

International Federation of Bodybuilding & Fitness Caribbean

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37TH CENTRAL AMERICAN AND CARIBBEAN BODYBUILDING AND FITNESS CHAMPIONSHIPS

**St. GEORGE 'S, GRENADA
SEPTEMBER 30TH – OCTOBER 4TH, 2009**

INSPECTION REPORT

VERY IMPORTANT NOTICE

The GABBFF's Organizing Committee will provide transportation to and from the Grenada Grand Beach Resort & Maurice Bishop International Airport for the all National Federations & guest.

WELCOME

The Organizing Committee of the GRENADA BODY BUILDING & FITNESS FEDERATION (GABBFF), extend a warm welcome to all IFBB National Federations to participate in the Central American and Caribbean Bodybuilding, Fitness & Body Fitness Championships in St. George's, Grenada, September 30th - October 4th, 2009.

ABOUT GRENADA

Sun, sand, and sea are merely perimeters of the Islands of Grenada. At the core of our islands you'll find a big heart, open arms, and a way of living life that is both timeless and new. It is our heritage. It is your departure from everyday life. St. George's, the capital city of Grenada. Grenada is the largest of three islands. The sister Isles of Carriacou & Petite Martinique are two islands which maintains a distinct blend of international glamour and tropical ease, giving travelers freedom to do everything or nothing at all. Grenada gained independence from Great Britain on February 7, 1974.

OFFICIAL HOTEL

The official hotel is the **Grenada Grand Beach Resort, Grand Anse, St. George's Grenada**, located on Grand Anse, St. George's, Grenada. Telephone: (473) 444-4371, Fax: (473) 444-4800
Website: www.grenadagrand.com

Reservations can be made by calling our on property reservations department by calling

Tel: (473) 444 - 4371. Fax: (473) 444-4800

Email: paradise@grenadagrand.com

When making reservations, please identify the group's name "CAC Championships".

Arleen Redhead is the Front Office Manager.

Room rate @ US\$109.00 Double occupancy Garden View, Beach Front \$129.00 per night plus applicable taxes, all rates are inclusive of Break Fast.

**** Reservations are to be made **before August 25, 2009**; a major credit card must be given to guarantee reservations. Thereafter, reservations will be taken on space rate availability and will be offered at the current prevailing rate.

Applicable Taxes:

Room Tax: 18% Room tax per night

The Grenada Grand Beach Resort, Grand Anse, has been selected to accommodate all athletes, officials, extra officials, supporters and others. All heads of National Federations should arrange hotel reservations directly with the Hotel (including accommodations before the Official Arrival Date of Thursday, October 1, 2009 and/or after the Official Departure Date of Sunday, October 4, 2009) for all Official Participants (Athletes and Delegates) and extra delegates.

ACCOMMODATIONS

All Athletes and Delegates will be accommodated in double rooms (Maximum occupancy per room 2 adults & 2 kids under 16 years).

The Official Arrival Date is Thursday, **October 1, 2009**.

The Official Departure Date is Sunday, **October 4, 2009**.

All competitors must check in BEFORE the start of the Weigh-in and Measurements and Registration, by Thursday, October 1, 2009 at 6:30pm. All competitors are required to present a VALID passport and a doping certificate at the time of registration and weigh-in.

VENUE SITE

The Grenada Trade Center is the official venue for the 37th Annual CAC Bodybuilding & Fitness Championships.

AIRPORT

The traveling times from the Maurice Bishop International Airport to the Grenada Grand Resort is approximately 5 minutes (2 miles). Please notify the Organizing Committee of your arrival time no later than September 1st, 2009, so that suitable transportation can be arranged for your National Team members.

IF YOU DO NOT COOPERATE BY PROVIDING THE ORGANIZING COMMITTEE WITH THE DETAILS OF YOUR ARRIVAL, YOU MAY NOT BE TRANSPORTED IN A TIMELY MANNER FROM THE GRENADA MAURICE BISHOP INTERNATIONAL AIRPORT TO THE GRENADA GRAND BEACH RESORT.

EARLY ARRIVALS/LATE DEPARTURES

The Official Arrival Date is Thursday, **October 1, 2009**

The Official Departure Date is Sunday, **October 4, 2009**.

Athletes and Delegates arriving before the Official Arrival Date of October 1, 2009 and/or departing after the Official Departure Date of October 4, 2009 will be responsible for all of their expenses, including transportation to and from the airport. Please contact the Organizing committee, if there are further questions related to the accommodations.

FLIGHT RECONFIRMATION

Please reconfirm your return flight as soon as you arrive at the Grenada Grand Beach Resort. The chief delegate of each national federation must advise the Secretariat of their team departure time, in order to secure transportation back to the Maurice Bishop International Airport on Sunday, October 4, 2009.

VISAS

A valid passport is required to enter the island of Grenada. Please check with your travel agent and/or your country's Immigration Department to ensure that you carry a visa, if required to enter Grenada.

SECRETARIAT

During the official dates of the CAC Championships, from the 1st to 4th October 2009, IFBB/CAC Officials will maintain a Secretariat at the Grenada Grand Beach Resort: **St. Lucia Room - IFBB/CAC**. All Chief delegates must report to the Secretariat. All judges must present their judging cards at the Secretariat upon arrival.

The Local Federation (GABBF) Secretariat – **St. Lucia Room**.

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh-in/height measurement, failing which the competitor will not be registered. The music must be on CD, at the start of the CD. The athlete's name & country must be clearly/legibly affixed on the CD for identification purposes.

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

NATIONAL ANTHEM

All participating National Federations must bring with them a CD of their national anthem. The national anthem must be the only music on the CD.

PLEASE BRING ONLY THE SHORT VERSION ... LESS THAN 60 SECONDS.

FLAGS

Each National Federation is required to submit two (2) of their national flags to the Secretariat upon arrival.

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 national uniform. One (1) delegate and one (1) competitor per country must take part in the Parade of Nations.

JUDGES

All National Federations are reminded that their nominations for judges and test judges must be forwarded to the Judging Committee chairperson.

All IFBB International Amateur Judges must be in possession of a valid Judging Card, failing which they will not be allowed to judge.

Each National Federation must submit the names of its test judges on the day of arrival either at the Secretariat or during registration.

JUDGES'/TEAM MANAGERS' MEETING

Each National Federation must ensure that its nominated judges, including test judges, and its chief official and/or team manager attends the Judges/Team Managers' Meeting. If your National Federation has a competitor or competitors and no delegates, judges or other officials, a competitor must attend the meeting.

Please ensure that all judges attend the Judges'/Team Managers' Meeting.

GREEN CARDS

Green cards, used to limit access to the Weigh-in/Height Measurement and backstage area during the Prejudging and Finals, will be distributed at the Judges'/Team Managers' Meeting as follows:

- * Five (5) or more competitors = two (2) green cards
- * less than five (5) competitors = one (1) green card

IF A NATIONAL FEDERATION DOES NOT ATTEND THE JUDGES'/TEAM MANAGERS' MEETING, IT WILL NOT BE ISSUED A GREEN CARD.

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. Where possible, coaches and trainers who assist athletes in the dressing room area should be of the same sex as the athlete they are assisting.

CAMERA/VIDEOTAPE EQUIPMENT

Camera and videotape equipment is strictly prohibited in the backstage area and/or dressing room area except when used by duly recognized press personnel and, in any event, these devices are strictly prohibited in the dressing room area.

USEFUL INFORMATION

In October the average temperature in October is 70 - 80 degrees Fahrenheit.
Water temperature range from low 80's in the summer to about 74 Fahrenheit in midwinter.

The electrical outlets are 220 volts.

The Grenada or Eastern Caribbean Dollar is \$2.70 equal in value to the US Dollar. Hotels, restaurants, and shops accept all major credit cards. Check exact exchange with your travel agent in September, before departure to Grenada.

English is the official language spoken in Grenada in all settings

ATHLETES WITHOUT DELEGATES

All Athletes competing at IFBB World Championships must be Members in Good Standing of their National Federations. Any Athlete who arrives without a Delegate must carry **Official**

Letter of Authorization of Participation from his or her National Federation, failing which the Athlete will not be allowed to participate.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of *IFBB Rules*.

MISREPRESENTATION

In order to prevent misrepresentation by an "official", delegate, or competitor of a National Federation to obtain accommodations, entry to prejudging, the finals, and so on, the BBBFF Organizing Committee will provide name tags.

Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

MEDICAL WITHDRAWAL

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

PRELIMINARY & FINAL ENTRY FORMS

The deadline date for the [Preliminary Entry Form](#) is **July 30, 2009**. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible, but not later than the deadline date, confirming your federation's intent to participate. If at this time, you do not know the actual names of the Official Participants (Athletes and Delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.

The deadline date for the [Final Entry Form](#) is **August 30th, 2009**. National Federations must submit the actual names of all Official Participants (Athletes by weight category and Delegates, including judges). You must also include flight arrival and departure information.

In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

CAC Competitor's Categories:

**Masters Women (+35 Yrs), Masters Men (+40 Yrs), Junior (-20 Yrs),
Mixed Pairs,**

Women's Fitness, Up to and incl 163 cm, over 163 cm, Open Men's Fitness

**Women's Body Fitness, Up to and incl 158 cm, Up to and incl 163 cm, Up to
and incl 168 cm, Over 168 cm**

Women's Body Building Weight, Up to and incl 55 kg, over 55 kg

Men Bantamweight up to and incl 65 kg, Light Weight up to and incl 70 kg, Welter Weight up to and incl 75 kg, Light Middle Weight up to and incl 80 kg, Middle Weight up to and incl 85 kg, Light Heavy Weight up to and incl 90 kg, Heavy Weight up to and incl 100 kg, Super Heavy Weight over 100 kg

CONTACT INFORMATION

Preliminary and Final Entry Forms must be sent to the Organizer as follows:

Grenada Body Building Fitness Federation

Kent Joseph or Dwanee Joseph

P.O. Box 184
St. George's, Grenada
Tel: 1 - (473) 439-7116/7117
Fax: 1 - (473) 440-0816
E-mail: bodyimageplus@hotmail.com

Copy to: Christine Williams

IFBB Vice Presidency
P.O. Box 1173
Missouri City, TX 77489
Tel: 281-850-0163
Fax: 281-261-2907
E-mail: christine@ifbbcaribbean.com

VERY IMPORTANT NOTICE

It is the responsibility of the president or general-secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report. If any of your athletes and/or delegates are traveling and arriving separately from your Team Manager or Chief Delegate, you must ensure that they are familiar with the rules and regulations contained within the Inspection Report.