

A decorative graphic on the right side of the page features three overlapping circles of varying sizes, each composed of concentric blue rings. Two thin blue lines intersect at the top left, forming a large triangle that frames the circles.

37th CAC Championships

St. George's, Grenada / 30th Sept – 4th Oct 2009

TENTATIVE DAILY SCHEDULE

The Organizing Committee of the Grenada Amateur Bodybuilding and Fitness Federation would like to welcome all delegates, athletes, IFBB/CAC executives and supporters to St. George's, with my best wishes for an enjoyable stay and a wonderful bodybuilding & fitness championships experience.

Kent Joseph
Chairman, Organizing Committee

**37th CAC Championships
Tentative Daily Schedule:**

WEDNESDAY, 30th September 2009

ALL DAY
ARRIVAL OF SOME NATIONAL DELEGATIONS
IFBB/CAC SECRETARIAT
Grenada Grand Beach Resort
(St. Lucia ROOM)

8:00 PM TO 10:00 PM
ADVANCE WEIGH-IN & MEASUREMENTS
Grenada Grand Beach Resort, Crown Ballroom

THURSDAY, 1st October 2009

UNTIL 6:00 PM,
ARRIVAL OF ALL NATIONAL DELEGATIONS

11:30 AM
PRESS CONFERENCE, C.A.C. EXECUTIVES
MINISTER OF SPORTS OFFICE

6:00 PM
REGISTRATION, WEIGH-IN & MEASUREMENTS
Grenada Grand Beach Resort, Crown Ballroom

7:00 TO 9:00 PM
WELCOME COCKTAIL, DELEGATES ONLY
Grenada Grand Beach Resort/Pine Apple Bar

FRIDAY, 2nd October 2009

7:00 AM
BREAKFAST, Grenada Grand Beach Resort
Trade Winds Restaurant, 7:00 - 10:00 AM

8:00 AM
CACBBFF EXECUTIVE COUNCIL MEETING
Grenada Grand Beach Resort, Crown Ballroom

SUB-REGIONAL EXECUTIVE MEETINGS
Grenada Grand Beach Resort, Crown Ballroom

9:00 AM
COMBINED EXECUTIVE COUNCIL MEETING
Grenada Grand Beach Resort, Crown Ballroom

10:00 AM
JUDGE'S MEETING (IFBB card holders only)
Grenada Grand Beach Resort, Crown Ballroom

11:00 AM
DELEGATES AND COACHES MEETING,
Grenada Grand Beach Resort, Crown Ballroom

4:00 PM
TECHNICAL MEETING
Grenada Trade Center

**37mo Campeonato CAC
Itinerario Diario Tentativo:**

Miércoles 30 de septiembre 2009

DURANTE TODO EL DIA
LLEGADA de ALGUNAS Delegaciones Nacionales
SECRETARIADO IFBB/CAC
Hotel Grenada Grand Beach
(SALON St. Lucia)

20:00 a 22:00 horas
PESAJE Y MEDIDAS ADELANTADAS
Hotel Grenada Grand Beach, Gran Salón Crown

Jueves 1 de octubre 2009

HASRA las 18:00 horas,
LLEGADA de TODAS las Delegaciones Nacionales

11:30 horas
CONFERENCIA de PRENSA, Ejecutivos C.A.C.
OFICINA del MINISTRO de DEPORTES

18:00 horas
INCRIPCIONES, PESAJE y MEDIDAS
Hotel Grenada Grand Beach, Gran Salón Crown

19:00 a 21:00 horas
COCTEL de BIENVENIDA, delegados solamente
Hotel Grenada Grand Beach/Bar Pine Apple

Viernes 2 de octubre 2009

07:00 horas
DESAYUNO, Hotel Grenada Grand Beach
Restaurante Trade Winds, 07:00 > 10:00 hrs

08:00 horas
REUNION CONSEJO EJECUTIVO CACBBFF
Hotel Grenada Grand Beach, Gran Salón Crown

REUNIONES EJECUTIVOS SUB-REGIONALES
Hotel Grenada Grand Beach, Gran Salón Crown

09:00 horas
REUNION COMBINADA CONSEJO EJECUTIVO
Hotel Grenada Grand Beach, Gran Salón Crown

10:00 horas
REUNION de JUECES (carnet IFBB solamente)
Hotel Grenada Grand Beach, Gran Salón Crown

11:00 horas
REUNION de ENTRENADORES y DELEGADOS
Hotel Grenada Grand Beach, Gran Salón Crown

16:00 horas
REUNION TECNICA
Centro de Comercio de Granada

5:00 PM
SEMIFINALS
Grenada Trade Center

15:00 horas
SEMIFINALES
Centro de Comercio de Granada

SATURDAY, 3rd October 2009

Sábado 3 de octubre 2009

7:00 AM
BREAKFAST, Grenada Grand Beach Resort
Trade Winds Restaurant, 7:00 - 10:00 AM

07:00 horas
DESAYUNO, Hotel Grenada Grand Beach
Restaurante Trade Winds, 07:00 > 10:00 hrs

10:00 AM
CACBBFF GENERAL ASSEMBLY
Grenada Grand Beach Resort, Crown Ballroom

10:00 horas
ASAMBLEA GENERAL CACBBFF
Hotel Grenada Grand Beach, Gran Salón Crown

5:00 PM
TECHNICAL MEETING
Grenada Trade Center

14:00 horas
REUNION TECNICA
Centro de Comercio de Granada

6:00 PM
FINALS
Grenada Trade Center
DOPING TESTS
Grenada Trade Center

15:00 horas
FINALES
Centro de Comercio de Granada
PRUEBAS DE DOPAJE
Centro de Comercio de Granada

10:30 PM
FAREWELL BANQUET
Grenada Grand Beach Resort, Crown Ballroom
(BUSES LEAVE Trade Center AT 10:15 PM)

22:00 horas
BANQUETE DE DESPEDIDA
Hotel Grenada Grand Beach, Gran Salón Crown
(Autobuses salen Centro Comercio a 22:15 horas)

SUNDAY, 4th October 2009

Domingo 4 de octubre 2009

7:00 AM
BREAKFAST, Grenada Grand Beach Resort
Trade Winds Restaurant, 7:00 - 10:00 AM

07:00 horas
DESAYUNO, Hotel Grenada Grand Beach
Restaurante Trade Winds, 07:00 > 10:00 hrs

ALL DAY
DEPARTURE OF ALL NATIONAL DELEGATIONS.

Durante todo el día
Salida de todas las Delegaciones Nacionales



FITNESS CENTERS

GRENADA GRAND BEACH RESORT
BODY IMAGE HEALTH CLUB

GIMNASIOS

HOTEL GRENADA GRAND BEACH
CLUB ATLETICO "BODY IMAGE"

**PRESS ROOM
TO BE DETERMINED**

**SALON DE PRENSA
POR DETERMINARSE**