



OFFICIAL INVITATION
The International Powerlifting Federation
and
ADELEPO-CR
invite
the IPF nations to participate in the
IPF World Classic & Equipped Sub-Junior & Junior
Powerlifting Championship

from August 24th – September 5th 2025

in San Jose / Costa Rica

Please note: all information is posted only for information purposes. All team selection, all official entries for the Championships and all hotel bookings must be done by IPF-Member nations, NOT by individuals.

Meet Director: Name: Carlos Manuel Campos Murillo
Address: Pozos, Santa Ana, San José, Costa Rica , 10903.
Phone: +(506) 8868-7619.
E-mail: mcgimnasio@gmail.com

Correspondence, Visa: Name: Zelmira Sandí
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Accommodation and transport: Name: Zelmira Sandí
Phone: +(506) 8309-5430
E-mail: worlds.costarica.2025@gmail.com

Technical Secretary: Name: Alex Alvarado Alvarado
Phone: 1(787) 607-0132
E-mail: alexalvaradoalvarado@yahoo.com

IPF Championship Secretary: Pjotr van den Hoek, 3, route D'Arion, L-8009 Strassen, Luxembourg
Mobile Phone: +31 644094698
E-mail: championshipsecretary@powerlifting.sport

Host City: Cariari, San Jose / Costa Rica

Date: Date from 24th August to 5th of September 2025

Venue: Cocorí Ballroom, DoubleTree by Hilton Cariari, San Antonio de Belén, San José, San José,

Technical Meeting: August 24th 20:00, Cocorí #1 Conference Room, DoubleTree by Hilton Cariari.

Hotel A: Main hotel Name: **DoubleTree by Hilton Cariari**
Address: San Antonio de Belén, San José ,San José, 40703,Cariari
Phone:+(506)2209-1037
Mobile +(506) 6074-1831
Contact person: Marco Rodríguez.
E-mail: marco.rodriguez@cariari.co.cr
Webpage: [Double Tree by Hilton Cariari Reservation Link](#)

Hotel Rates: Prices for night per room with breakfast and lunch buffet

___ US \$195,63 - (1 person)

___ US \$233,63 - (2 persons)

Hotel B: (steps from the main hotel) Name: **Homewood Suites by Hilton Cariari**

Address: San Antonio de Belén, San José ,San José, 40703,Cariari
Phone: +(506)2209-1037
Mobile +(506) 6074-1831
Contact person: Marco Rodríguez.
E-mail: marco.rodriguez@cariari.co.cr
Webpage: [Homewood Suites by Hilton Cariari Reservation Link](#)

Hotel Rates: Prices for night per room with breakfast and lunch buffet

___ US \$195,63 - (1 person)

___ US \$233,63 - (2 persons)

___ US \$294,23 - (3 persons)

Hotel C: (700m from the main hotel) Name: **Wyndham Herradura**

Address: **Autopista** General Cañas,3km South from Juan Santamaría International Airport
Phone: +(506)2209-9800
Contact person: Jennifer Salazar
Mobile:+(506)8746-1919
Email: jsalazar@wyndhamherradura.com
Webpage: [Wyndham Herradura Reservation Link](#) Code **Adelepo2025**

Hotel Rates: Prices for night per room with breakfast and lunch buffet

___ US \$186,00 - (1 person)

___ US \$226,00 - (2 persons)

___ US \$280,00 - (3 persons)

Hotel D: (7km from the main hotel) Name: **Hilton Garden Inn San Jose Airport City**

Address: Francisco J. Orlich Road, Alajuela, Province Alajuela, 1km from Airport.
Phone:+(506)4052-2300
Mobile: +(506) 7175-7537
Contact person: Gloriana Bonilla E-mail: SJOAC_Reservations@hilton.com
Webpage: [Hilton Garden Inn San Jose Airport City Reservation Link](#)

Hotel Rates: Prices for night per room with breakfast and lunch buffet

___ US \$207,92 - (1 person)

___ US \$263,29 - (2 persons)

___ US \$318,66 - (3 persons)

Kids under 12y/o stay free of charge with their parents.

Hotel E: (9 km from the main hotel) Name: **Hampton by Hilton**

Address: Airport Blvd, 1 km east, Alajuela Province, Alajuela, 20109

Phone: +(506)2436-0000 ext:911

Contact person: Rebecca Fallas

Mobile: +(506)7058-5389

Email: saleshampton@hamptoncr.com

Webpage: [Hampton by Hilton Reservation Link](#)

Hotel Rates: Prices for night per room with breakfast

___ US \$145,77 - (1 person)

___ US \$157,07 - (2 persons)

___ US \$168,37 - (3 persons)

___ US \$179,67 - (4 persons)

Kids under 12y/o stay free of charge with their parents.

Hotel F: (12km from the main hotel) Name: **Crowne Plaza**

Address: Contiguo al Parque Metropolitano La Sabana, Sabana Norte, San José Province, San José, 10108

Phone: +(506) 2209-9800

Contact person: Ingrid Arquin

Mobile: +(6172-7701)

Email: ingrid.arquin@hilton.com

Webpage: [Crowne Plaza Reservation Link](#)

Hotel Rates: Prices for night per room with breakfast

___ US \$179,67 - (1 person)

___ US \$179,67 - (2 persons)

Hotel G: (11km from the main hotel) Name: **Hilton San José La Sabana**

Address: Antiguo Restaurant El Chicote, San José, 10109, Costa Rica

Phone: +(506)2220-3900

Contact person: Johanna Rodríguez

Mobile: +(506) 7106-4676

E-mail: johanna.rodriguez@hilton.com

Webpage: [Hilton San Jose La Sabana Reservation Link](#)

Hotel Rates: Prices for night per room with breakfast

___ US \$202,27 - (1 person)

___ US \$224,87 - (2 persons)

___ US \$265,55 - (3 persons)

Kids under 12y/o stay free of charge with their parents.

Hotel H: (11km from the main hotel) Name: **Hilton Garden Inn La Sabana**

Address: Business Center, Bv.de Rohmoser, San José, Sabana,10109

Phone: +(506) 2520-6000

Contact person: Johanna Rodríguez

Mobile: +(506) 7106-4676

E-mail: johanna.rodriguez@hilton.com

Webpage: [Hilton Garden Inn La Sabana Reservation Link](#)

Hotel Rates: Prices for night per room with breakfast

___ US \$157,07 - (1 person)

___ US \$179,67 - (2 persons)

___ US \$219,22 - (3 persons)

Kids under 12y/o stay free of charge with their parents.

Hotel I: (14 km from the main hotel) Name: **Gran Hotel Costa Rica, Curio Collection By Hilton**

Address: WWMC+GXH Av. Central, San José, El Carmen

Phone: +(506)2103-9000.

Contact person: Johanna Rodríguez

Mobile: +(506)7106-4676

Webpage: [Gran Hotel Costa Rica Curio Collection By Hilton Reservation Link](#)

Hotel Rates: Prices for night per room with breakfast

___ US \$190,97 - (1 person)

___ US \$213,57 - (2 persons)

___ US \$253,12 - (3 persons)

Kids under 12y/o stay free of charge with their parents.

Hotel Reservation information:

Note 1:

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).

Note 2:

The organizer will not be responsible for any hotel bills of the participating Nations. Each Team manager will be responsible.

All rooms must be booked at the latest with the deadline of the preliminary nomination. After the deadline the organizer cannot guarantee the accommodation.

Payable by:

1. Payment by credit card or in cash (US Dollars) at arrival.

International Airport for arrival: Juan Santa María International Airport (SJO)

Arrivals/Transportation:

Free shuttle from the designated area at the airport:

Hotel A) DoubleTree Cariari by Hilton (main hotel): Free shuttle every 30 minutes, from 4:00am to 1:30 am.

Hotel B) Wyndham Herradura: Free shuttle every 30 minutes, from 5:00am to 9:00pm. Shuttle service must be requested at least 3 days before arrival.

Hotel C) Crowne Plaza: Free shuttle available. Must contact ingrid.arquin@hilton.com at least 3 days before arrival to reserve.

Hotel D) Hilton Garden Inn San Jose Airport City: Free shuttle every 30 minutes, from 4:00am to 1:30 am.

Hotel E) Hampton by Hilton: 24/7 shuttle every 15 minutes.

The following hotels don't provide free shuttle service. Transportation must be requested:

Hotel F) Hilton San José La Sabana

Hotel G) Hilton Garden Inn La Sabana

Hotel H) Gran Hotel Costa Rica, Curio Collection by Hilton

PRIVATE TRANSPORTATION TO ANY OF HOTELS

If you require private transportation contact: worlds.costarica.2025@gmail.com,

The organizer will send you a payment link.

Cost: US \$50 (1-4 Persons)

US \$100 (5-10 Persons)

Note: Deadline to order: August 15th, 2025. After the deadline the organizer cannot guarantee private transportation.

Transport between Hotels and Venue will be provided for free. Schedule of operating hours of the bus will be published in the Hotels and Venue.

Scales: Scales will be available at the official hotel(s), 24 hours.
Scales will also be available at the venue.
The Scales will be available minimum 2 days prior to the first competition day.

Training

1. Gym of the main hotel DoubleTree Cariari: 24/7
2. MC GYM Training Center: Monday - Friday: 5:00 am to 10:00pm, Saturday: 7:00am to 4:00pm.
3. Gym DMC at Wyndham Herradura: Monday-Thursday 5:00am a 10:00am
Friday 5:00am a 5:00pm
Saturday: 8:00am to 4:00pm
Sunday: 9:00am to 1:00pm

Flag and anthem: Will be provided by the Organizer.

Closing Banquet: DoubleTree by Hilton Cariari (venue), August 30th 8:00pm & September 5th, 8:00pm, \$45 per person.

**The banquets tickets must be ordered with the preliminary nomination.
Payment must be done by payment link, deadline August 15th.**

Participation Fee: 60 € for each lifter declared must be wired to the IPF bank account.
Anti-Doping Fee: 75 € for each lifter declared must be wired to the IPF bank account.
Coach Capitation Fee: 50 € for each nominated coach must be wired to the IPF bank account.

Health and Travel Insurance: All delegate members must have a valid health insurance (it is also obligatory to have it at customs). The organiser and the IPF will not incur any expenses for a doctor or a stay in hospital. We recommend the travel insurance for covering loss of luggage, theft, delayed planes etc.

Anti-Doping Information:

For the:

IPF World Classic & Equipped Sub- Juniors and Juniors Powerlifting Championship

1. You are **strictly liable** for any substance found in your body (or specimen). You may be charged with anti-doping rule violation for the presence or use of a prohibited substance or method, whether its use was intentional or not.
2. Always check your medications and supplements before consuming them to make sure they do not contain any substances or methods included on the [WADA Prohibited List](#).
3. [Educate](#) yourself on the risks of [taking supplements](#) and minimize your risk.



All the athletes **must** successfully complete education through the World Anti-Doping Agencies (WADA) online education platform ([ADeL](#)) in order to be able to compete. Each national federation must submit all the participating athletes' completed certificates from ADeL with the nomination for the registration to be complete.

4. Understand and [educate](#) yourself on your [rights and responsibilities](#) as an athlete, including but not limited to:
 - requirements for submitting whereabouts information
 - rights and responsibilities during [sample collection](#)
 - responsibility to avoid the use of prohibited substances and methods
 - consent to the use of your information
 - obligations to follow the [IPF Anti-Doping Rules](#) and all consequences deriving therefrom

5. All athletes participating at this event are classified as an International Level Athlete.

As an International Level Athlete, if you have a medical condition for which you need to take a medication or use a therapeutic method that is prohibited under the WADA Prohibited List, apply for a Therapeutic Use Exemption (TUE) to the appropriate organization (IPF or NADO) prior to the start of its use and at least 30 days before competing.

For athletes competing in the Sub-Junior and master's level categories, you are not required to apply for a TUE in advance of being tested. However, if you do compete in one of these categories and you are take a medication that contains a prohibited substance you will be required to apply for a TUE retroactively should you be selected for doping control at this event.

For all anti-doping related questions, please contact ipfantidoping@cces.ca

Nominations:	Team nomination forms must be in the hands of the Meet Director and the IPF Championship Secretary not later than: see below
Preliminary:	26 June 2025 complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).
Final:	4th August 2025 (later entries will not be accepted).

21 Days Before Technical Meeting: 4th August 2025 is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms. If not, any withdrawal is made 21 days prior to the Technical Meeting of a World Championship or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form (IPF By-Laws 14.4 and 14.5)

Correspondence: E-Mails regarding the championship must be sent to:

Meet Director and IPF Championship Secretary Pjotr van den Hoek – championshipsecretary@powerlifting.sport

Please take note of IPF By-Law 14.4:

All accredited athletes, coaches, referees, and officials from each federation must stay in the official hotel for all days they require an accreditation for the event. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship.

For all championships, to receive accreditation, each athlete, coach, official or referee must stay in the designated championship hotel(s) for a minimum of two nights. In exchange the athlete, coach, official and referee shall receive accreditation for a period of three days – the arrival, competition, and departure day.

Accreditation

According to the final accreditation form the organiser will produce the participation badges. The organiser will not issue any additional participation badge on site.

The badges are available at the championship office in the venue or at the Technical meeting. We will give out the badges per nation to the team manager and not to any participant.

Provisional Timetable

Technical Meeting: Sunday 24th August 2025 – (20:00)

Opening Ceremony: Monday 25th August 2025 – (14:30)

Day	Classes		Start
Sunday, 24.08.2025	Technical Meeting		20:00
Monday, 25.08.2025	Men SJr/Jr + Women SJr	53 - 59 kg & 43-47kg equipped	10:00
	Opening Ceremony		14:30
	Women SJr/Jr	52-57kg SJr / Jr 43 - 47 kg equipped	16:00
	Men SJr/Jr	66 kg equipped & SJr 74 kg	19:00
Tuesday, 26.08.2025	Women Jr	52 - 63 kg equipped	09:00
	Men SJr / Jr	83-93kg / 74 kg equipped	13:00
	Women SJr	63 - +84 kg equipped	17:00
Wednesday, 27.08.2025	Men Jr / SJr	83-93 kg / 105 kg equipped	10:00
	Women Jr	76 - 84+ kg equipped	14:00
	Men Jr / SJr	Jr 105 kg /SJr Jr 120- +120kg equipped	18:00
	Banquet Equipped		20:00
Thursday, 28.08.2025	Women SJr/Jr	Sjr / Jr 43 kg + SJr 47kg classic	10:00
	Men SJr/Jr	53 kg classic	13:00
	Women SJr	52 - 57 kg classic	17:00
Friday, 29.08.2025	Women jr/ Men SJr	47 kg + 59 kg classic	09:00
	Men Jr	59-66 kg classic	13:00
	Men SJr	66 kg classic	17:00
Saturday, 30.08.2025	Women Jr	52 kg +57kg B-group classic	09:00
	Women SJr	63 kg classic	13:30
	Women Jr / Men SJr	57 kg A-group + 74 kg classic	18:30

Sunday, 31.08.2025	Women Jr / Men Jr	63 kg + 74 kg B-Group classic	09:00
	Women SJr	69 kg classic	12:30
	Women SJr	76 kg classic	16:30
	Women Jr / Men SJr	63 kg + 74 kg A-group classic	19:30
Monday, 01.09.2025	Women Jr	69 kg classic	10:00
	Women Jr / Men SJr	76 kg + 83 kg B-groups	14:00
	Women Jr / Men SJr	76 kg + 83 kg A-groups	18:00
Tuesday, 02.09.2025	Men SJr	93 kg B-group classic	10:00
	Men Jr	83 kg B-Group classic	14:00
	Men SJr / Men Jr	93 kg + 83 kg A-groups	18:00
Wednesday, 03.09.2025	Men Jr	93 kg B-Group classic	09:00
	Women SJr	84- +84 kg classic	14:00
	Men SJr/Jr	105 kg + 93 kg A-group classic	18:00
Thursday, 04.09.2025	Men Jr	105 kg	10:00
	Women Jr / Men SJr	84 kg + 120 - +120kg	16:00
Friday, 05.09.2025	Men Jr	120 kg	10:00
	Women Jr / Men Jr	+84 kg / +120 kg	15:00
	Banquet Classic		20:00

Important Items to Remember

Nomination of athletes and officials to International Events shall be received by the Championship Secretary with a copy to the Meet Director within the following time limits:

- Preliminary nomination not later than 60 days prior to an International Event.
- Final nomination, submitted not later than 21 days prior to an International Event, must be made from those nominated in the preliminary nomination. (IPF By-Laws 14.5)

According to the Technical Rules [Page 4, item 7] at the final nomination you must definitely list the athletes, who will take part in the championship. At the Technical meeting you can only delete athletes from your final nomination no more change by weight class of any athlete is possible. The final nomination is valid for the competition.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on August 24th at 20:00pm. 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.

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.

Sigurjón Pétursson
Interim President
International Powerlifting Federation

Carlos Manuel Campos
President ADELEPO

Carlos Manuel Campos
Meet Director