

**46th IFBB Central American and Caribbean Amateur**

**Bodybuilding & Fitness Championships**

**12 September** – 16 **September, 2019**

**Ponce, Puerto Rico**

FINAL ENTRY FORM

**Deadline date to send the Entry Form is Sept. 02nd, 2019**

**La fecha límite para devolver este formulario de inscripción es 29 de agosto 2019**

#### ENTRY FORM HAS TO BE APPROVED & FORWARDED BY AN IFBB AFFILIATED NATIONAL FEDERATION

#### FEDERATION NAME:

#### FEDERATION CONTAC PERSON:

#### PHONE:

#### FAX: E-MAIL:

\*PLEASE INDICATE THE NAME AS WRITTEN IN THE PASSPORT AND THE PASSPORT NUMBER

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| **NAME** | **PASSPORT Nº** |
| **Delegate:** |  |
| **Judge 1:**  |  |
| **Judge 2:**  |  |
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**ARRIVAL DATE: \_\_\_\_\_\_\_\_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**AIRLINE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FLIGHT NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DEPARTURE DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DEPARTURE TIME:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**AIRLINE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FLIGHT NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PARTICIPATING NATIONAL FEDERATIONS ARE RESPONSIBLE FOR FULL PAYMENT OF ACCOMODATIONS AND ALL FOOD & BEVERAGE FROM ARRIVAL TO DEPARTURE DATES, AS WELL AS TRANSPORTATION EXPENSES IF THEY ARRIVE BEFORE OR LEAVE AFTER OFFICIAL DATES, AS PER DAILY CONTEST SCHEDULE. THE ORGANIZING COMMITTEE, THE CACBBFF AND/OR THE IFBB WILL NOT BE RESPONSIBLE FOR ANY RESERVATIONS OR HOTEL ACCOMMODATION PAYMENTS, TRAVELING ARRANGEMENTS AND/OR MEALS.**

Las Federaciones Nacionales participantes son responsables del pago completo del alojamiento y de todos los alimentos y bebidas, así como también gastos de transporte en fechas de llegada o salida antes o después de las indicadas en la agenda del campeonato. El Comité Organizador, la CACBBFF o la IFBB no se hacen responsables de ninguna reserva o pago de hotel, alojamiento, arreglos de viaje y comida.

**IMPORTANT NOTES/ NOTAS IMPORTANTES:**

**THE FINAL ENTRY FORM MUST INCLUDE: THE SCHEDULED ARRIVAL AND DEPARTURE DATES, NAMES, PASSPORT NUMBERS, BODY WEIGHT CATEGORIES, DIVISIONS AND OR HEIGHT CLASSES OF ALL PARTICIPATING ATHLETES, ALONG WITH THE NAME AND PASSPORT NUMBERS OF YOUR DELEGATES, IFBB JUDGE, “TEST PAPER” JUDGES, AND EXTRA DELEGATES. YOU ACCURATE AND TIMELY SUBMISSION OF INFORMATION IS ESSENTIAL TO ENSURING ADEQUATE TRANSPORTATION FOR YOUR DELEGATION.**

El Formulario de Inscripción final debe incluir: la llegada y salida, nombres, números de pasaporte, las categorías de peso corporal, y las divisiones o clases de altura de todos los atletas participantes, junto con los nombres y números de pasaporte de sus delegados, los jueces IFBB, los " JUECES DE PRUEBA", los delegados adicionales. Él envió exacto y oportuno de la información es esencial para garantizar un transporte adecuado para su delegación.

**PLEASE COMPLETE THIS FINAL ENTRY FORM AND RETURN IT TO THE ADDRESS OPTIONS BELOW NO LATER THAN
Sept. 02nd, 2019, IN ORDER TO ASSIST THE ORGANIZING COMMITTEE WITH THEIR PLANNING.**

Por favor complete este Formulario de Inscripción Final y envíelo a las direcciones mencionadas abajo **A MÁS TARDAR el 29 de agosto del 2019,** para ayudar al comité organizador en su planificación.

**Accepted categories for the above mentioned championships are:**

**Las categorías aceptadas para el campeonato arriba mencionado son:**

**Men’s Bodybuilding:**

\_\_\_\_Bantamweight: Up to and incl. 65 kg (143 lbs)

\_\_\_\_Lightweight: Up to and incl. 70 kg (154 lbs)

\_\_\_\_Welterweight: Up to and incl. 75 kg (165 lbs)

\_\_\_\_Light-Middleweight: Up to and incl. 80 kg (176 lbs)

\_\_\_\_Middleweight: Up to and incl. 85 kg (187 lbs)

\_\_\_\_Light-Heavyweight: Up to and incl. 90 kg (198 lbs)

\_\_\_\_Middle Heavyweight Up to and incl 95 kg (209lbs)

\_\_\_\_Heavyweight: Up to and incl. 100 kg (220 lbs)

\_\_\_\_Super-Heavyweight: Over 100 kg (+220 lbs)

**Women’s Physique:**

\_\_\_\_A: Under 163 cm

\_\_\_\_B: Over 163 cm

**Women’s Bodyfitness (Figure):**

\_\_\_\_A: Up to and including 158 cm

\_\_\_\_C: Over 158 cm and including 163 cm

\_\_\_\_D: Over 163 cm and including 168 cm

\_\_\_\_E: Over 168 cm

**Junior Bodybuilding**

\_\_\_\_16 - 23 years old, **Open**

**Men’s Physique:**

\_\_\_\_A: Up to and including 170 cm

\_\_\_\_B: Over 170cm and including 174 cm

\_\_\_\_C: Over 174cm and including 178 cm

\_\_\_\_D: Over 178cm and including 182 cm

\_\_\_\_F: Over 182 cm

**Master’s Men’s Bodybuilding:**

\_\_\_\_Over 40 years old, **Open**

**Men’s Classic Bodybuilding Open**

\_\_\_\_Subject to weight/height limits criteria(see table #1 below)

**Men’s Classic Physique Open**

\_\_\_\_Subject to weight/height limits criteria (see table #2 below)

**Men’s Fitness Open**

\_\_\_\_Subject to weight/ height limits criteria (see table #3 below):

**Women’s Fitness:**

\_\_\_\_Open.

**Women’s Wellness Fitness:**

\_\_\_\_A: Up to and including 163 cm

\_\_\_\_B: Over 163 cm

**Women’s Bikini Fitness:**

\_\_\_\_A: Up to and including 160 cm

\_\_\_\_B: Over 160 cm and including 163 cm

\_\_\_\_C: Over 163 cm and including 166 cm

\_\_\_\_D: Over 166 cm and including 169 cm

\_\_\_\_E: Over 169 cm and including 172 cm

\_\_\_\_F: Over 172 cm

**Muscular Men’s Physique:**

\_\_\_\_A: Up to and including 175 cm

\_\_\_\_B: Over 175 cm

**Minimum number of competitors to run a category should be 5. If less than 5 athletes, categories will be combined, wherever possible. If less than 5 athletes in a category, no points will be awarded to the IFBB World Ranking.**

**TABLE #1**

**\*The weight/height limits tolerance for Classic Bodybuilding has the following criteria:**

\* El peso/talla límites de tolerancia para el Fisicoculturismo Clásico tiene los siguientes criterios:

|  |  |
| --- | --- |
| **Height** | **Bodyweight limit** |
| **A.** Up to and incl 168 cm | Height -100 |
| **B.** Over 168 cm Up to and incl 171 cm | (Height -100) + 2 kg |
| **C.** Over 171 cm Up to and incl 175 cm | (Height -100) + 4 kg |
| **D**. Over 175 cm Up to and incl 180 cm | (Height -100) + 7 kg |
| **E.** Over 180 cm *(with the following height/weight criteria)* |
| *Over 180 cm Up to and incl 188 cm* | *(Height -100) + 9 kg* |
| *Over 188 cm Up to and incl 196 cm* | *(Height -100) + 11 kg* |
| *Over 196 cm* | *(Height -100) + 13 kg* |

**TABLE #2**

**\*The weight/height limits tolerance for Classic Physique has the following criteria:**

\* El peso/talla límites de tolerancia para el Físico Clásico tiene los siguientes criterios:

|  |  |
| --- | --- |
| **Height** | **Bodyweight limit** |
| **A.** Up to and incl 168 cm | (Height -100) + 4 kg |
| **B.** Over 168 cm Up to and incl 171 cm | (Height -100) + 6 kg |
| **C.** Over 171 cm Up to and incl 175 cm | (Height -100) + 8 kg |
| **D**. Over 175 cm Up to and incl 180 cm | (Height -100) + 11 kg |
| **E.** Over 180cm *(with the following height/weight criteria)* |
| *Over 180 cm Up to and incl 188 cm* | *(Height -100) + 13 kg* |
| *Over 188 cm Up to and incl 196 cm* | *(Height -100) + 15 kg* |
| *Over 196 cm* | *(Height -100) + 17 kg* |

**TABLE # 3**

**\*The weight/height limits tolerance for Men’s Fitness has the following criteria:**

\* El peso/talla límites de tolerancia para el Fitness Masculino tiene los siguientes criterios:

|  |  |
| --- | --- |
| **Height** | **Bodyweight limit** |
| **A.** Up to and incl 162 cm | (Height -100) – 2 kg |
| **B.** Over 162 cm Up to and incl 165 cm | (Height -100) – 1 kg |
| **C.** Over 165 cm Up to and incl 168 cm | (Height -100) + 0 kg |
| **D.** Over 168 cm Up to and incl 171 cm | (Height -100) + 1 kg |
| **E.** Over 171 cm Up to and incl 175 cm | (Height -100) + 2 kg |
| **F.** Over 175 cm Up to and incl 180 cm | (Height -100) + 4 kg |
| **G.** Over 180 cm Up to and incl 188 cm | (Height -100) + 5 kg |
| **H.** Over 188 cm Up to and incl 196 cm | (Height -100) + 6 kg |
| **I.** Over 196 cm  | (Height -100) + 7 kg |

**Please list your IFBB International Judges coming to this event:**

|  |  |  |
| --- | --- | --- |
|  | **NAME (AS WRITTEN IN PASSPORT)** | **PASSPORT NUMBER** |
| 1 |  |  |
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**Please list your test-judges coming to this event:**

|  |  |  |
| --- | --- | --- |
|  | **NAME (AS WRITTEN IN PASSPORT)** | **PASSPORT NUMBER** |
| 1 |  |  |
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**National Federations are requested to send Final Entry Form no later than Sept. 02nd, 2019 to:**

Las Federaciones Nacionales deberán enviar el Formulario de Inscripción Final a más tardar agosto 29, 2019:

|  |  |
| --- | --- |
| **Please send this Final Entry Form no later than Sept. 02nd, 2019 to:****Organizing Committee Office:****Mr. Carlos A. Díaz****President** **Puerto Rican Bodybuilding and Fitness Federation****Mr. Joy Santiago Avilés****Vice-President** **Puerto Rican Bodybuilding and Fitness Federation**Phone: **+1 (787) 249-9498** Email:**fedfispr@gmail.com** | **Please Send a copy to:****CACBBFF****Mr. Marcos A. Cabezas****IFBB Vice-President for North America****CACBBFF General Secretary** Phone:  **(01 55) 55 66 01 22** E-mail: **mac.cabezasa@hotmail.com****Mr. Adolfo Martinez****CACBBFF Judges Committee Chairman**Phone: **+ (58) 414-2434648** E-mail:**adomarsg@hotmail.com****International Federation of Bodybuilding and Fitness Head Office:Ms. Diana Mozos**Phone: **+34 91 535 2819** E-mail:**info@ifbb.com****IFBB Technical Committee****Eng. Andrew Michalak**E-mail: **amichalak5@gmail.com**  |