

CENTRAL AMERICAN & CARIBBEAN
BODYBUILDING & FITNESS
Championship

**September 26-27, 2025 Pavilion on the Ramp,
Rodney Bay, Gros Islet, St.Lucia**

WELCOME TO SAINT LUCIA

The St. Lucia Amateur Bodybuilding and Body Fitness Association (SLABBFA) in collaboration with the Government of Saint Lucia through the Ministry of Youth Development and Sport, the Ministry of Tourism, the St. Lucia Olympic Committee and the Central America and Caribbean Fitness and Bodybuilding Confederation (CACFBC), take this opportunity to welcome all Central American and Caribbean National Federations to participate in the 52nd Central American and Caribbean Fitness and Bodybuilding Championships and Annual General Assembly.



LOCATION:

Saint Lucia is situated within the Lesser Antilles in the eastern Caribbean Sea. It is a small island nation located between Martinique to the north and Saint Vincent and the Grenadines to the south. The country has a population of 185,819 and the largest city and capital is Castries.

Saint Lucia is renowned for a range of attractions, including the striking Piton Mountains, the unusual drive-in volcano, the energizing waterfalls, the gorgeous hiking trails, the stunning beaches, the lively street celebrations, and the upmarket restaurants.

HISTORY:

Saint Lucia's history is extensive and intricate, shaped by numerous factors. Before European invaders arrived, the Arawak and Carib native populations of the island lived

there in relative seclusion. Midway through the 17th century, France made its initial claim on Saint Lucia, which it held until 1814, when it was turned up to the British. In 1979, the island declared its independence from the British, and since then it has grown into a reliable democracy.

CULTURE:

Intensely impacted by its history of French and British colonization as well as the customs of its African and Carib indigenous communities, Saint Lucia is a dynamic blend of various elements that has developed over centuries. Calypso, soca, and reggae are popular musical genres on the island, which has a strong musical tradition. The annual Saint Lucia Jazz and Arts Festival is a major event that celebrates the island's music, arts, and cultural heritage. Saint Lucian cuisine, which combines French, African, and Caribbean influences, is a significant part of their culture.

NATIONAL DISHES

Green Fig & Saltfish

Green Fig and Saltfish (Green figs are the local name for green bananas) is the National Dish of St. Lucia. This dish has its roots in 19th-century slavery when bananas were plentiful and dried, salted codfish was cheaply imported from Canada to serve as rations for slaves. Over time, the slaves added their own spices to the dish and it became so popular on the island, that it was eventually recognized as the national dish of St. Lucia. The dish is typically prepared in most households and especially for the Creole Day Festival held in October.



Bouillion

Pigtail bouillion is one of the most popular kwéyol dishes in St. Lucia, with a plethora of mouth-watering flavors and textures that perfectly complement each other. The dish is so tasty, satisfying and filling that it has become a staple of the island's Jounen Kweyol celebrations.



This chunky soup is a fusion of our East Indian, African, and Amerindian cultures, resulting in a delicious melting pot. The word "bouillion" means broth in French and is derived from the verb "bouillir," which means "to boil." Bouillion is a "one-pot" dish that typically consists of dried beans or peas, ground provisions, vegetables, meat and flour dumplings.

LANGUAGE:

The official language of Saint Lucia is English. In addition, Creole, a French patois, is also extensively spoken on the island. With roots in the island's colonial and slave histories, the Creole language is a mash-up of African, French, and English influences. Creole is widely used in Saint Lucian culture and is frequently heard in storytelling, music, and other forms of artistic expression. Although Saint Lucia's official language is English, many residents also speak Creole in daily interactions.

GEOGRAPHY:

Its geography is characterized by verdant hills and valleys, towering volcanic peaks, and stunning beaches, making it a popular destination for tourists from around the world. St. Lucia's physical attributes are undeniably beautiful. The

island is characterized by steep peaks and rainforests that dominate the interior. Its soft sandy beaches, stunning natural harbors, and the twin peaks of Gros Piton and Petit Piton on the southwest coast are renowned worldwide. The steep terrain accentuates the numerous rivers that flow from central St. Lucia to the Caribbean. The island is also covered in fertile land that supports banana growing.

CURRENCY:

The local currency is Eastern Caribbean Dollars (XCD). The US Dollar can be used throughout Saint Lucia, at an exchange rate is XCD2.7169 to US\$1.00

CLIMATE:

The climate is tropical but not extreme, with a median and practically constant temperature of 80 - 90 degrees Fahrenheit (27 - 32 degrees Celsius).

ELECTRICAL CURRENT

220volts 60HZ. While 110v can be accommodated at some locations. We recommend that you walk with adaptors.

TOURIST ATTRACTIONS

- ⇒ The Pitons
- ⇒ Sulphur Springs (Drive-in Volcano)
- ⇒ Diamond Falls
- ⇒ Pigeon Island
- ⇒ Marigot Bay
- ⇒ Gros Islet Friday Night Street Party



Mud Bath



Friday Night Street Party

PORTS OF ENTRY

George FL Charles Airport

George F. L. Charles Airport is the smaller of the two airports in Saint Lucia. It is located 2 km north of Castries, the capital city. George F. L. Charles Airport is managed by the Saint Lucia Air and Seaports Authority. This airport is about thirty (30) mins drive to the hotels and competition venue (all within the Rodney Bay area)



Hewanorra International Airport

St Lucia's Hewanorra International Airport (UVF) is the larger of the island's two main airports and serves as the main gateway for international visitors. Located in the southern part of St Lucia, about 53.4 km from the capital city, Castries. The airport offers a range of services and facilities to make travelers' journeys as smooth and comfortable as possible, and is also managed by the Saint Lucia Air and Seaports Authority. This airport is about an hour & a half (1½) drive to the hotels and competition venue.



Airlines to St. Lucia

Win Air	American Airlines
Sunrise Airline	TUI Airlines
Inter Caribbean	Delta Airlines
Mountain Air	WestJet
Caribbean Airlines	Air Canada
LIAT 20	British Airways
NETJETS	Virgin Atlantic
Golden Air	United Airlines
JetBlue	SVG Air
Air Adelphi	Mustique Airlines

ENTRY & VISA REQUIREMENTS

<https://www.govt.lc/media.govt.lc/www/resources/forms/SaintLuciaVisaApplicationForm.pdf>

CENTRAL AMERICAN REGION	
COSTA RICA	NO
EL SALVADOR	YES (poe)
NICARAGUA	YES (poe)
Honduras	YES (poe)
BELIZE	NO
GUATEMALA	YES (poe)
PANAMA	NO
EASTERN CARIBBEAN REGION	
ANTIGUA @ BARBUDA	NO
ST KITTS	NO
BARBADOS	NO
SINT MAARTEN DUTCH	NO
TRINIDAD & TOBAGO	NO
SAINT MARTIN FRENCH	NO
ANGUILLA	NO
GRENADA	NO
GUADELOUPE	NO
ST VINCENT & THE GRENADINES	NO
US VIRGIN ISLANDS	NO
ANTILLES REGION	
JAMAICA	NO
MEXICO	NO
REPUBLICA DOMINICANA	YES (pta)
PUERTO RICO	NO
BAHAMAS	NO
BERMUDA	NO
HAITI	YES
TURKS & CAICOS ISLAND	NO
SOUTHERN CARIBBEAN REGION	
BONAIRE	NO
SURINAME	NO
VENEZUELA	YES
GUYANA	NO
ARUBA	NO
COLOMBIA	YES (pta)
CURACAO	NO

(poe) = Port of Entry
(pta) = Prior to Arrival

TRANSPORTATION

The organizing Committee will provide local transportation (Airport to the Host Hotel) to all national federations who submit their final entry forms on time. A transportation link will be sent in advance of the Championship to provide detailed arrival and departure information

Public transportation Route 1A (green registration plate), is readily available from Rodney Bay to the city of Castries for EC\$2.75 and Taxis (blue registration plate) EC\$40.00.

CAR RENTAL

Tibbs Elite Car Rental - 1-758-461-1206
Operative Car Rental - 1-758-460-7599

MEDICAL FACILITIES

Owen King EU Hospital
Address: Millenium Heights
Tel. 1-758-458-6500



Tapion Hospital
Address: Tapion, Castries
Tel: 1-758-459-2000

Gros Islet Polyclinic
Massade, Gros Islet
Tel: 1-758-468-7630



THE CHAMPIONSHIP

The Central American & Caribbean Fitness and Bodybuilding Championships is an international competition sanctioned by the IFBB, through the Central American and Caribbean Fitness and Bodybuilding Confederation (CACFBC), which is a Continental Branch of the IFBB with 38 affiliated countries and territories. It is a Drug Tested, IFBB Professional Qualifier for Bodybuilding and Fitness athletes.

COMPETITION & WEIGH-IN VENUE

The venue of the Championship is the Pavillion on the Ramp in Rodney Bay. The competition venue is approx. 10 mins. drive from Harbor Club and 5 mins. drive from both Bay Gardens Hotel and Bay Gardens Inn. It is also situated next to Bay Gardens Resort.



Eligibility

All participating Federations must be members in good standing of the CACFBC and the IFBB/CACFBC. Such federations must be current with all affiliation fees and any other financial obligation with the CACFBC and IFBB. CACFBC fees can be paid at the official Athlete inscription. Each federation should verify with the CACFBC Treasurer and the IFBB to confirm their status to avoid any disqualification of athletes from the competition.

Official Athlete Registration

Registration and weigh-in is scheduled for Thursday September 25 from 9:00 am – 1:00 pm at the Pavillion on the Ramp. All competing athletes must be members in good standing of their National Federations and nominated by their National Federations by sending the Final Entry form.

All competing athletes must present their Passports and IFBB International Cards upon Registration, together with the competition attire for inspection. This IFBB card is mandatory for all athletes and is valid till 31 December of the current year for any IFBB sanctioned competition. **The fee for purchase / renewal of the IFBB International Card is \$50.**

The inscription fee per athlete is US\$125.00 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. Each athlete should pay 50\$ for the Anti-doping test.



52th CENTRAL AMERICAN AND CARIBBEAN CHAMPIONSHIP


CACBBFF

St. Lucia, September 26-27, 2025.



AMATEUR

N°	Modality	Category	Division
1	Men's Bodybuilding	Junior 16 to 23 years.	Open category
2		Master 40 to 49 years.	Open category
3		Master 50 years and over.	Open category
4	Men's Games Classic Bodybuilding	Open	Open category
5	Men's Classic Bodybuilding	Junior 16 to 23 years.	Open category
6		Senior	Up to & incl. 175 cm. Over 175 cm.
7		Master 40 years and over.	Open category
8	Men's Classic Physique	Junior 16 to 23 years.	Open category
9		Master 40 years and over.	Open category
10	Men's Physique	Junior 16 to 23 years.	Open category
11		Senior	Up to & incl. 170 cm.
12			173 cm
13			176 cm
14			179 cm
15	Over 179 cm.		
16	Master 40 years and over.	Open category	
17	Muscular Men's Physique	Open	Up to & incl. 175 cm. Over 175 cm.
18	Men's Fitness	Open	Open category
19	Men's Fit Model	Open	Open category
20	Mixed-Pairs	Open	Open category
21	Fit-Pairs	Open	Open category
22	Women's Fit Model	Open	Open category
23	Women's Bikini	Junior 16 to 23 years.	Open category
24		Senior	Up to & incl. 160 cm.
25			164 cm.
26			169 cm.
27			Over 169 cm.
28	Master 35 years and over.	Open category	
29	Women's Wellness	Junior 16 to 23 years.	Open category
30		Senior	Up to & incl. 158 cm.
31			163 cm.
32			168 cm.
33	Over 168 cm.		
34	Master 35 years and over.	Open category	
35	Women's Bodyfitness	Senior	Up to & incl. 163 cm. Over 163 cm.
36		Master 35 years and over.	Open category
37	Women's Artistic Fitness	Open	Open category
38	Women's Physique	Open	Open category
39	Female Children Fitness	Open	Up to & incl. 9 years
40			11 years
41			13 years
42	Fitness Challenge - Speed Fit	Female & Male	Over 13 years
43	OVERALL	Men's Bodybuilding Master Men's Classic Bodybuilding Senior Men's Physique Senior Muscular Men's Physique Senior Women's Bikini Senior Women's Wellness Senior Women's Bodyfitness Senior	



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 top 3 National Teams.

ANTI-DOPING RULE

The 52nd 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 CACFBC 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.

ACCOMMODATIONS

The SLABBFA have partnered with Harbor Club, whose information is detailed below. In the meantime have blocked off rooms at the Harbor Club, which information is detailed below, while the host committee is continuing to secure accommodations at Bay Gardens Hotel and Bay Gardens Inn. **IT IS HIGHLY RECOMMENDED THAT ALL FEDERATIONS DETERMINE THEIR ACCOMMODATION NEEDS AND ADVISE THE SAINT LUCIA FEDERATION AS SOON AS POSSIBLE. THIS INFORMATION IS CRITICAL TO DETERMINE THE NUMBER OF ACCOMMODATIONS REQUIRED.**
RESERVATIONS:-

The Harbor Club

Kelly Wahid

Assistant Director of Sales

kelly.wahid@theharborclub.com

Rodney Bay, Gros Islet, Saint Lucia

Office: +1 758 731 2900

Mobile: +1 758 730 9946

Website: www.theharborclub.com

Please see the link below to book your rooms at the Harbor Club.

<https://bit.ly/CACStLucia>

Bay Gardens

Unice Calixte (Mrs)

RESERVATIONS MANAGER

BAY GARDENS RESORTS

Reduit Beach, Rodney Bay Village, Gros Islet, Saint Lucia

Mobile/Whatsapp: +1 758.716.1446

Office: +1 758.457.8007

Fax : +1 758.452.9747

Toll Free USA & CAN : 877 620 3200

Toll Free UK : 800 088 5104

E mail: resmanager@baygardensresorts.com

Website: www.baygardensresorts.com

Rates

- Single Occupancy – US\$168.00 per room per night
- Double Occupancy – US\$201.00 per room per night
- Triple Occupancy – US\$259.00 per room per night
- Quad Occupancy – US\$317.00 per room per night

Bay Gardens Hotel:

<https://reservations.travelclick.com/103026?groupID=4761986>

Bay Gardens Inn:

<https://reservations.travelclick.com/103017?groupID=4761997>

Costs

Each National Federation is responsible for all costs involved with meals, beverages, accommodations and other incidentals throughout the duration of their stay. **PLEASE NOTE THAT ANY DAMAGES TO HOTEL ROOMS, BEDDING, WALLS OR HOTEL PROPERTY WILL BE THE SOLE RESPONSIBILITY OF THE ATHLETE AND THEIR FEDERATION. IT IS ADVISED THAT ATHLETES WALK WITH DARK SHEETS /TOWELS TO AVOID DAMAGE TO LINEN.**

Media

Any media accreditation, including local media, shall be controlled by the SLABBFA in collaboration with the CACFBC. All media outlets and representatives wishing to obtain media accreditation for this event must register with and accredited by the St. Lucia Amateur Bodybuilding & Body Fitness Association.

Camera/video recording equipment

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

Judges

In order to assist the Judges Committee in the selection of the different judging panels at the CAC championships. All participating CAC Continental Judges (card holders) in all participating country, together with the names of those who would like to participate as “test paper” judges, must be included on the Preliminary Entry Form. All Continental Judges must bring their judge’s cards to St. Lucia.

National Flag

All participating National Federations must bring with them TWO (2) National Flags.

Size required is 5 feet by 3 feet.

Posing Music

All music must be presented on a USB flash drive. The USB must have only the music to be used for posing. USB flash drives containing more than one song will not be accepted. It is recommended that each athlete present 2 USB flash drives in case of any technical problem. For easy identification, each competitor must place his/her name and country name on the USB flash drive. Competitors participating in two classes must bring two separate USB flash drives, one for each class if they contain different music. Athletes or Federation representatives must collect all music from the music station at the conclusion of the event or 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.

Notification of Participation

National Federations are requested to **notify** the CAC and SLABBFA Organizing Committee **of their intention to participate by June 25th, 2025**, with flight information following soonest. .

Credentials / Accreditations

Official credentials will be provided as follows:

All participating athletes

1 Delegate for Federation with 1 – 3 Athletes

2 Delegates for Federations with 4 + Athletes

Judges, Test Judges and Officials

Prices of Event Tickets

(for unofficial delegates and other supporters)

Pre-judging US\$30.00 (EC\$80.00) (General Admission)

Finals US\$30.00 (EC\$80.00) General Admission,

Finals US\$50.00 (EC\$135.00) VIP Seating

Farewell Fiesta US\$30.00 (EC\$80.00)

(for unofficial delegates and other supporters)

Package Combo - 25% off and Includes pre-judging, Finals.

Package Combo - 25% off and Includes pre-judging, Finals (VIP).

All supporters, coaches, trainers, back-stage personnel including make-up and hair professionals must purchase their respective competition entry tickets or credentials.

Secretariat

The Organizing Committee and the CACBBFF will establish a Secretariat at the Harbor Club Hotel.



SCHEDULE OF EVENTS

Wednesday September 24, 2025

Press conference
Arrival of Athletes and Delegates

Thursday September 25, 2025

8:00 am- 9:00 am	Secretariat, Harbor Club
9:00 am - 1:00 pm	Athlete Registration & Weigh-in Pavillion on the Ramp
4:00 pm - 6:00 pm	CACFBC General Assembly Harbor Club
7:00 pm - 9:00 pm	Welcome Reception (CAC Board of Directors, Federation Presidents, Delegates, Sponsors) TBD

Friday September 26, 2025

8:00 am - 9:00 am	Secretariat, Harbor Club
9:00 am - 11:30 am	Judges Coaches & Delegates Seminar, Harbor Club
1:00 pm - 9:00 pm	Semi-Finals & Finals Part 1, Pavillion on the Ramp

Saturday September 27, 2025

7:00 am - 10:30 am	Fitness Challenge on the Ramp * Children * Junior * Senior
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11:00am - 8:00 pm

Official Opening & Finals Part 2,
Pavillion on the Ramp

8:30 pm

Farewell Banquet, Harbor Club

Sunday September 28, 2025

Land & Sea Tours

Monday September 28, 2025

Departure of Athletes & Delegates



CORRESPONDENCE

All correspondence and communication about participation in the 52nd Central American and Caribbean Championships can be forwarded to:

Organizing Committee

Mrs. Jacqueline Trim

President

St. Lucia Amateur Bodybuilding & Body Fitness Association

Email: info@stluciabodybuilding.org / jackie69trim@gmail.com

Tel: + 758-720-9339 ~ 287-9898

Mrs. Shermain George,

Organizing Secretary

St. Lucia Amateur Bodybuilding & Body Fitness Association

Email: secretary@stluciabodybuilding.org / slabbfa@gmail.com

Tel: + 758-724-8553

CACFBC

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President – CACFBC

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Tel: +1-809-771-5931

Mr. Roger Boyce

Vice President - CACFBC

Email: erinpromotions@gmail.com

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Mr. Mario Jimenez

General Secretary- CACFBC

Email: magejior@gmail.com

Tel: +57 305-293-4541

Mr. Adolfo Martínez

Chairman - Judges Committee CACFBC

E-mail: adomarsg@hotmail.com

Tel: + (58)414-2434648

IFBB Headquarters:

DARIA

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