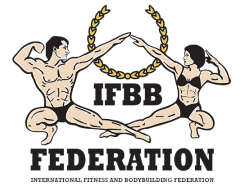
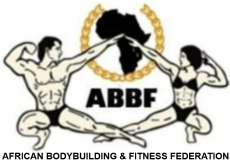


# The African Bodybuilding Championship & African Congress

Cairo – Egypt  
6 – 9 June, 2024



Inspection Report



Cairo, Wednesday, February 14, 2024

Dear President / General Secretary,

The African Bodybuilding Federation, ABBF, is very pleased to announce the organization of the 2024 African Bodybuilding Championship that will be held during the period from 6 to 9 June, 2024 in the wonderful city of Cairo, the Capital of Egypt; a country with a rich history and tradition worldwide known.

Special Thanks to Dr. Rafael Santonja, the President of the International Fitness & Bodybuilding Federation (IFBB) for his continuous support, as the real backbone of the IFBB, for our beloved sport and his special care of this championship.

The event will include Bodybuilding for Junior, Men & Masters, Classic Physique & Men's Physique.

In Cairo we will all enjoy, in addition to sports, fantastic tourism, Sightseeing tours, in addition to extra ordinary hospitality.

As per the requests I've received from some African friends & colleagues concerning the accommodation & its different levels, I have decided to choose different types of accommodation with different price ranges in order to plan your trip appropriately, and definitely, we will help you to choose the best.

The event will be as well a great meeting point, in which all the athletes and officials from the African countries will share brotherhood and solidarity feelings.

Egypt is waiting, with its traditional sense of hospitality, its history and additional great organizational capacity to perform this international event, in which our best athletes will participate at the highest level of sport excellence.

Looking forward to share with you these successful journeys,

God bless all of you,

Sincerely Yours,

Dr. Eng. Adel Fahim

IFBB, Executive Assistant to the President

IFBB, Vice President

President Egyptian, African & African

Bodybuilding Federations



## ABOUT EGYPT (CULTURE AND TRADITIONS)



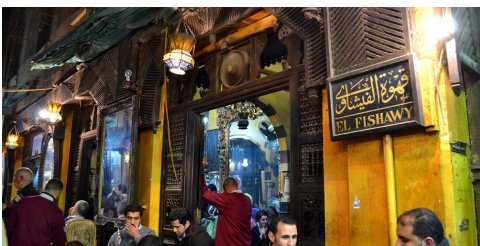
Egypt Culture and Tradition are the core of the Egyptian society that provides a unique experience for every traveler. The goal of this article is to provide every traveler with all the information and skills need to fully understand the culture and traditions of Egypt. This article was written by a group of tour operators, tour guides, and travel consultants who have two decades of experience traveling across Egypt and knowing all the customs, culture, and traditions of Egypt. Wealth isn't all about her monuments and treasures but about her culture and people. Across a history of more than 4500 years; Egypt was able to evolve as an advanced intelligent civilization that learned how to innovate and fuse the culture & traditions of other nations both allies and invaders into one being in order to build the ideal liberal society composed of multiple ancient cultures and ethnic tradition that we're able to survive till our current modern day. Today Egypt is like an immortal time capsule that immerses its visitors into a dimension filled with various traditions, customs, history of ancient civilization, and ageless wonders.

## WARMTH AND HOSPITALITY OF EGYPT

Egypt is like a magical cooking pot mixing all the incredible ideas and customs of ancient domestic and foreign lands into one majestic meal which provides a sense of warmth to every tourist who steps inside one of its cities. The Egyptian people are known for their friendly behavior towards foreigners, always ready to provide any service of their hosts. Also, Egypt has embraced a liberal mentality due to its diverse cultural landscape and history. Hospitality is a key concept in the heart of soul of every Egyptian native as you the Egyptians love to interact and greet everyone with a smile as a friend or a family member and that's one of the main reasons why Egypt is one of the top travel attractions in the world.



## EGYPTIAN SOCIETY



The ancient Egyptians are remembered for the quality and quantity of cultural objects. All the Egyptian Traditions represent a critical piece of their culture that helps form the structure and foundation of their families and their society. Egyptian society is built on the strong foundation of the family and the principles of maintaining a close connection with one another even with strangers as many foreigners could see a lot of Egyptians smiling towards you which is a sign of good luck. The integration of the Egyptian family is strong evidence of the family value embedded in Egyptian society which is one of the main reasons why Egypt is safer than most destinations in the world.

## CELEBRATIONS IN EGYPT



Egypt is known for having more celebration than most countries as if any traveler was planning to spend a couple of days in Egypt, then this traveler has very high chances of encountering some kind of a celebration which could be religious, folkloric, and contemporary. In them, the Egyptians pour into the streets and major festivals of music, songs, and dance performances with delicious food and drinks take places such as Coptic Orthodox Christmas, Abu Simbel Sun Festival (February), Coptic Orthodox Easter, Sham Ennessim, Ramadan, and Eid al-Fitr, Sandbox Music Festival, Eid al-Adha, El Hijra (Islamic New Year), Coptic Orthodox New Year (Coptic Christmas), Abu Simbel, Sun Festival (October), and Mild un Nabi

## RELIGION IN EGYPT

The religious atmosphere of the city is very diverse and is embedded in most of the aspects of social life in Egypt. Islam is the official religion of Egypt with 90% of the entire population is Sunni Muslim and 10% is Coptic. Both Muslims and Christians share the common tongue (Language), history, race, identity, culture, and Ethnicity. Religion has always been a powerful force in shaping the mentality of ancient Egyptians as most of the famous constructions such as the Karnak Temple Complex, Valley of the kings, the Giza Pyramids Complex, and more were all for winning the grace of the gods. the number of mesmerizing mosques and churches built and beautifully designed across the country was built to honor their belief and way of life.



## EGYPTIAN PEOPLE

The ancient glorious history, the ideal geographic locations, and touristic attractions make a true global center for tourism and business. The Egyptian people are known for being very hospitable and extremely generous which is one of the main features of Egypt is an awesome place to have a vacation. They are very kind, helpful, and with a loving nature that treats any stranger as if he was a member of his own family and fully ready to welcome him into his home. This is the ethics of the Egyptians built on the principles of honor, respect, and compassion.

## THE CITY OF CAIRO

Often referred to as the cradle of civilization, Cairo is as vibrant and beautiful as it is overwhelming. It's one of the most densely populated cities in Africa and is famous for some of the most treasured history and culture in the world. Sprawled across the fertile Nile river, there's much more to Cairo than the pyramids. From the sizzling, herby ta'ameya, to the humming of its social cafe culture, Cairo is one of the most mesmerizing metropolises in the world. If you're after a real taste of the ancient world and still value tantalizing food and a buzzing, eclectic culture, this Cairo guide will help you see why Cairo is the best place to find it all.



Cairo is a large city, home to the ancient heart and soul of Egypt. Travelers may flock from far and wide to see the Giza pyramid complex, but the metropolis boasts a world-class culinary scene and its own unique Middle Eastern culture too. You'll want to spend at least three days in Cairo if you're only interested in touring the highlights, but history and culture buffs should aim to stay for at least one week.

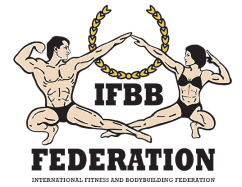
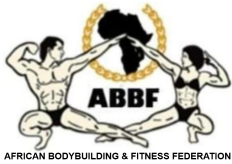


The city is not difficult to navigate, but traffic can make getting around an effort at times – especially the main road of Al Haram, on the way to Giza. Cairo is not a walker's paradise, so it's important to choose your accommodation location wisely. To make up for it, the public transport system is sprawling, easy to use, and affordable. Options include an efficient, speedy subway system, as well as local buses and shared minibusses for the adventurous. Cairo is also the perfect city to rideshare, with apps like Uber or Careem becoming increasingly popular and accessible. It's also extremely affordable to ride in normal taxis or hire a private driver through your hotel or a travel agency – but ridesharing will always be your cheapest private option. For those with itchy feet, the Nile Corniche is a great place to take a long, scenic walk. Whether you want to sit and take in the view with a coffee or get some exercise in, the river is a peaceful escape from the buzz of Cairo.

## NEIGHBORHOODS

Cairo is home to a plethora of unique neighborhoods. From the leafy green expat suburbs to the sizzling street-food havens, there's something for everyone, it just depends on your taste.

Giza – the heart and soul of Cairo – lies around 5 kilometers west of the city center. Home to the famous Giza pyramid complex, the area is lively and densely populated. Filled to the brim with authentic local spots and a sprawling tourist center, Giza is the best area to stay if you're a history buff, or are looking for a unique accommodation experience with a view of the pyramids.



The area is a charming view into authentic Cairo if you're willing to step off the lively Al Haram road and explore the villages right below the main pyramid.

Zamalek is an affluent other-worldly oasis on the island in the Nile. Large, leafy trees line the streets where expats and wealthy Egyptians eat at high-end restaurants and hip cafes. The area is known for high-quality jewelry and antique shopping, as well as its active nightlife scene.

On the edge of the east bank of the Nile lies the lively Downtown area, encompassing Cairo's best budget accommodation, street food, and shopping. Designed by French architects a century ago, the Downtown area hosts Cairo's famous museums and the bustling Tahrir Square .

The area is easily walkable, unlike most other parts of Cairo, and has morphed into one of the city's hippest areas.

Heading south from Downtown is the upmarket, peaceful area of Maadi. Like Zamalek, Maadi is a green, luscious area perched on the banks of the Nile river. Tucked away from the bustle of Cairo city, Maadi features a plethora of parks and relaxing public spaces, creating an intimate community atmosphere. The streets buzz with delicious novel eateries, serving up both local fare and fusion treats.

## FOOD SCENE

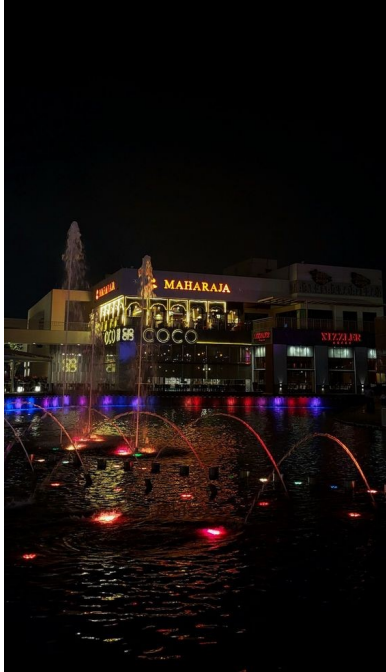
Home to an eclectic food scene, Cairo has seen over 6,000 new eateries open since 2011. From fine dining to street eats and fusion cafes, Cairo's food scene flaunts full, rich flavors. Boasting traditional Egyptian fare, as well as Yemenite, Sudanese, and Korean bites, Cairo locals are serious about their food.

It may come as a surprise, but the city is also a vegan and vegetarian haven, with traditional Egyptian fare focused on beans, ta'ameya (Egyptian falafel), salad, and bread. Whether you're after a local hole-in-the-wall eatery or a fusion take on ful, the selection in Cairo is bound to knock your socks off. Meat eaters will also feel at home here – from sizzling liver sandwiches to meat soaked in thick gravy, there is something to suit every taste and budget.



For an authentic Egyptian street food experience, head to Kebdet El Prince street in Imbaba. The street buzzes with locals chowing down on koshary, sogo, molokhia and liver, but get there early if you want a table – it's a Cairo crowd favorite.

## CAIRO NIGHTLIFE



Alcohol is not a huge part of the social life in Cairo, but that doesn't mean nightlife is scarce. The city comes alive after dark, with many people heading to *baladi bars* (translating to people's bars) or *ahwas* for shisha and coffee.

Cairo is a popular city for young people and families, so there is always something to do, even if bars aren't your style. From live music to theatre performances, your after-dark activities are taken care of. Bars, discos, and clubs are dotted throughout Cairo, but most close at midnight. Zamalek is a well-known area for nightlife, so if you aren't content with a relaxing Friday night shisha, head to the island on the Nile and get your party on!

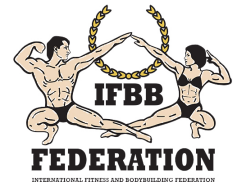
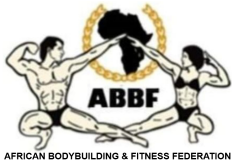
## SHOPPING

Egypt in general is famous for affordable, authentic shopping, but Cairo is something else entirely. From *souks* (markets) to high-class shopping malls and ancient bazaars, Cairo boasts vibrant, colorful opportunities for shoppers. If you're looking to take home authentic Egyptian cotton or a shisha pipe, Cairo is where you'll find it.

One of the best places to find authentic Egyptian antiques, jewelry, leather goods, or spices is Khan Al-Khalili Bazaar. Filled to the brim with smiling vendors and fresh bread, the bazaar is a unique insight into an authentic Egyptian shopping experience. For a luxury shopping experience, head to the Mall of Africa in the 6th of October area, or to Zamalek. Both are affluent neighborhoods to buy quality clothes, jewelry, or crafts – just make sure to wear good walking shoes!



For a more affordable, modern shopping experience, your best bet is Downtown. The sprawling area is a hub for the youth of Cairo and boasts huge street markets and pop-up stalls full of second-hand clothing, shoes, and knick-knacks.



## AIRPORT

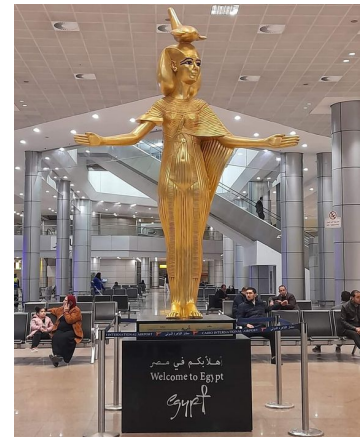


Thursday, June 6, 2024, is the official arrival day. Cairo International Airport is the primary international airport. Cairo International Airport is the mainstay of EgyptAir, as well as being the busiest Egyptian Airport. Cairo Airport is located towards the north-eastern part of the city and about 15 kilometers from the heart of the City's business area. The tonnage of airfreight passing through the airport was about 275,000. You can use Uber application to book a Taxi by your phone; it is easy, fast & cheap.

All participating countries should plan their flights to Cairo International Airport.

It is very important that every federation provide the organizing committee with the complete arrival details of its team, including the number of people in their delegation.

Your cooperation is very essential to ensure adequate transportation for your team.



## VISAS

Please consult the nearest Egyptian Embassy in your country for visa requirements. Please consider the attached letter from the Dr. Eng. Adel Fahim; the President of the African Fitness & Bodybuilding Federation as an Official Letter of Invitation from the African Fitness & Bodybuilding Federation to assist in acquiring visas.



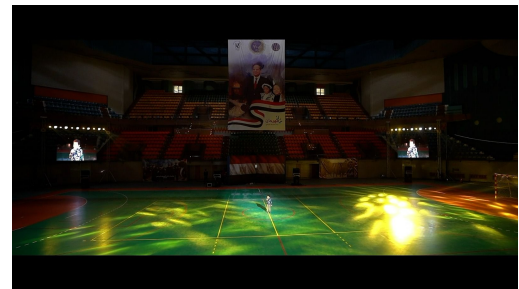
## VENUE

### The Egyptian Police Sports Federation - Indoor Complex Hall



reasons for trust and cooperation in Arab police relations.

It is one of the ancient sports federations and one of the important sports castles in Egypt, which contributed to the development of the Egyptian, Arab and African sports movements and still contributes effectively and influentially to sports activity at the Arab, African, and international levels thanks to its players, who represent about 50% of the players of the Egyptian national teams.



Venue Address: Sak El Omla Street, Darrasa – Cairo, Egypt

Location: <https://maps.app.goo.gl/Vx9YinsEs9gkM8Af8>

## **SUGGESTED HOTELS**

We have many options for accommodation for all the participants (Athletes & Delegates) such as:

- 📍 **Elite Hotel – Four Stars Deluxe ( Recommended)**
  - Single Room USD 80\$ (Full Board)
  - Double Room USD 100\$ (Full Board)
  - Triple Room USD 150\$ (Full Board)

This Hotel located inside the Egyptian Police Sports Federation (two minutes walking from the venue). The Egyptian Police Sports Federation is an integrated Olympic village & includes many playgrounds, sports facilities, physiotherapy centers, a social club, a hotel, and chalets.



### **N.B.**

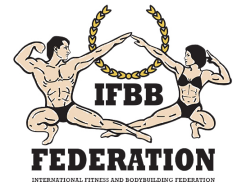
Rooms are very limited in this hotel, so it is highly recommended to inform us early if you decided to stay at this Hotel.

- 📍 **Sonesta Hotel, Tower & Casino – Cairo**

[https://www.tripadvisor.com/Hotel\\_Review-g294201-d302323-Reviews-Sonesta\\_Hotel\\_Tower\\_Casino\\_Cairo-Cairo\\_Cairo\\_Governorate.html?m=19905](https://www.tripadvisor.com/Hotel_Review-g294201-d302323-Reviews-Sonesta_Hotel_Tower_Casino_Cairo-Cairo_Cairo_Governorate.html?m=19905)

- 📍 **Baron Hotel - Cairo**

[https://www.tripadvisor.com/Hotel\\_Review-g294201-d481920-Reviews-Baron\\_Hotel\\_Cairo-Cairo\\_Cairo\\_Governorate.html](https://www.tripadvisor.com/Hotel_Review-g294201-d481920-Reviews-Baron_Hotel_Cairo-Cairo_Cairo_Governorate.html)



## **PARTICIPATION**

The contest is open for National African Federations from all African countries; the number of competitors participating in these championships is unlimited

## **REGISTRATION**

Official Athlete Registration will take place in The Egyptian Police Sports Federation (Complex Hall), on **Thursday, June 6, 2024**, from 10:00 AM till 06.00 PM.

Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form with their names directly to the African Federation President. The final decision to allow an athlete to compete in this event rests with the ABBF. All Athletes must wear their posing attire during weigh-in for inspection. Posing attire and tanning must be in accordance to IFBB rules. Any tanning which can be wiped off is not allowed.

You will receive your tags for athletes and coaches at the registration.

## **TEAM MANAGERS & JUDGES MEETING**

Team Managers and Judges Meeting will start on **Thursday, June 6, 2024** at 06:30 PM at The Egyptian Police Sports Federation (Complex Hall) & directly after the weigh-in.

## **REGISTRATION FEES**

Each athlete and Official Delegate must pay the ABBF registration fee of USD \$ 200.00 each (Three or more competitors: two Official Delegates allowed. Two competitors or less: only one Official Delegate is allowed). The ABBF registration fee is completely separate from the hotel security deposit. Athletes who have not yet obtained the IFBB Bluebook or need to renew his Card will have to pay USD \$ 250.00, which includes the IFBB International Card (Bluebook) (USD \$50.00) and the registration fee (USD \$ 200.00).

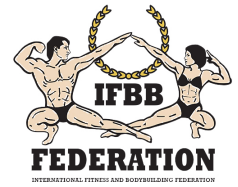
The Chief Delegate shall be responsible for submitting full payment for the entire team during registration at the Secretariat.

## **JUDGES**

To be taken into consideration during selection of judging panels at the event, IFBB International Judges must be included in the Final Entry Forms sent by IFBB National Federations. For more information, please contact ABBF President, Dr. Eng. Adel Fahim, under address:

[ifbbcairo@gmail.com](mailto:ifbbcairo@gmail.com)

**IMPORTANT NOTICE:** IFBB International Judges must have a valid IFBB International Judge's Card with the IFBB yearly judge's fee of EUR €50/USD \$60 paid for 2024.



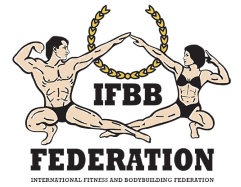
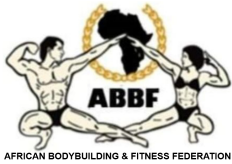
## BODYWEICHT CATEGORIES

### 1. SENIOR CATEGORIES:

- 🏆 MEN'S CLASSIC PHYSIQUE UP TO 168 CM
- 🏆 MEN'S CLASSIC PHYSIQUE UP TO 171 CM
- 🏆 MEN'S CLASSIC PHYSIQUE UP TO 175 CM
- 🏆 MEN'S CLASSIC PHYSIQUE UP TO 180 CM
- 🏆 MEN'S CLASSIC PHYSIQUE OVER 180 CM
  
- 🏆 MEN'S BODYBUILDING UP TO 65 KG
- 🏆 MEN'S BODYBUILDING UP TO 70 KG
- 🏆 MEN'S BODYBUILDING UP TO 75 KG
- 🏆 MEN'S BODYBUILDING UP TO 80 KG
- 🏆 MEN'S BODYBUILDING UP TO 85 KG
- 🏆 MEN'S BODYBUILDING UP TO 90 KG
- 🏆 MEN'S BODYBUILDING UP TO 95 KG
- 🏆 MEN'S BODYBUILDING UP TO 100 KG
- 🏆 MEN'S BODYBUILDING OVER 100 KG
  
- 🏆 MEN'S PHYSIQUE UP TO 170 CM
- 🏆 MEN'S PHYSIQUE UP TO 173 CM
- 🏆 MEN'S PHYSIQUE UP TO 176 CM
- 🏆 MEN'S PHYSIQUE UP TO 179 CM
- 🏆 MEN'S PHYSIQUE UP TO 182 CM
- 🏆 MEN'S PHYSIQUE OVER 182 CM
  
- 🏆 MUSCULAR MEN'S PHYSIQUE UP TO 179 CM
- 🏆 MUSCULAR MEN'S PHYSIQUE OVER 179 CM

### 2. MASTERS CATEGORIES:

- 🏆 MASTER MEN'S BODYBUILDING 40-44
- 🏆 UP TO 80 KG
- 🏆 OVER 80KG
  
- 🏆 MASTER MEN'S BODYBUILDING 45-49
- 🏆 UP TO 80 KG
- 🏆 OVER 80KG
  
- 🏆 MASTER MEN'S BODYBUILDING 50-54
- 🏆 UP TO 80 KG
- 🏆 OVER 80KG
  
- 🏆 MASTER MEN'S BODYBUILDING 55-59
- 🏆 UP TO 80 KG
- 🏆 OVER 80KG
  
- 🏆 MASTER MEN'S BODYBUILDING 60 YRS - OPEN



### 3. JUNIOR CATEGORIES:

- 🏆 JUNIOR MEN'S BODYBUILDING UP TO 23 YRS UP TO 75 KG
- 🏆 JUNIOR MEN'S BODYBUILDING UP TO 23 YRS OVER 75 KG
  
- 🏆 JUNIOR MEN'S PHYSIQUE UP TO 23 YRS - OPEN
  
- 🏆 JUNIOR MEN'S CLASSIC PHYSIQUE UP TO 23 YRS - OPEN

### AWARDS:

- 🏆 Top six athletes in each category will be awarded with **Medals**.
- 🏆 Top six athletes in each category will be awarded with a **Certificate of Excellence**.

### IFBB ELITE PRO CARDS:

- 🏆 IFBB Elite Pro Cards will be awarded to the first place winners in all categories except juniors category.
- 🏆 Master IFBB Elite Pro Cards will be awarded to the first place winners in all masters categories.

### MEDIA ACCREDITATION

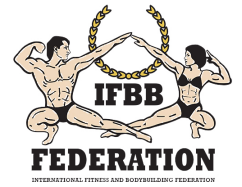
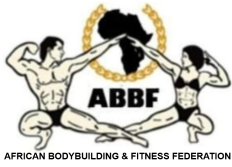
All media accreditation, except local media, shall be controlled by the ABBF. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form.

### BACKSTAGE ACCESS/ DRESSING ROOM ACCESS

Pursuant to IFBB Rules, access to the backstage area and/ or dressing room area is strictly Limited to essential personnel only.

### CAMERA/VIDEO TAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and dressing room areas except when used by ABBF/IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.



## **TANNING NEEDS:**

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.

For the best tanning results and to avoid disappointment, athletes are strongly advised to utilize the official tanning sponsor Shark Tan.

Shark Tan team will be the only tanners allowed backstage, and will supply a professional touchup service at the cost of athlete.

Shark Team will be spraying starting from 8:00 AM until 6:00 PM.

FEES: 1 Application – USD – 100\$

## **PASSPORTS/ MUSIC**

All Competitors must provide their PASSPORT and MUSIC at weigh- in, failing which the competitor will not be registered. All posing music must be on an audio CD only. The posing music must be the only music on the CD. Each competitor must affix his name on the CD for easy identification.

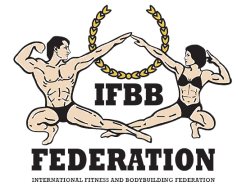
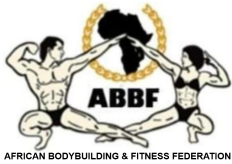
## **NATIONAL ANTHEM & NATIONAL FLAG**

All National Federation must bring with them to Egypt their national Anthems [shortened version only] on a compact disc [CD]. This must be on a separate CD from those which contain the posing music of the athletes. All National Federation must bring with them their respective National Flags. The flags must be manufactured of dense silk and measure no more than 2.5 meters x 1.5 meters.

## **PARADE OF NATIONS**

The dress code for all delegate and/or officials taking part in the Parade of Nations is the IFBB official uniform. The dress code for all athletes taking part in the Parade of Nations is a posing truck and the contest T-shirt.

One [1] delegate and one [1] competitor per country must take part in the Parade of nations.



## ***ATHLETES WITHOUT DELEGATES***

All athletes competing at the African Championships must be members in good standing of their National Federations. Any athlete who arrives without a delegate must be nominated by his National Federation by sending the Final Entry Form, failing which the athlete will not be allowed to participate.

## ***ATTENDANCE AT THE ABBF CONGRESS***

It is the duty and responsibility of each National Federation to ensure that it is represented at the ABBF congress meeting. National Federation must be represented by its President and another or a representative, including Federation with athlete and no delegates. In this case, the athlete must attend and represent his country at the congress.

## ***TIME DIFFERENCE***

Greenwich Mean Time (GMT) + 2

## ***LANGUAGE***

Arabic is the official language, although English is widely spoken and most coffee shops & restaurants menus are in both languages, the further out of town to go, the more Arabic you will find, both written & spoken.

## ***WEATHER***

The temperature in Cairo, Egypt in June averages 32 degrees "Centigrade".

## ***CURRENCY***

The currency in Egypt is the Egyptian Pound which is approximately:

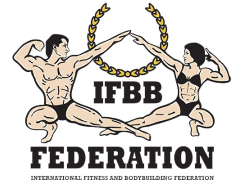
US \$ 1.00 = 30.75 Egyptian Pound

Euro 1.00 = 33.15 Egyptian Pound

## ***ELECTRIC CURRENT***

The electrical outlets are 220 V, 50 Hz. Socket/plug of type C plug, with two round prongs.

Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>



## **MEDICAL WITHDRAWAL**

Once officially registered, no Athlete may withdraw from competition without the prior approval of the Head Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the Head Judge, who has the right to verify the reason for the withdrawal.

## **FAILURE TO COOPERATE**

Failure to cooperate with the Organizing Committee is contrary to the IFBB Code of Ethics and may result in disciplinary measures being taken by the IFBB against the offending National Federation.

## **FINAL ENTRY FORM**

The FINAL ENTRY FORM must be returned to the Organizing Committee no later than May 20, 2024.

The deadline for the Final Entry Form is **Monday, May 20, 2024**. National Federations must submit the actual names of all Official Participants (athletes by discipline and category, Delegates, including judges). You must also include arrival and departure information. The Final Entry Form must be returned not later than the deadline. Your cooperation is essential in this regard.

## **CORRESPONDANCES**

All entry forms and correspondence should be addressed to:

- ABBF President, Dr. Eng. Adel Fahim, [ifbbcairo@gmail.com](mailto:ifbbcairo@gmail.com)
- IFBB Technical Committee, Mr. Andrew Michalak, [amichalak5@gmail.com](mailto:amichalak5@gmail.com)
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The deadline date for submitting the Final Entry Forms is **Monday, May 20, 2024**.

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