

Official Nomination Form

Preliminary: March 25, 2010

The International Powerlifting Federation and USA Powerlifting invite all member federations to the:

**21st IPF Men/Women's Open World Bench Press Championships
2nd IPF Men/Women's Sub-Junior & Junior World Bench Press Championships
Killeen, Texas, United States of America
May 24 – 29, 2010**

The final nomination form and all correspondence must be sent to:

Original: Meet Director: **Johnny Graham**
Mobile Phone +1.254.338.5597 / Home: +1.254.526.0779 / Fax: +1.254.616.5725 /
E-mail: Grahamj7@aol.com or jtruck52@aol.com

Copy: Championship Secretary: **Gaston Parage**, 1, rue Pasteur, L-4642 Differdange, Luxembourg
Mobile Phone: +352.621.165214 / Fax: +352.582696 / E-mail: gaston.parage@powerlifting-ipf.com

Submitted by JOHAN SMITH National Powerlifting Federation/Association

Submitting officer: JOHAN SMITH Title: VICE PRESIDENT Date: 25-03-2010

Teammanager : _____ Coach: _____

Referee 1: _____ Cat: _____ Available for categories: _____

Referee 2: _____ Cat: _____ Available for categories: _____

Referee 3: _____ Cat: _____ Available for categories: _____

Referee 4: _____ Cat: 1 Available for categories: Only for Jury in case of insufficient # of Cat. 1

Total number of lifters: _____ Total amount of team : _____ Arrival date: _____ Flight/train/car

Arrival time: _____ Airport/station: _____ Flight nr: _____

Departure date: _____ Departure Time: _____ Flight nr: _____

We need rooms: _____ **Single** – from – to: _____ **Double** – from – to: _____

IMPORTANT MESSAGE

**State each lifter's personal best bench press achieved at national or international championship during the previous 12 months.
On the form below, enter the lifter's family name and first name separately into the appropriate column below.
Please, use each lifter's full first name, not his or her nickname**

Nominations -- Men's Open

Weight Class	Family Name	First Name	Birthday	Best Bench Press
MEN – JUNIORS				
67.5 KG	SHIMALISTOS	HARRY	870309	165KG
75 KG	FOURIE	PIETER	881221	160KG
82.5KG	PRETORUIS	SAREL	900208	175KG
90KG	POTGIETER	ETTIENE	860121	192,5KG
90KG	J V RENSBURG	HEINRICH	860527	160KG
MEN – SENIOR				
90KG	ERASMUS	PIETER	701117	230KG
90KG	DU TOIT	DESMOND	821030	180KG
110KG	HURN	PETER	741217	212,5KG
110KG	FEATERSTONE	JONATHAN	830803	207,5KG
125KG	J V RENSBURG	FRANK	801002	215KG
125+KG	DU PLESSIS	VLEIS	780309	215KG
125+KG	V ROOYEN	MARTHINUIS	850403	220KG

IMPORTANT VISA INFORMATION

If you require a letter of invitation to obtain a VISA to enter to the United States please contact Robert Keller by Email: rhk@verizon.net

Important: Your e-mail should include this document which will include the competitor's complete name, birthday, and passport number with the expiration date. The request form above should include the arrival and departure dates to and from the United States. It is very important that you apply as early as possible. Recommendation is to apply no later than 4 months before your trip to the U.S.A.

National Federation – General Secretary

National Federation President/Executive Officer

(Print) National Federation – General Secretary

(Print) National Federation President/Executive Officer