 + 12.5%tax = **\$122.63** USD per night for single room/NO buffet breakfast  
**Plan B:** \$109.00 + 12.5%tax = **\$122.63** USD per night for double room/NO buffet breakfast  
**Plan C:** \$109.00 + 12.5% tax + \$18.85 = **\$141.48** USD for single room with buffet breakfast  
**Plan D:** \$109.00 + 12.5% tax + \$37.70 = **\$160.33** USD for double room with buffet breakfast  
All delegations may pay for their rooms by either credit card or in USD when they arrive at the hotel.

**Hotel bookings:** All team managers are responsible for payment of all their hotel expenses. The organizer of this event will not be responsible for payment of hotel accommodations. **In order to receive the discounted rate, please make ALL reservations by sending the Official Hotel Booking Form to Robert Keller by NLT March 08, 2010. No advance payment or deposit will be required.**

**Airport:** Orlando International Airport – Orlando, Florida / Code: MCO  
**Transport:** The Hyatt Regency Hotel is connected directly to the Orlando International Airport. Transport will not be necessary. Please send your arrival and departure information with your nomination form.  
**Scales:** The competition scale will be available beginning on March 28, 2010.  
**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 CD.  
**Participation Fee:** € 30.00 Euros per lifter – *Payable to IPF*  
**Anti-Doping Fee:** € 50.00 Euros per lifter – *Payable to IPF*  
**Anti-Doping:** Each lifter will be required to present official identification [Passport] as well as an IPF Anti-Doping Release Form at the weigh-in.  
**Spectator Fee:** \$5.00 USD per spectator, per day / 4-day passes \$15.00 USD [must be paid in advance]  
**Competition T-shirts:** \$20.00 USD per shirt  
**Technical Meeting:** Tuesday, March 30, 2010 @ 19:00 / Briefing Room – Hyatt Hotel  
**Opening Ceremony:** Wednesday, March 31, 2010 @ 10:00 / Intercontinental Ballroom – Hyatt Hotel  
**Banquet Tickets:** € 25.00 Euros [\$37.00 USD ] per person. Payments are to made in USD.  
**Competition Website:** [www.usaplNationals.com/2010-world-masters-bench-press](http://www.usaplNationals.com/2010-world-masters-bench-press)



**International Powerlifting Federation [IPF]**  
**USA Powerlifting [USAPL]**

**Provisional Timetable of Events**

Day	Location	Event	Room	Start
Monday, March 29, 2010	Hyatt Hotel	Accreditation	Secretariat Office	08:00
Tuesday, March 30, 2010	Hyatt Hotel	Technical Meeting	Briefing Room	19:00
Wednesday, March 31, 2010	Hyatt Hotel	Opening Ceremony	Intercontinental Ballroom	10:00
Wednesday, March 31, 2010	Hyatt Hotel	Competition Start	Intercontinental Ballroom	11:00
Saturday, April 03, 2010	Hyatt Hotel	Competition Close	Intercontinental Ballroom	17:00
Saturday, April 03, 2010	Hyatt Hotel	Farewell Banquet	Regency Ballroom	19:00
Day	Weigh-in Time	Age Group	Weight Class	Start
Wednesday, March 31, 2010	09:00 – 10:30	Men M2-M4	56.00 – 67.50 kg	11:00
	13:00 – 14:30	Women M1-M3	48.00 – 56.00 kg	15:00
	16:30 – 18:00	Men M1	56.00 – 67.50 kg	18:30
Thursday, April 01, 2010	08:30 – 10:00	Men M1-4	75.00 kg	10:30
	12:00 – 13:30	Women M1-M3	60.00 & 67.50 kg	14:00
	15:00 – 16:30	Men M1-3	82.50 kg	17:00
Friday, April 02, 2010	08:30 – 10:00	Women M1-M3	75.00 – 90.00+ kg	10:30
	12:00 – 13:30	Men M1-4	90.00 kg	14:00
	15:00 – 16:30	Men M1-4	100.00 kg	17:00
Saturday, April 03, 2010	08:30 – 10:00	Men M1-4	110.00 kg	10:30
	12:00 – 13:30	Men M1-4	125.00/125.00+	14:00

**Important Items to Remember:**

Preliminary nomination forms must be sent no later than 45 days before the date of the Championship (exception for this championship only, due to being moved from Bulgaria to the United States). Final nominations; however, must be submitted no later than 21 days before the date of the Championship and must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nominations will be accepted).

According Technical Rules [Page 4, item 7] at the final nomination you must definite list the athletes, who will take part in the championship. At the Technical meeting you can only delete athletes from your final nomination or change the weight class of an athlete. The replacement of an athlete through reserve lifters at the Technical meeting shall not possible.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Tuesday, March 30, 2010.

Victory Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

If the organizer does not receive a confirmed cancellations of hotel rooms at least 7 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF-By-Laws 105.5.2).

**Indemnity & Insurance:** All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said World Championships.

<b>Detlev Albrings</b> President, IPF	<b>Gaston Parage</b> Championship Secretary, IPF	<b>Dr. Larry Maile</b> President, USAPL	<b>Robert Keller</b> Championship Director
--	---	--	---