



39th IFBB Central American and Caribbean Amateur Bodybuilding & Fitness
Championships and General Assembly
September 19 - 25, 2011
San Salvador, El Salvador, C.A.



PRELIMINARY ENTRY FORM

Deadline to return this entry form is July 15th, 2011

ENTRY FORM HAS TO BE APPROVED & FORWARDED BY AN IFBB AFFILIATED NATIONAL FEDERATION

FEDERATION NAME:

PHONE:

FAX:

E-MAIL:

MARK WITH AN "X" THE BOXES OF THE CATEGORIES WHERE YOUR ATHLETES INTEND TO PARTICIPATE AND SPECIFY IF THEY ARE "A" OR "B" TEAM COMPETITORS

MEN'S CATEGORIES • CATEGORIAS MASCULINAS

No.	DISCIPLINE	BODYWEIGHT	"A" TEAM	"B" TEAM
1	Men's Bodybuilding	- 65 Kg.		
2	Men's Bodybuilding	- 70 Kg.		
3	Men's Bodybuilding	- 75 Kg.		
4	Men's Bodybuilding	- 80 Kg.		
5	Men's Bodybuilding	- 85 Kg.		
6	Men's Bodybuilding	- 90 Kg.		
7	Men's Bodybuilding	- 100 Kg.		
8	Men's Bodybuilding	+ 100 Kg.		

WOMEN'S CATEGORIES • CATEGORIAS FEMENINAS

No.	DISCIPLINE	BODYWEIGHT / HEIGHT	"A" TEAM	"B" TEAM
9	Women's Bodybuilding	- 55 Kg.		
10	Women's Bodybuilding	+ 55 Kg.		
11	Bodyfitness	- 1.58 cm.		
12	Bodyfitness	- 1.63 cm.		
13	Bodyfitness	- 1.68 cm.		
14	Bodyfitness	+ 1.68 cm.		

OPEN CATEGORIES • CATEGORIAS ABIERTAS

No.	DISCIPLINE	AGE	"A" TEAM	"B" TEAM
15	Junior Men	Up to & incl. 21 years		
16	Master Women	Over 35 years		
17	Master Men	Over 40 years		
18	Mixed Pairs			
19	Fitness Women			
20	Fitness Men			

Maximum: 21 Athletes & 2 Official Delegates

Máximo: 21 Atletas & 2 Delegados Oficiales

THE ORGANIZING COMMITTEE WILL PROVIDE LOCAL TRANSPORTATION (FROM AND TO THE AIRPORT), WELCOME COCKTAIL PARTY FOR DELEGATES PLUS FAREWELL BANQUET FOR ALL OFFICIAL DELEGATES AND ATHLETES. PARTICIPATING NATIONAL FEDERATIONS ARE RESPONSIBLE FOR FULL PAYMENT OF ACCOMODATIONS AND ALL FOOD & BEVERAGE FROM ARRIVAL TO DEPARTURE DATES, AS WELL AS TRANSPORTATION EXPENSES IF THEY ARRIVE BEFORE OR LEAVE AFTER OFFICIAL DATES, AS PER TENTATIVE DAILY CONTEST SCHEDULE. THE ORGANIZING COMMITTEE, THE CACBBFF AND/OR THE IFBB WILL NOT BE RESPONSIBLE FOR ANY RESERVATIONS OR HOTEL ACCOMMODATION PAYMENTS, TRAVELING ARRANGEMENTS AND/OR MEALS.

El Comité Organizador proporcionará transporte local (desde y hacia el aeropuerto), cóctel de bienvenida para delegados más banquete de despedida para todos los delegados oficiales y atletas. Las Federaciones Nacionales participantes son responsables del pago completo del alojamiento y de todos los alimentos y bebidas, así como también gastos de transporte en fechas de llegada o salida antes o después de las indicadas en la agenda tentativa del campeonato. El Comité Organizador, la CACBBFF o la IFBB no se hacen responsables de ninguna reserva o pago de hotel, alojamiento, arreglos de viaje y comida.

IMPORTANT NOTES:

PRELIMINARY ENTRY FORM OF ATHLETE'S INTENTION TO PARTICIPATE WILL ONLY BE CONSIDERED IF THEY ARE SENT BY THE NATIONAL FEDERATION OF THE ATHLETE AND DIRECTLY TO THE ORGANIZING COMMITTEE HEADQUARTERS (FSFC) IN SAN SALVADOR, EL SALVADOR (see address below)

Los Formularios Preliminares de Intencion de Participacion de los atletas solo se consideran si son enviados por la Federacion Nacional del atleta y directamente a la sede del comité organizador (FSFC) en San Salvador, EL Salvador (ver direccion abajo)

PLEASE COMPLETE THIS PRELIMINARY ENTRY FORM AND RETURN IT TO THE ADDRESS OPTIONS BELOW NO LATER THAN JULY 15, 2011, IN ORDER TO ASSIST THE ORGANIZING COMMITTEE WITH THEIR PLANNING.

Por favor complete este formulario de inscripcion preliminar y devuelvalo a las direcciones mencionadas antes del 15 JULIO DE 2011, para ayudar al comité organizador en su planificación.

**Accepted categories for the above mentioned championships are:
Las categorias aceptadas para el campeonato arriba mencionado son:**

Men's Bodybuilding:

- Bantamweight: Up to and incl. 65 kg (143 lbs)
- Lightweight: Up to and incl. 70 kg (154 lbs)
- Welterweight: Up to and incl. 75 kg (165 lbs)
- Light-Middleweight: Up to and incl. 80 kg (176 lbs)
- Middleweight: Up to and incl. 85 kg (187 lbs)
- Light-Heavyweight: Up to and incl. 90 kg (198 lbs)
- Heavyweight: Up to and incl. 100 kg (220 lbs)
- Super-Heavyweight: Over 100 kg (+220 lbs)

Women's Bodybuilding:

- Lightweight: Up to and including 55 kg (121 lbs)
- Heavyweight: Over 55 kg (+121 lbs)

Women's Bodyfitness (Figure):

- Up to and including 158 cm (5'2")
- Up to and including 163 cm (5'4")
- Up to and including 168 cm (5'6")
- Over 168 cm (Over 5'6")

Open Bodybuilding Categories

- Junior Men (up to & incl. 21 yrs)
- Master Women (over 35 yrs)
- Master Men (over 40 yrs)
- Mixed Pairs

Open Fitness Categories

- Fitness Women
- Fitness Men

Please send Entry Form no later than July 15th 2011 to:

**FSFC General Manager
Carlos Sosa**
Phone: (503) 2298-6952
E-mail: sosacarlos38@hotmail.com

Please send a copy to:

**FSFC Technical Coordinator
Moisés Miranda**
Phone: (503) 2298-6952
Phone: (503) 2224-0093
E-mail: tecnicofsf@yahoo.com