

49th
CENTRAL
AMERICAN
&
CARIBBEAN
BODYBUILDING & FITNESS
CHAMPIONSHIPS



JULY 27 - AUGUST 01, 2022
BARBADOS



LOCATION

Barbados is the eastern-most Caribbean island. It is located at 13.1N, 59.4W. The island, which is less than one million years old, was created by the collision of the Atlantic crustal and Caribbean plates, along with a volcanic eruption. Later coral formed, accumulating to approximately 300 feet. It is geologically unique, being actually two land masses that merged together over the years.

The Barbados Saga Begins - An Island Stands alone .

HISTORY & CULTURE

Drawing on its English, African and West Indian roots, Barbados has established its own distinctive identity, evidenced by its customs, traditions and values passionately expressed through the rich history, exceptional cuisine and artistic talents of its people.

Though given the name “Los Barbados” by Portuguese sailors in the 1500’s, Europeans were not the first to inhabit this easternmost island in the Lesser Antilles. This distinction goes to the Amer-Indians who arrived from Venezuela, followed by the Arawak Indians, who in turn were dismissed by the Carib Indians in the 13th century. But when the first English settlers arrived in 1627, they found an island that was largely uninhabited, and set about establishing a colony that would remain a part of the British Empire for 334 years..



Climate: 29 – 31 Degree Celsius

Language: English

Time Difference:

4hrs behind GMT (Winter)

5hrs behind GMT (Summer)

Electricity: 115/230V 50 Hz

Currency: \$2.00 BBD = 1.00 USD

**PLEASE NOTE THAT ARTICLES WITH
CAMOFLAGE IS PROHIBITED**

For further information on Barbados
please feel free to visit:

<https://www.visitbarbados.org/>



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to visit: <https://www.visitbarbados.org/>

MEDICAL FACILITIES

Queen Elizabeth Hospital

Accident & Emergency Operator
246-436-6450 Ext. 5540 or dial 511

FMH Emergency Medical Clinic

NO. 4A 3rd Ave, Belleville, St. Michael
Tel: (246) 228-6120, (246) 228-6121

Urgent Care Mobile

Address: 18 Pine Rd, Bridgetown, Barbados
Phone: [\(246\) 5383838](tel:2465383838)
E-mail: info@urgentcarebarbados.com

Sandy Crest Medical Centre

Sunset Crest, Holetown St. James
+1 (246) 419-4911
medicalcentre@sandycrest.net





VISA REQUIREMENTS

For those countries requiring a Barbados entry visa, it is the responsibility of each respective Federation to make application. This is not the responsibility of the host federation in Barbados. Applications to receive a visa should be done well in advance of arrival as the processing of requests may take several weeks. DO NOT WAIT UNTIL THE LAST MINUTE

For information: <https://www.foreign.gov.bb/visa-information//>

ONLINE IMMIGRATION AND CUSTOMS FORM

Travellers are required to complete the online Immigration and Customs Form which will be available 72 hours prior to your arrival in Barbados. Fill in the form at a time and place convenient for you. Once the form is completed, the Immigration and Customs receipts are to be saved to your mobile device or printed and presented to Immigration and Customs upon arrival.

Using the Online ED Form will enhance your travel experience by providing you with an easy and convenient option, that will improve the ease with which you transit through the airport. <https://www.travelform.gov.bb/home>

ENTRY TRAVEL REQUIREMENTS & PROTOCOLS

The COVID-19 Protocols are sanctioned by Ministry of Health and Wellness (MHW)

Last Updated: 26 February 2022

ALL travelers **INCLUDING** those deemed **fully vaccinated** must travel with an accepted valid negative COVID-19 PCR Test **OR** Rapid Antigen Test result. **Please take note of different entry protocols for non-vaccinated visitors.**

- Travelers are permitted to travel to Barbados with a valid negative Rapid COVID-19 PCR test result done within 3 days prior to arrival in Barbados **OR** a Rapid Antigen test result done within 1 day prior to arrival
- Accepted tests include tests which were taken at an accredited or recognized laboratory by a healthcare provider via any of the below:
 - Nasopharyngeal sample
 - Oropharyngeal sample
 - Nasal sample
 - Anterior nares sample
 - Mid-turbinate sample
- LAMP tests, self-administered tests or home kits and tests using saliva samples will **NOT** be accepted.

With specific reference to the type of test required and accepted for entry into Barbados:

- The laboratory performing the test must be an accredited, certified or recognized facility
- Please note that the following will NOT be accepted:
 - Shallow nasal swab samples
 - Saliva samples
 - Self-administered tests (even if the sample was taken under the supervision of a healthcare provider)
 - Home kits



ARRIVALS

All delegations are asked and encouraged to arrive no later than Wednesday, July 27, 2022. The official airport of Barbados is the Grantley Adams International Airport.

AIRPORT TRANSFERS

Round trip airport to hotel transfers will be provided. ALL arrival and departure information MUST be provided no later than July 15 to allow for scheduling and confirmation. Transportation will only be provided to the designated hotels unless confirmed otherwise by the hosting committee.

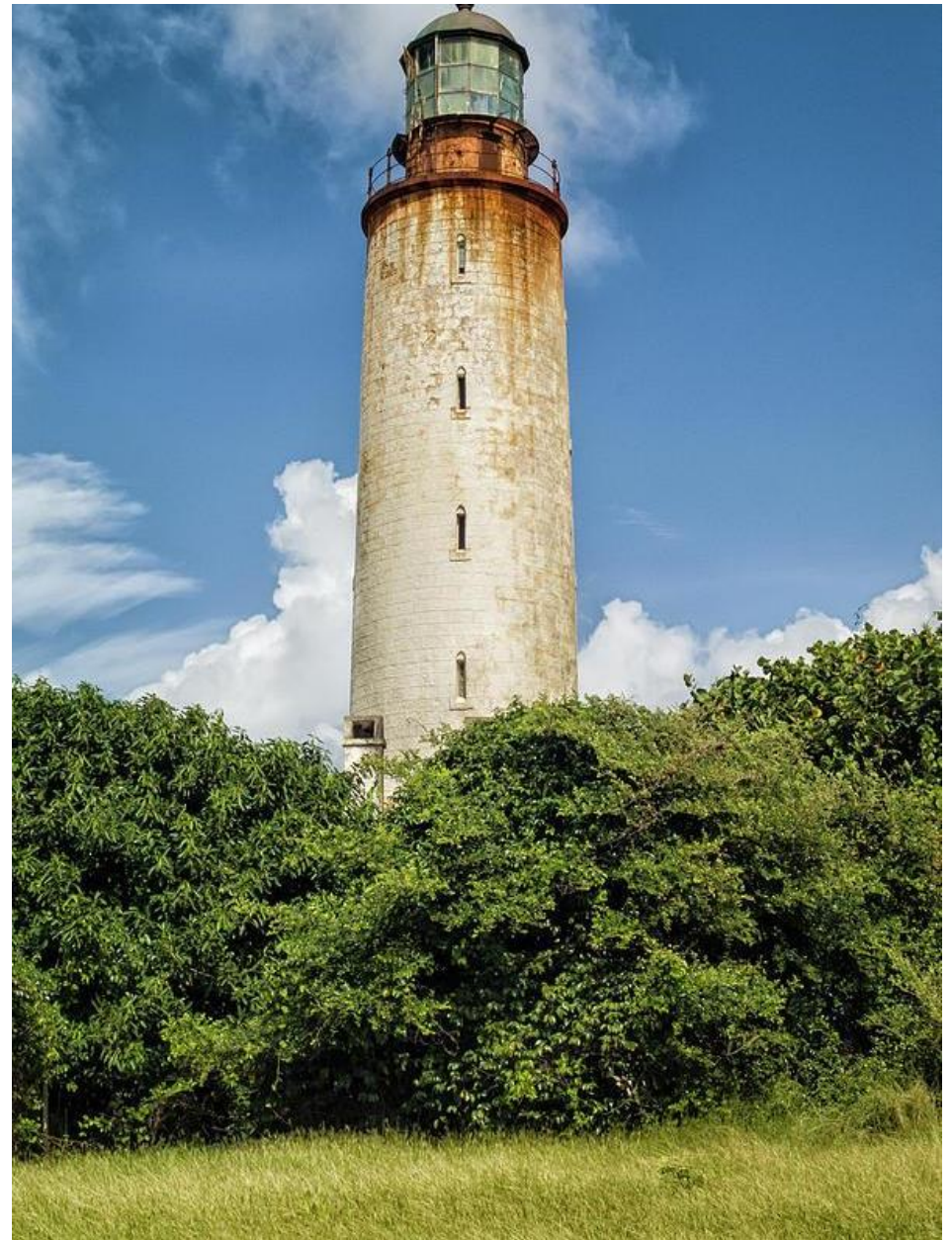
ACCOMMODATIONS & EXPENSES

Each National Federation is responsible for all expenses related to meals, accommodations, meals, non-event transportation and any other expenses throughout the duration of their stay.

RESERVATIONS

Each National Federation is responsible for making their reservations directly with the hotel of their choice as listed below. All of the designated hotels are located in the same geographical area in Barbados.

Transportation will be available at scheduled times from these hotels to the event venues.



ACCOMMODATIONS

OFFICIAL HOST HOTEL

Aquatica Resort Barbados

Aquatic Gap, Bridgeton

246-426-4000

www.radisson.com/barbados

The Radisson Aquatica Resort Barbados is situated on one of the most pristine beaches on the island and offers the following facilities and amenities:

100% Smoke Free

Complimentary Wi-Fi property-wide

Complimentary Welcome Drink on arrival

Complimentary Bottled Water in rooms replenished daily (one bottle per person)

24 Hour Business Centre

24 Hour Ocean View Fitness Centre

Beachfront Location

Complimentary Parking

CONTACT:

Cheryl Blackman, Director of Sales

sales@aquaticabarbados.com



ROOM AND TAX ONLY

US \$165 per room per night, based on single or double occupancy with two double beds.

Subject to 10% VAT, 10% Service Charge & Government Room Rate Levy of US \$9.72 per room per night (Total – US \$207.72)

RATE INCLUSIVE OF TAXES AND BREAKFAST AT A 20% DISCOUNT

US \$230.12 per night, based on single occupancy with two double beds

US \$252.52 per night, based on double occupancy with two double beds

PAYMENT

Option #1: A 25% deposit will be required to hold and confirm a room block. Block will only be confirmed on receipt of a signed contract and initial deposit. A further 25% deposit will be required by June 5, 2022 and final 50% will be due 30 days prior to the group's arrival.

Option #2: Individual bookings will require credit card details and a two night deposit will be taken at the time of booking. **NO ROOMS** will be held without a deposit and are subject to availability at the time of booking.

CHECK IN/CHECK OUT TIME:

Check in time is 15:00. Confirmed rooms required before the official check-in time on day of arrival must be pre-booked and an additional one (1) night room charge may be levied.

Check out time is 12 noon. Use of rooms after the official check out time is subject to availability on day of departure and an additional one (1) night room charge may be levied.



Divi Southwinds Beach Resort
Christ Church, Barbados



Divi Southwinds Beach Resort

St Lawrence Main Road

Christ Church, Barbados BB1517

Tel: (246) 418-7307

Booking Code: <http://bit.ly/BABFF22>

Contact: Gercine Simmons

gercine.simmons@divisouthwinds.com



Divi Southwinds Beach Resort
Christ Church, Barbados



ROOM TYPE	RATE inclusive of taxes and service charge	MAX OCC.
One-Bedroom Suite (King Bed in BR and pull out sofa queen bed)	US \$186 single or double occupancy	4
Two-Bedroom Suite (King Bed in 1 BR / 2 twin bed in 2 nd BR / pull out sofa queen)	US \$330 up to 4 persons	6
Extra Person	US \$30 each per 3 rd and 4 th person (1 Bed Room suite) or US\$ 30 each per 5 th and 6 th person (2 Bed Room suite)	

CARICOM Special Rates below for **ONLY** persons residing in Caricom Countries. A minimum of two nights stay is required

CARICOM SPECIAL	RATES include breakfast, taxes & service charge	MAX OCC.
One-Bedroom Suite (King bed in bedroom / pull out sofa queen bed)	US \$192.00 single or double occupancy	4
Extra Person	US \$85.00 each per 3 rd and 4 th person	

Time Out Hotel (3 Star Hotel) Dover, Christ Church

Standard: US\$115 sgl / dbl occupancy
Superior: US\$128 sgl / dbl occupancy
Pool View: US\$140 sgl / dbl occupancy
Deluxe: US\$155 sgl / dbl occupancy

Savannah Beach Club (4 Star Hotel) Hastings, Christ Church

Deluxe Courtyard: US\$173 sgl / dbl
occupancy
Deluxe Pool View: US\$195 sgl / dbl occupancy
Deluxe Rooms carry one king bed or two
double beds.

All rates quoted above are per room per night,
includes tax and room rate levy, no meals.

Meals can be purchased from the hotel's
restaurant or a meal plan can be provided.

Contact:

Tammy-Ann Blackett
Sales and Marketing Manager
Sun Group Hotels Inc.
CWTS Complex, Lower Estate
St. George | Barbados
Tel: 246 434 6835 Ext 4431
www.sungrouphotels.com





Worthing Court Apartment Hotel

Worthing, Christ Church; Barbados

Telephone: (246) 434-8400 Reservations: (246) 434-6835

www.worthingcourt.com

Contact: Muriel Lewis -Scott info@worthingcourt.com

Room Rate (per night)	Single or Double Occupancy inclusive of Taxes and Service Charges
Standard Room Rate: -	US\$ 88 00
Superior Room	US\$ 93.00
Junior One Bedroom	US\$ 106.00
One Bedroom	US\$ 119.00
Breakfast	US\$ 15.00 per person per day
Room Levy Tax	US\$ 4.48 per night per room

Blue Horizon Hotel

Rockley, Christ Church,
BB15137

The Blue Horizon Hotel offers 50 rooms:

29 @ US\$145 (Full Kitchen or Kitchenette with King or Queen bed)

21 @ US\$125 (No Kitchen with King or 2 Double Beds)

Rates are inclusive of all taxes



Contact

The Blue Horizon Hotel / Gems of Barbados

www.bluehorizon.bb

Mon – Fri: 9:00 am – 5:00 pm

Tel: 246-4359473 / 74

Fax: 246-4358822



Coral Mist & Blue Orchids Beach Hotels

#18 Worthing; Christ Church

BB15130

Tel: (246) 435-7712

Fax: (246) 435-6874

coralmistbarbados.com

blueorchidsbarbados.com



Contact:

Tamsin Moses rescoralmist@caribsurf.com

Julia Croney resblorchid@caribsurf.com



Coral Mist & Blue Orchids Beach Hotels

Deluxe Studio: US \$155 Sgl / Dbl occupancy

One BR Apartment: US\$ 185 Sgl/ Dble occupancy

Two BR Apartment: US\$ 258 Double - Quad occupancy

Penthouse Apartment: US\$ 248 Sgl/ Dbl occupancy

3rd & 4th person rate- US\$ 30.00 per night

Rates are per night inclusive of 10% Value Added Tax, 10% Service Charge and US\$ 9.63 per night room levy



Breakfast Options:

Full Breakfast –USD 13.00 per person

Continental Breakfast – USD 7.00 per person

Confirmation of Room

Bookings are confirmed *Subject to Room availability*, A room deposit minimum of 3 nights is required to guarantee all accommodation we accept payment by Visa, MasterCard or American Express.

Hotel Cancellation Policy

Cancellations within 14 days prior to arrival will result in the forfeiture and loss of the deposit.



Venue

Lloyd Erskine Sandiford Centre
Two Mile Hill
St. Michael , Barbados, BB11093

Tel: (246) 467-8200
Fax: (246) 431-9795
www.lescbarbados.com





ELIGIBILITY

All participating national federations must be members affiliated with the IFBB & CACBBFF. Federations must be current with the payment of their annual affiliation fees to the IFBB and CACBBFF. It is recommended that each federation verify with the CACBBFF Treasurer to confirm their membership status to avoid any disqualification of any athletes from competition. The limit of participants for any country is 40 athletes.

OFFICIAL ATHLETE REGISTRATION

Registration and weigh-in is scheduled for Thursday, July 28, 2022 from 12:00 until 19:00 hrs. It will take place at the Divi Southwinds Hotel (tentative) located closeby to all hotels. All competing athletes must be members in good standing of their national Federations and nominated by their National Federation by sending the Final Entry Form.

All competing athletes must present their Passports and IFBB International Cards upon Registration. This IFBB Card is mandatory for all athletes. The fee for purchase or renewal of the IFBB International Card is US \$45.

The registration fee per athlete is **US \$100** to be paid upon registration. If an athlete wants to participate in any additional category (crossover) for which he / she is eligible, the registration fee is an additional **US \$50** per category.

JUDGES

To assist the Judges Committee in the selection of judges for the different judging panels for the CAC Championships, each Federation must provide in advance names of each participating certified judge along with those individuals who wish to participate as a test-judge.

All names of the judges should be submitted to the CACBBFF, the Barbados Amateur Bodybuilding and Fitness Federation and its Organizing Committee as part of the Final Entry Form submission will be considered with priority.

The annual fee for renewal of Continental Judges License is US \$30. This fee must be paid to the CAC Treasurer.

All IFBB International Judges must have a valid and current IFBB Judge's License having paid the annual IFBB judges fee of EUR €50 for the year 2022. This fee can also be paid at championships in the Barbados. Please add the names of the judges and test-judges on the Final Entry Form.

A judges seminar / meeting is tentatively scheduled for Thursday, July 28.



Anti-Doping

The 49th Central American and Caribbean Championships will be subject to the ADAMS system and the WADA Anti-Doping Rules to be administered and controlled by the CACBBFF Doping Commission.

It is recommended that each participating National Federation carry out their own verification with their athletes to ensure that their athletes are free of any banned substance to avoid any sanctions, fines and penalties.



Posing Music

All music must be presented on a USB stick. The USB must have only the music to be used for posing. USB flash drives containing more than one song can not be accepted. It is recommended that each athlete present 2 USB memories in case of any technical problem.

For easy identification, each competitor must place his / her name and country name on the USB stick.

Competitors participating in two classes must bring two USB Drives separately or one for each class if they contain different music.

Athletes or federation representatives must pick up all music from the music station at the conclusion of the event or athlete's category. The Organizing Committee will not be responsible for any music that is not collected.

The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

Tanning

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.



49th CENTRAL AMERICAN AND CARIBBEAN BODYBUILDING & FITNESS CHAMPIONSHIPS

Men's Bodybuilding

1	Junior	16-23 years old - Open Class
2		Bantamweight: Up to and incl. 65 kg
3		Lightweight: Up to and incl. 70 kg
4		Welterweight: Up to and incl. 75 kg
5	Senior	Light-Middleweight: Up to and incl. 80 kg
6		Middleweight: Up to and incl. 85 kg
7		Light-Heavyweight: Up to and incl. 90 kg
8		Heavyweight: Up to and incl. 100 kg
9		Super-Heavyweight: Over 100 kg
10	Master	40-49 years old - Open Class
11		≥ 50 years old - Open Class

Men's Games Classic Bodybuilding

12	Men's Games Classic Bodybuilding	Open Class (Weight/ Height Limits)
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Men's Classic Bodybuilding

13	Men's Classic	Up to & incl. 175 cm
14	Bodybuilding	Over 175 cm

Men's Classic Physique

15	Men's Classic	Up to & incl. 175 cm
16	Physique	Over 175 cm

Men's Physique

17	Junior	16-23 years old - Open Class
18		Up to and incl. 170 cm
19		Up to and incl. 173 cm
20	Senior	Up to and incl. 176 cm
21		Up to and incl. 179 cm
22		Over 179 cm
23	Master	Over 40 years old - Open Class

24	Muscular Men's Physique	Muscular Men's Physique
25		Up to & incl. 175 cm Over 175 cm
26	Men's Fitness	Men's Fitness
27		Open Class (Weight & Height)
28	Mixed-Pairs	Mixed-Pairs
29		Open Class
30	Women's Fit- Model	Women's Fit-Model
31		Open Class
32	Junior	Women's Bikini
33		16 -23 years old - Open Class
34	Senior	Up to and incl. 160 cm
35		Up to and incl. 164 cm
36	Master	Up to and incl. 169 cm
37		Over 169 cm
38	Junior	Over 35 years old - Open Class
39		Women's Wellness
40	Senior	16 -23 years old - Open Class
41		Up to and incl. 163 cm
42	Master	Up to and incl. 168 cm
43		Over 168 cm
44	Fit-Pairs	Over 35 years old - Open Class
45		Women's Bodyfitness
46	Senior	Up to and incl. 163 cm
47		Over 163 cm
48	Master	Over 35 years old - Open Class
49		Fit-Pairs
50	Women's Artistic Fitness	Open Class
51		Women's Artistic Fitness
52	Women's Acrobatic Fitness	Women's Acrobatic Fitness
53		Open Class
54	Women's Physique	Women's Physique
55		Open Class



OVERALLS

Men's Bodybuilding

Men's Classic Bodybuilding

Men's Classic Physique

Men's Physique

Muscular Men's Physique

Women's Bikini

Women's Wellness

Women's Bodyfitness



AWARDS

- ✓ **Category Awards** – 1st – 6th Place will receive respective medals and participation certificate
- ✓ **Overall Winners** - Trophy and eligible to qualify and apply to receive IFBB Elite Pro Card (through the athlete's respective National Federation)
- ✓ A special Trophy will be given to the 3 best National Teams

NATIONAL FLAG

All participating National Federations must bring a National Flag to be used during the awards ceremonies for those athletes placing in the top 3 places in his/her category. The recommended size is 5 feet by 3 feet (150 cm x 90 cm)

NATIONAL ANTHEM

All participating National Federations must bring music of their National Anthem on a USB. This must be on a separate CD from any posing music (The anthem must be a short version with a max of 35 seconds)

NATIONAL UNIFORMS

A maximum of two, non repetitive, sponsors' names are allowed on National Uniforms (names of liquor and tobacco products, as well as substances declared to be prohibited by WADA Fitness are not permitted). Athletes are allowed to have only one sponsor's name. Names should not exceed 5 inches by three 3 inches (12.7 cm by 7.6 cm)

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.

The Parade of Nations is scheduled for Saturday, July 30





PRELIMINARY ENTRY FORMS

National Federations are required to notify the Organizing Committee in Barbados of their intention to participate by submitting the Preliminary Entry Form no later than June 20th, 2022. The Form must include the number of athletes, delegates, additional delegates and accompanying persons.

FINAL ENTRY FORMS

Final Entry Forms of participation must be submitted by Wednesday, July 20th. This includes all arrival and departure information, names, divisions, bodyweight or height categories, and passport numbers of all participating athletes, names and passport numbers of their delegates, IFBB judges, test judges and any accompanying persons. The accurate and timely presentation of this information is essential for the “Barbados Amateur Bodybuilding and Fitness Federation and its Organizing Committee to ensure adequate transportation for each delegation.

Secretariat

The Barbados Amateur Bodybuilding & Fitness Federation Organizing Committee and the CACBBFF, will establish a secretariat in the Divi Southwinds Hotel closeby to all hotels. The Secretariat will run from Wednesday July 27th to Monday August 1st from 09:00 to 18:00 hrs.

All heads of delegations should inform and make contact with the Secretariat to receive information packets for their entire delegations to include final schedule of events, local event transfer information from official designated hotels)

Credentials & Tickets for Events

Official credentials will be provided as follows:

All participating athletes

1 Delegate for Federation with 1 – 2 Athletes

2 Delegates for Federations with 3 + Athletes

Judges, Test-Judges & Officials

Tickets:

All other supporters, coaches, trainers, backstage personnel must purchase their respective competition entry tickets or credentials



SCHEDULE OF EVENTS (TENTATIVE)

A final schedule of activities and updated information will be distributed prior to the Championships

Wednesday, July 27

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

Thursday, July 28

09:00 -12:00 Judges Meeting & Seminar (TBD)

12:00 - 18:00 Athlete Registration & Weigh-in

18:00 - 20:00 Coaches & Delegates Meeting

20:00 –21:00 Welcome Reception

CAC Board of Directors, Federation Presidents and Delegates

Friday, July 29

09:00 – 12:00 CACBBFF General Assembly

14:00 – 21:00 Pre-judging & Finals - Part 1

Saturday, July 30

11:00 – 19:00 Official Opening & Finals

Sunday, July 31

14:00 – 18:00 Roger Boyce Elite Pro Classic

20:00 Closing Banquet

Monday, August 1

Departure of Athletes and Delegates

CAC 2022 Correspondence

All correspondence and communication about participation in the 2022 Central American and Caribbean Championships can be forwarded to:

Organizing Committee

Dr. Alfred Sparman, President
Barbados Amateur Bodybuilding & Fitness Federation
Email: dr.sparman@thespa,rmanclinic.com
Tel: 1 246 231 0954

Mr. Roger Boyce, Vice President
Barbados Amateur Bodybuilding & Fitness Federation
Tel: 1 246-850-8418
Email: erinpromotions@gmail.com

Ms. Alicia Goodman, Technical Secretary
Barbados Amateur Bodybuilding & Fitness Federation
Tel: 1 246-256-8551
Email: babbff.info@gmail.com

CACBBFF

Mr. John Giovanni Arendsz
President - CACBBFF
E-mail: jfgarendsz@hotmail.com
Telephone: +(297) 5938548

Mr. Marco Cabezas
General Secretary- CACBBFF
Email: mac.cabezas@hotmail.com
Telephone: +52 1 555544803027

Mr. Adolfo Martínez
Chairman - Judges Committee CACBBFF
E-mail: adomarsg@hotmail.com
Telephone: + (58)414-2434648

Mr. Edward Malone
Treasurer - CACBBFF
E-mail: e.Malone@aruba.com
+1 6462729339

Mr. Perry Jerome
Chairman -Technical Committee CACBBFF
Tel. +1 868 7769545
Email: perryjerome@yahoo.com