



International Federation of Bodybuilding & Fitness
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PRELIMINARY ENTRY FORM

WORLD WOMEN'S BODYBUILDING, FITNESS, BODYFITNESS & MEN'S FITNESS CHAMPIONSHIPS
Tlalnepantla, Estado de México, México
September 30th to October 4th, 2010

In order to assist in the planning and organization of these Championships, please complete the Preliminary Entry Form and return it to the Organizing Committee **AS SOON AS POSSIBLE BUT NO LATER THAN AUGUST 2, 2010.**

PLEASE PRINT CLEARLY

FEDERATION NAME: _____

FEDERATION CONTACT PERSON: _____

FAX NUMBER: _____ E-MAIL: _____

Our Federation is planning to participate in the **IFBB WOMEN'S WORLD BODYBUILDING, FITNESS & BODY FITNESS CHAMPIONSHIPS** and **IFBB MEN'S WORLD FITNESS CHAMPIONSHIPS**. Please indicate "YES" or "NO". Yes _____ No _____

NUMBER OF DELEGATES: _____ NUMBER OF ATHLETES: _____

NUMBER OF EXTRA DELEGATES AND SUPPORTERS: _____

Please be advised that there will be 9 categories at these Championships as follows:

SENIOR WOMEN'S BODYBUILDING (2), up to & incl 55 kg AND over 55 kg

SENIOR WOMEN'S FITNESS (2), up to & incl 163 cm AND over 163 cm

SENIOR MEN FITNESS (1 OPEN),

SENIOR BODY FITNESS (4), up to & incl 158 cm, up to & incl 163 cm, up to & incl 168 cm AND over 168 cm

Each National Federation may send up to a maximum of 9 A-team athletes and 9 B-team athletes with a maximum of 2 A-team and 2 B-team athletes per category (excluding Men's Fitness).

IMPORTANT: 3 or more athletes – 2 official delegates permitted. Less than 3 athletes – 1 delegate permitted. National Federations with no athletes may send 1 official delegate; however, this delegate will be responsible for all of his or her expenses. Any judges, coaches, or trainers who are not official delegates will be responsible for all of their expenses.

PLEASE RETURN THE PRELIMINARY ENTRY FORM BEFORE AUGUST 2, 2010, TO:

Mexican Federation of Bodybuilding and Fitness

Mr. Francisco Cabezas Gutiérrez

PRESIDENT

Mr. Marco Antonio Cabezas Escárcega

Organizing Committee

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Please copy all correspondence to:

International Federation of Bodybuilding & Fitness (IFBB)

Rafael Santonja

IFBB PRESIDENT

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Please visit www.ifbb.com for detailed information on this event.