

PUERTO RICO 2019

46TH

CAMPEONATO
CENTROAMERICANO Y DEL CARIBE
DE FISICOCULTURISMO Y FITNESS

12-16

Septiembre 2019

Complejo Ferial de Puerto Rico en Ponce



IFBB



FFFPR

FEDERACIÓN DE FISICULTURA Y FITNESS DE PUERTO RICO



CACBBFF



Index

Welcome.....	1
About of the Ponce City and PR	1
Currency	2
Electrical Current	2
Visa or Passport.....	2
Language.....	2
Weather.....	2
Transportation.....	3
Anti-Doping Rules	3
Arrivals.....	3
Official Airports.....	3
Awards.....	4
Costs	4
Categories.....	4
Continental Payment Rules.....	5
Eligibility	5
Judges	5
National Anthem	5

National Flag.....	6
National Uniforms	6
Parade of Nations.....	6
Preliminary Entry Forms	6
Final Entry Forms	7
Posing Music.....	7
Prices of Event Tickets	7
Secretariat	8
Tickets of Events for National Teams	9
Accommodations.....	9
Reservations	9
Hotel Fare	9
Hotels	10
Linens a Towels	11
Official Athlete Registration (weigh-in)	12
Place of competition	12
CAC 2019 Correspondence.....	13
Tentative Schedule	14





Welcome

The Puerto Rican Bodybuilding & Fitness Federation and its Organizing Committee extends a warm welcome to all the countries of Central America and the Caribbean, through their National Federations to participate in the 46th Central American and Caribbean Bodybuilding and Fitness Championship, as well as the General Assembly, which will be held in the Ponce City, Puerto Rico from September 12 to 16, 2019.

About of the PONCE City & Puerto Rico,

Puerto Rico is an archipelago known as Isla del Encanto and is located between the Caribbean Sea and the Atlantic Ocean. It is the smallest island in the Greater Antilles. Puerto Rico is the fourth island in size of the Greater Antilles, after Cuba, the Dominican Republic, Haiti and Jamaica. It occupies a central position between the islands of the North Caribbean. It is located between 18 and 18.5 degrees of North Latitude and 65 to 67.4 degrees of West longitude. It is east of the Dominican Republic, and west of the British Virgin Islands and US Virgin Islands. Puerto Rico is currently approximately 111.5 miles long and 39.83 miles wide. It has a current population of 3,663,846 inhabitants.

Puerto Rico consists of 78 towns or cities, San Juan being its capital. In addition, it consists other cities which are Fajardo, Carolina, Bayamón, Arecibo, Mayagüez and Ponce which is known as "La Perla del Sur" or "La Ciudad Señorial". Ponce is one of the main cities of Puerto Rico and one of the most developed, after its capital San Juan. It enjoys its similarity in its ancient Spanish architecture very similar to the "Old San Juan" in the center of the city.

Ponce is located south of the island of Puerto Rico, 1 hr and 27 mins away from the Luis Muñoz Marin International Airport. This city stands out for its large buildings such as: the Pump Park (1882); the Cathedral, the La Perla Theater, the Art Museum, El Castillo Serrallés, the Cruz del Vigía and its Zona Puertuaría. The Indigenous Ceremonial Park in the Tibes neighborhood and the Caja de Muertos Island Lighthouse dating from 1880. Regarding its natural resources, Ponce has the Toro Negro State Forest, El Tuque Beach, the Caja de Muertos Island Nature Reserve and beaches like Pelicanos and White beach. This city has 136,072 inhabitants, it also many hotels, shopping centers such as Plaza del Caribe where the weigh-in of the event will be held and its Convention Center, The Trade Fair Center of Puerto Rico which has more than 66,500 thousand square feet and 16 rooms. This Center has a main room (Great Room) which is more than 45,000 square feet in space, and has a capacity for more than 7,000 people in multitudinous events, with outlet strategically located in the entire extension of its floor, great acoustics, access to the better audiovisual technology, special effects and lighting and its majestic platform where the championship will be held.

1





Currency

The American Dollar (USD) is the national currency used and accepted in all commercial establishments in Puerto Rico.

Electrical Current

It's 110 volts A / C, American supplies.



Visa or Passport

Because Puerto Rico is an Associated State of the United States of Americans, it has the same immigration laws as other states of the United States. In order to enter Puerto Rico, each federation has to apply for a visa at the US embassy in their country. The [Bodybuilding & Fitness Federation of Puerto Rico](#) and the State Department of the Government of Puerto Rico, will provide official personalized invitation letters of the event which will be available if it is required in support and benefit to each federation in its visa application process for participation.

Language

Spanish and English.

Weather

The climate is tropical (humid and dry), with a temperature that oscillates between 82 to 98 degrees Fahrenheit (27 to 36 degrees Celsius) average annual temperature with probability of rains within these dates.

2





Transportation

For your visit to the City of Ponce, PR, the **Bodybuilding & Fitness Federation of Puerto Rico** and its Organizing Committee will provide transportation (Airport- Hotel-Airport), (Hotel-Weightin-Hotel) and (Hotel-Event-Hotel), to all National Federations that present their **Final Entry Forms** within the registration deadline free of charge. Taxi and Uber services are also available 24 hours a day at the airport, hotels, shopping centers and tourist sites.

Anti-Doping Rules

The 46th Central American and Caribbean Championships will be subject to the ADAMS System and the WADA Anti-Doping Rules, having 10 tests in total. It is recommended that the participating National Federations carry out previous checks on these Championships to ensure that their athletes are free of Doping and thus avoid unnecessary fines and penalties.

Arrivals

All delegations should arrive no later than the morning of **Friday, September 13th, 2019**.

Official Airports

The Official Airports of the event in Puerto Rico are: "Luis Muñoz Marin International Airport (SJU) and Mercedita International Airport (PSE)". The **Bodybuilding & Fitness Federation of Puerto Rico** and its Organizing Committee, will provide the transportation of all the National Delegations, from any selected airport to the respective reserved hotels.





Awards

The first six places of each category will be awarded as follows: 1st, 2nd and 3rd place, Trophy, Medal and Certificate, 4th, 5th and 6th place only Medal and Certificate. A participation certificate will be issued to all Athletes and Official Delegates. A special Trophy will be given to the 3 best National Teams. Category winners will have the right to apply for the IFBB Elite Pro Cards (through their National Federations). The top 5 in each category will be awarded points to the IFBB World Ranking 2019.

Costs

Each National Federation is responsible for all expenses related to meals, accommodation and other unforeseen expenses throughout the duration of their stay.

Categories

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.

Male

- ❖ Bodybuilding (-65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -95 kg, -100 kg, +100 kg)
- ❖ Junior Bodybuilding (Open, for athletes 16- 23 years old, born in 1994 and later)
- ❖ Master Bodybuilding (Open, for athletes 40 yrs old & over, born in 1977 or before)
- ❖ Classic Bodybuilding (Open, with Weight/Height limits)
- ❖ Classic Physique (Open, with Weight/Height limits)
- ❖ Men's Fitness (Open, with Weight/Height limits)
- ❖ Men's Physique (-170 cm, -174 cm, -178 cm, -182 cm, +182 cm)
- ❖ Muscular Men's Physique (-175 cm, +175 cm)

Female

- ❖ Women's Physique (-163 cm, +163 cm)
- ❖ Women's Bodyfitness (Figure) (-158 cm, -163 cm, -168 cm, +168 cm)
- ❖ Women's Fitness (Open)
- ❖ Women's Bikini Fitness (-160cm, -163cm, -166cm, -169cm, -172cm,+172cm)
- ❖ Women's Wellness Fitness (-163 cm, +163 cm)

Maximum 35 athletes & 2 Official Delegates

For more details, see Preliminary Entry Form





Continental Payment Rules

All Official Participants will have to pay the CACBBFF registration fee of **USD \$50** as indicated in the CACBBFF rules. **This fee is to be paid at the Registration.** Likewise, all participating national federations are responsible for the full payment of all accommodation and meals for all athletes and official delegates.

Eligibility

All participating National Federations must be members affiliated with the IFBB / CACBBFF. These federations should not have any outstanding debt with the IFBB, CACBBFF, as well their promoters and/or representatives. It is the responsibility of each federation that all its dues are current with the IFBB and CACBBFF. It is recommended that each federation check with the Treasurer of the CACBBFF to confirm their status to avoid any disqualification of the competition.

Judges

In order to assist the Judges Committee in the selection of the different judging panels at the CAC Championships, your Federation must send an electronic mail (directly to the “Federación de Fisicultura & Fitness de PR” and its Organizing Committee) with the names of all participating IFBB Judges (card holders) coming with your national team, along with the names of those who would like to participate as “test-judges”. The names of judges submitted to the Bodybuilding & Fitness Federation of Puerto Rico and its Organizing Committee in advance, will be considered with priority. **IFBB International Judges must have a valid IFBB Judge’s Card with the IFBB yearly judges fee of EUR €50 paid for 2019. This fee may also be paid at the Championships in Puerto Rico.**

Nacional Anthem

All participating National Federations must bring with them to the City of Ponce, the music of their National Anthem on a CD. This must be on a CD separate to any posing music. (The short version, with a max. of 35 seconds, please!)





National Flag

All participating National Federations must bring with them TWO (2) National Flags. This is an important ceremony and it be an embarrassment to your National Federation or Country, should an athlete from your Country win one of the top three places in his/her category and the National Flag is not available. The Size required is 5 feet by 3 feet (**150 cm x 90 cm**).

National Uniforms

A maximum of two, non-repetitive, sponsors' names are allowed on National Uniforms, with the exception of liquor and tobacco products, as well as substances declared to be prohibited by WADA. Fitness athletes are allowed to have only one sponsor's name on the top-front part of their fitness routine attire. In both cases, sponsor's names should not exceed **five (5") inches (12.7 cm) wide by three (3") inches (7.6 cm) tall**.

Parade of Nations

All delegates are reminded that the dress code for the Parade of Nations is the official IFBB uniform. The dress code for all athletes taking part in the Parade of Nations is their posing attire. One (1) delegate and one (1) competitor per country must take part in the Parade of Nations.

Preliminary Entry Forms

National Federations are required to notify the Organizing Committee in Ponce City, PR of their intention to participate by sending the Preliminary Entry Form as soon as possible but no later than August 13th, 2019, with the flight information. The Form must include the number of athletes, delegates, additional delegates and accompanying persons. If you do not do so within the above-mentioned deadline, you could force your entire delegation to explore other accommodation options; remember that the "Federación de Fisicultura & Fitness de PR" and its Organizing Committee can support you in this matter.





Final Entry Forms

National Federations need to confirm to the "Federación de Fisicultura & Fitness de PR "and Organizing Committee in Ponce City, PR the participation of their team by sending the Final Entry Form no later than Monday, September 02nd, 2019, including arrival and departure schedules, names, divisions, bodyweight or height categories, and passport numbers of all participating athletes, along with the names and passport numbers of their delegates, IFBB judges, test-judges and accompanying persons. The accurate and timely presentation of this information is essential for our the "Federación de Fisicultura & Fitness de PR "and its Organizing Committee to ensure adequate transportation for your delegation.

Posing Music

All music must be presented on a CD or USB stick. You must have only the music you are going to pose with. CDs or USB flash drives containing more than one song, will not be accepted. For easy identification, each competitor must place his / her name and country name on the CD or USB Memory, not on the protective plastic cover. Competitors participating in two classes must bring two CDs or two USB Drives separately or one for each class if they contain different music. It is recommended that each athlete present 2 CDs or USB memories in case of any technical problem. Please be sure to pick up your CD or USB Memory at the music station after the end of your category. The Organizing Committee will not be responsible for the music that is not collected.

Price of Event Tickets

(For unofficial delegates and other supporters)

Saturday USD \$25 (General Admission)

Sunday USD \$25 (General Admission)

Warming-up Zone (limited space) USD \$40 include both days and require general entry to the complex

Farewell Banquet USD \$50 (Presidents of the Federation, Athletes and Judges, free entry)

1





Secretariat

The “Federación de Fisicultura & Fitness de PR”, Organizing Committee and the CACBFF, will establish a secretariat in the Melia Century Hotel Ponce headquarters, Ponce City, PR. The Secretariat will run from Friday, September 13th to Monday 16th **from 9:00 to 18:00 hrs.** All heads of delegations should inform the Secretariat, to receive information packets for their entire delegations and coordinate all local transport, which will be free of charge.

Tickets of Events for National Teams

National **Teams** with one (1) or two (2) athletes = one (1) Official Delegate, National **Teams** with three (3) or more athletes = two (2) Official Delegates. The Judges, coaches, trainers or supporters who are not official delegates will be responsible for the purchase of their own entry tickets.

Accommodations

For your visit to Ponce City, PR, the Organizing Committee puts at your disposal our Official Tourism Agent, who can support you with special rates for your accommodation in the host hotels: Melia Century Hotel Ponce, The Fox Hotel and Solace by the Sea Hotel, as well as some proposals for tours of your interest, with economic packages, for greater comfort. So we suggest you get in touch with them as soon as possible. The suggested price, which is the same cost in each of the hotels, offers packages with meals and without meals included.

Reservations

Each National Federation is responsible for making their reservations directly with the hotels hosted online using the links or telephone that are indicated below.





Hotels Fare



Meliá Century Hotel
Gladys Carrero
+1-787-842-0260 / +1-787-505-2544
reservations@meliacenturyhotel.com
www.meliacenturyhotel.com



The FOX Hotel
Gladys Carrero
+1-787-842-0260 / +1-787-505-2544
dwalker@thefoxponce.com
www.thefoxhotel.com



Solacde by the Sea Hotel
Gladys Carrero
+1-939-243-3231 / +1-787-505-2544
reservations@stayatsolace.com
www.stayatsolace.com

EXCLUSIVE FEDERATION RATES

Rate per person, per night in described occupancy of (3) hotels

Arrival: (9/12/2019)

Departure: (9/16/2019)

Total Nights: (4)

OCCUPATION	ROOM/P P/N	AP	MAP	FAP
SINGLE	\$99	\$139	\$174	\$204
DOUBLE	\$75	\$115	\$150	\$118
TRIPLETS	\$45	\$85	\$120	\$150
CUATRUPLES	\$35	\$75	\$110	\$140

We offer comfortable rooms with A/C, T.V. and Wi-Fi. Our property has parking on site for \$6 per night, laundry service upon request for additional fee and meeting spaces for rent. Our meal plans will include a large variety of items that suit your diet plan and will be ready to pick up since 6am or any time your group confirms. It is important to reach quorum in order to provide an all-inclusive offering. We will provide disposable containers to pack meals to-go. Offer will be valid until August 14, 2019 or until spaces last. A credit card is required to reserve and one-night non-refundable deposit. Cancellations must be notified at least two weeks prior to arrival.

Buffet Options Available at 6am: Pancakes, Egg whites, Scrambled Eggs, Fruit variety, Rice crackers, Oatmeal flakes, Mahi Mahi, Grilled chicken, Top Round Steak, Roast Turkey Breast, White rice, Mashed potatoes, Broccoli, Spinach, Beans, Carrots, Meat lasagna, Vegetable lasagna, Quiche Lorraine, Seasoning Station: Olive oil, salt, pepper, Pancake syrup, salad dressings. Liquid station: Coffee or infusion, Whey protein shake, Pineapple, celery and parsley smoothie, Water.

RESERVATION METHOD: EMAIL, TELEPHONE, WHATASPP

Payment methods: Visa, Master Card, Discover, American Express, or Wire Transfer to Banco Popular de Puerto Rico.





MELIA HOTEL



THE FOX HOTEL



SOLACE BY THE SEA





Linens a Towels

Athletes who use tanning products will be responsible for the full payment of all sheets, towels, bedspreads, carpets and stained furniture of these products. Athletes are also asked to be aware of the cleanliness and the stains left by these tanning products after bathing, remember that you can generate an extra charge on your hotel bill. At the same time, we ask for you to be very careful and considerate for the hotel's cleaning staff.

Official Athlete Registration (Weigh-in)

The Athlete Registration and weigh-in will take place on Friday, September 13th from 12:00 until 19:00 hrs. It will take place in the central atrium area of the Plaza Del Caribe shopping center in the City of Ponce, PR, which is located on Ponce By Pass Avenue # 2050, in the City of Ponce, PR. All athletes will have to produce their



11





Passports and IFBB International Cards at the Registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy one at registration. IFBB Cards are USD \$45 and are mandatory. If an athlete wants to participate in the second category (like a master or junior in the senior class also), the registration fee for this second category is USD \$50.

Place of Competition

The Championship will take place at the “Gran Saló” in “Complejo Ferial de Puerto Rico” (Juan H. Cintrón García) September 14th and 15th, It is located on Rafael Cordero Santiago Ave, in the City of Ponce, PR.





CAC 2019 Correspondence

All correspondence and communication about participation in the Central American and Caribbean Championships **2019** can be forwarded to:

Organizing Committee and Federación de Fisicultura & Fitness de PR:

Mr. Carlos A. Díaz Maza

President

Mr. Joy Santiago Avilés

Vice-President

Email: fedfispr@gmail.com

Telephone: +1 (787) 249-9498

CACBBFF:

Mr. John Giovanni Arendsz

CACBBFF President

E-mail: jfgarendsz@hotmail.com

Telephone: (297) 75930403

Mr. Marco Cabezas

IFBB Vice-president for North America

CACBBFF General Secretary

Email: mac.cabezas@hotmail.com

Telephone: +52 1 55 5544803027

Mr. Adolfo Martínez

CACBBFF Judges Committee Chairman

E-mail: adomarsg@hotmail.com

Telephone: + (58) 414-2434648

International Federation of Bodybuilding and Fitness Head Office:

Ms. Diana Mozos

Telephone: +34 91 535 2819

E-mail: info@ifbb.com

IFBB Technical Committee

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com





Tentative Schedule

Thursday, September 12th

Arrival of Central American and Caribbean Bodybuilding and Fitness Federation officials and all delegations

Friday, September 13th

Judges Meeting: 9:00 - 12:00 hrs

Official Athlete Registration (weigh-in): 12:00 - 19:00 hrs

Coaches and Delegates Meeting: 17:00 - 18:00 hrs

Welcome Activity to the Executive Board of the CAC, Officers, Presidents of National Federations and their delegates: 19:00 - 21:00 hrs

Sunday, September 15th

Prejudging & Finals – part 2: 12:00 - 21:00 hrs

Junior Bodybuilding Open

Women's Fitness Open

Men's Fitness Open

Classic Bodybuilding Open

Wo4men's Wellness Fitness - Classes A & B

Men's Physique - Classes A - E

Bodybuilding - Classes 65 kg to over 100 kg (9 classes)

Farewell Banquet (IFBB Officers, Federation Presidents, Delegates, Athletes and Judges, Free admission)

Saturday, September 14th

CACBBFF General Assembly: 9:00 - 12:00 hrs

Prejudging & Finals – part 1: 13:00 – 21:00 hrs

Women's Physique - Classes A & B

Masters Bodybuilding Open

Women's Bodyfitness - Classes A - D

Men's Classic Physique Open

Women's Bikini Fitness - Classes A - F

Muscular Men's Physique - Classes A & B

Monday, September 16th

Departure of delegations





We are waiting for you all

