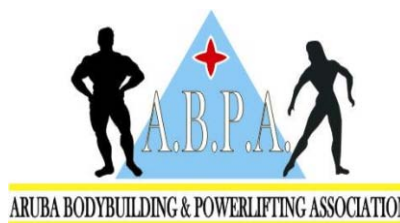


**38th IFBB Central American and Caribbean Amateur Bodybuilding & Fitness Championships and General Assembly**  
**22nd to 26th September 2010 • Palm Beach, ARUBA**



### **About ARUBA**

Bon Bini to Aruba, the island *where happiness lives*. In Aruba you will feel right at home, as the multi-lingual locals will greet and treat you in the language you have in common, no matter if it's English, Spanish or Dutch. Many also speak French, Portuguese or German. But the native language is Papiamentu, a cheerful mixture of the abovementioned varieties.

Aruba is situated at the heart of the Southern Caribbean, lies outside of the hurricane belt and boasts year-round great weather, cooling trade winds and friendly people. This Caribbean paradise is 19.6 miles long and 6 miles across at its widest point, with a total area of 70 square miles. Besides the many natural beauties Aruba is blessed with, there are also plenty of options to enjoy so you may fulfil your interests in Native Culture, Shopping, Dining, Nightlife, Water sports as well as many island tours, including by All-Terrain Vehicle or horseback riding. We are happy you are here! Visit [www.aruba.com](http://www.aruba.com) for detailed information.

### **Welcome**

The Aruba Bodybuilding and Powerlifting Association (A.B.P.A.) takes this opportunity to give Bon Bini (welcome) to all Central American and Caribbean National Federations to participate in the 38th IFBB Central American and Caribbean Bodybuilding & Fitness Championships and General Assembly to be held in Aruba from September 22nd to September 26, 2010.

### **Airport & Airport Departure Tax**

Queen Beatrix International Airport, Oranjestad  
USD 33.50 per person (non-US destination) / USD 37.00 per person (US departures)

### **Currency**

The Aruba Florin as well as US Dollar is accepted. Exchange rate: 1 USD = 1.80 Florin is mostly applied.

### **Electrical Current**

110 volts A/C, which will accommodate most American supplies

### **Entry Requirements** (visit [www.aruba.com/entryrequirements](http://www.aruba.com/entryrequirements))

All visitors require a valid passport to enter Aruba. Visas are required for the citizens of the following CAC countries: **Colombia, Dominican Republic, Haiti and Jamaica.**

### **Languages Spoken**

English, Spanish and Dutch are widely spoken, but Papiamentu is the Native Language.

## **Temperature and Time**

Aruba is situated 12 degrees 30' north of the equator. The climate is tropical but not extreme, with a median and practically constant temperature of 82 degrees Fahrenheit (28 degrees Celsius). Rainfall averages about eighteen inches a year, with October, November, December and January accounting for most of it. Even then rains tend to be erratic and in short bursts, and it is rare for the sun not to be shining most of the day. It is important to mention that Aruba lies **outside the hurricane belt** and usually only experiences fringe effects of nearby heavy tropical storms, if at all. Atlantic Standard Time year-round

## **Transportation**

The organizing Committee will provide local transportation (airport/hotel/ /venue) to all national federations who submit their final entry forms on time. Taxi services are available 24 hours a day, while the rates are government controlled and non-negotiable. Fares are about USD \$25.00 between airport and hotel.

## **About the Contest**

The 38th Central American & Caribbean Championships is an international competition sanctioned by the IFBB, through the Central American and Caribbean Bodybuilding & Fitness Federation (CACBBFF), 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.

## **Anti-Doping Rule**

Every athlete participating in the Championships will be subject to take a random doping test at any time during the competition time period upon request by an official.

## **Arrival of Delegations**

All delegations are requested to arrive no later than the morning of Thursday, September 22, 2010.

## **Awards**

Top five places in each body building weight class (male and female), Body Fitness and Body Figure and Top 3 National Teams.

## **Categories and Classes**

Each National Federation may send up to **a maximum of two competitors** to compete in any one category. Each National Federation is responsible for all costs involved with meals, beverages, accommodations and other incidentals throughout the duration of their stay.

### **Men:**

Bantamweights (up to **65kg**), Lightweight (up to **70kg**), Welterweights (up to **75kg**) Light-Middleweights (up to **80kg**), Middleweights (up to **85kg**), Light Heavyweights (up to **90kg**), Heavyweights (up to **100kg**), Super Heavyweight (over **100kg**), Junior's (up to **21** years), Master's (over and including **40** years), Mixed **Pairs & Fitness** (Open Categories).

### **Women:**

Bodybuilding Lightweight (up to **55kg**); Bodybuilding Heavyweights (over **55kg**); Bodybuilding Masters (over **35** years); Mixed **Pairs**; Fitness Short Class (up to **1.63cm**); Fitness Tall Class (over **1.63cm**); Body Fitness (up to **158cm**); (up to **163cm**, (up to **168 cm**; (over **168cm**).

## **Continental Payment Rules**

As substitution for IFBB registration fees and as stated in the CACBBFF rules, all participating national federations are responsible for payment in full of all accommodations and meal expenses for all official athletes and delegates.

## ***Drug Testing***

Random Drug Testing will be conducted by members of the CAC Medical Commission and supervised by the officials of the Doping Commission of the Olympic Committee of Aruba. Urine collection can take place at any time during the competition dates. Results will be available in approximately 4 weeks after the Championships. **ALL NATIONAL FEDERATIONS MUST URGE ATHLETES TO REMAIN DRUG FREE AND INFORM THEM OF THE CONSEQUENCES OF A POSITIVE RESULT FOR THEM (SUSPENSION) AND FOR YOUR FEDERATION (FINE).**

## ***Eligibility***

All participating Federations must be members in good standing of an IFBB/CACBBFF affiliated National Federation. Such federations must not have any debts with the IFBB, CACBBFF and/or any of its promoters and agents. It is the responsibility of each federation that all dues are current to the IFBB and CACBBFF. Each federation is encouraged to verify with the CACBBFF Treasurer to confirm their status to avoid any disqualification from the competition.

## ***Judges***

In order to assist the Judges Committee in the selection of the different judging panels at the CAC championships, your federation must send an electronic mail or fax (directly to the Organizing Committee) with the names of all participating IFBB Judges (card holders) in your country, together with the names of those who would like to participate as "test paper" judges. The names of judges submitted to the Organizing Committee in advance, will receive priority consideration. All International Judges must bring their judge's cards to Aruba. Your cooperation will be appreciated.

## ***National Anthem***

All participating National Federations must bring with them to Aruba, music of their National Anthem on a CD. This must be on a CD separate to any posing music. (The short version, max. 35 seconds, PLEASE!)

## ***National Flag***

All participating National Federations must bring with them TWO (2) National Flags. This is an important ceremony and it will create embarrassment to your National Federation or Country, should an athlete from your Country win one of the top three places in his/her category and the National Flag is not available. **Size required is 5 feet by 3 feet.**

## ***National Uniforms***

All competitors will participate in the Parade of Nations with their national uniforms. A maximum of two, non-repetitive, sponsors' names are allowed on National Uniforms, with the exception of hard liquor and tobacco products. Fitness athletes are allowed to have only one sponsor's name on the top-front part of their fitness routine attire. In both cases, sponsor's names should not exceed five (5") inches wide by three (3") inches tall.

## ***Participation Intention***

National Federations are required to **notify** the Organizing Committee in Oranjestad, Aruba, A.B.P.A., **of their intention to participate by July 15<sup>th</sup> 2010**, with flight information following soonest. Notification must include the amount of athletes, delegates, extra delegates and supporters. Failure to do so by the abovementioned deadline might force your entire delegation to explore other accommodation options.

## ***Participating Team's Confirmation***

National Federations are required to **confirm** to the Organizing Committee in Oranjestad, Aruba, A.B.P.A., **their team's participation by August 25<sup>th</sup> 2010**, including the scheduled arrival and departure dates, names, passport numbers, body weight categories, divisions

and or height classes of all participating athletes, along with the names and passport numbers of your delegates, IFBB judges, "test paper" judges, extra delegates and supporters. YOUR ACCURATE AND TIMELY SUBMISSION OF INFORMATION IS ESSENTIAL TO ENSURING ADEQUATE TRANSPORTATION FOR YOUR DELEGATION.

### ***Posing Music***

All posing music must be on a CD. Posing music must be the only song on the CD. CDs must have the music starting at the beginning of side A. CD's with selected music "somewhere", will NOT be accepted. For easy identification, each competitor must affix his/her name and name of country on the CD, NOT on the protective plastic cover. Competitors participating in two classes must bring two separate CD's/cassettes, one for each class, if they contain different music. **It is recommended that each athlete submit 2 CDs in the event of any technical problem.**

Please make sure to collect all CD's/cassettes from the music station after the evening finals or at the farewell dinner. The Organizing Committee will not accept any liability for music left behind.

### ***Prices of Event Tickets (for unofficial delegates and other supporters)***

Pre-Judging: \$15      Combo (pre-judging & finals): \$35  
Finals: \$25            Combo (Pre-judging, finals and banquet): \$75  
Farewell Banquet: \$45

Limited amount of VIP tickets include preferred seating and entrance to all events.

### ***Secretariat***

The Organizing Committee and the CACBBFF will establish a Secretariat at the host hotel (the Westin Resort Aruba). The Secretariat will operate from Wednesday, September 22nd to Sunday, September 26th from 9:00 am to 9:00 pm. All chief delegates must report to the Secretariat, to receive information packages for their entire delegations and to coordinate all local transportation.

### ***Special Reminder***

Advance weigh-in and measurements are available to ALL National Federations arriving EARLY. Upon arrival in Oranjestad, Aruba, all Chief Delegates must maintain regular communication with the Secretariat, in order to keep athletes and delegates properly informed. Certain changes might occur as a result of future organizational needs.

### ***Tickets of Events per Country***

Federations of Four to seventeen athletes + two official delegates.

Federations of One or two athletes + one official delegate.

Judges, coaches, trainers or supporters who are not official delegates will be responsible for the purchase of their own entry tickets.

### ***Accommodations***

The Organizing Committee has negotiated rates with The Westin Resort Aruba (venue for the competition) and The Mill Resort, located directly across the road from the competition venue.

#### **THE WESTIN RESORT ARUBA**

**DAILY RATES PER PERSON INCLUSIVE OF HOTEL SERVICE CHARGE, GOVERNMENT ROOM TAX, DAILY BREAKFAST at Bon Bini Restaurant, Portorage and Housekeeping Fee.**

<b>SINGLE OCCUPANCY</b>	<b>\$217.55</b>
<b>DOUBLE OCCUPANCY</b>	<b>\$113.00</b>
<b>TRIPLE OCCUPANCY</b>	<b>\$ 92.65</b>
<b>QUAD OCCUPANCY</b>	<b>\$ 82.50</b>

PLEASE UNDERSTAND THAT ONCE THE ROOMS HAVE BEEN REGISTERED FOR AT CHECK -IN, PARTICIPANTS CANNOT CHANGE THE # OF PERSONS OCCUPYING THE ROOM. (IT CANNOT BE A QUAD FOR 2 DAYS AND A TRIPLE FOR 2 DAYS IF SOMEONE DEPARTS EARLY.

### **THE MILL RESORT**

**DAILY RATES PER PERSON INCLUSIVE OF HOTEL SERVICE CHARGE, GOVERNMENT ROOM TAX, DAILY BREAKFAST**

<b>SINGLE OCCUPANCY</b>	<b>\$130</b>
<b>DOUBLE OCCUPANCY</b>	<b>\$ 75</b>
<b>TRIPLE OCCUPANCY</b>	<b>\$ 55</b>
<b>QUAD OCCUPANCY</b>	<b>\$ 45</b>

### **Reservations**

Reservations can be made directly with the hotel on-line using the links as indicated below.

**THE WESTIN RESORT ARUBA**  
[www.westinaruba.com](http://www.westinaruba.com)

**Central American Caribbean Bodybuilding**  
<http://www.starwoodmeeting.com/StarGroupsWeb/res?id=1006105619&key=AC427>

For specific assistance or information, please contact: [rafaella.jones@westin.com](mailto:rafaella.jones@westin.com)

**THE MILL RESORT**  
[www.millresort.com](http://www.millresort.com)

Reservations can be made by e-mail: [reservations@millresort.com](mailto:reservations@millresort.com)  
Fax reservations: 297-586-7271 • Booking Code #: IBB10

### **Check In/Check Out Time**

Resort check-in time is 3:00 pm and check out time is 12:00 noon.

### **Early Departure**

An Early Departure Fee EQUIVALENT TO ONE NIGHT'S ROOM CHARGE will be charged if a room checks out of the hotel prior to the scheduled departure date, without having notified the hotel, at check-in, of the change in scheduled departure.

### **Linens and Towels**

Athletes using tanning products will be responsible for payment in full for all linens, towels, bedspreads, carpets and furniture stained by these products. Athletes are fully responsible for any damaged linens, towels or furnishings stained or damaged by tanning products. Athletes are also encouraged to be sensitive to cleaning up tanning stains after bathing; this is only respectful to the housekeeping staff of the hotel.

Wash Cloth: \$3	Bath Towel: \$12	King Sheet: \$16	Duvet: \$350
Hand Towel: \$5	Pool Towel: \$15	Queen Blanket: \$50	
Pillow Case: \$4	Queen Sheet: \$12	King Blanket: \$60	

### **Venue Site**

The championships will take place at **The Westin Resort Aruba**, located at Aruba's Palm Beach.

### **CAC 2010 Correspondence**

All correspondence and communication about participation in the Central American and Caribbean 2010 Championships can be forwarded to:

## **The Organizing Committee**

Aruba Bodybuilding and Powerlifting Association (A.B.P.A.)  
Camacuri 3  
Oranjestad, Aruba

<b>Name:</b>	<b>Title:</b>	<b>Tel:</b>	<b>E-mail:</b>
Giovanni Arendsz	President	(297) 593-0403	<a href="mailto:jfgarendsz@hotmail.com">jfgarendsz@hotmail.com</a> <a href="mailto:giovanni@arubabodybuilding.com">giovanni@arubabodybuilding.com</a>
Ed Malone	Treasurer	(297) 593-0380	<a href="mailto:cochise@setarnet.aw">cochise@setarnet.aw</a> <a href="mailto:ed@arubabodybuilding.com">ed@arubabodybuilding.com</a>

**Remember to visit the following websites to help you get a better taste of Aruba**

[www.aruba.com](http://www.aruba.com)  
[www.arubadining.com](http://www.arubadining.com)  
[www.westinaruba.com](http://www.westinaruba.com)  
[www.millresort.com](http://www.millresort.com)

ARUBA, Where Happiness Lives...

## **Tentative Daily Schedule for CAC 2010**

Monday, September 20th 2010	Arrival of Central American and Caribbean Bodybuilding and Fitness Federation Officials
Tuesday, September 21, 2010	Arrival of some delegations
Wednesday, September 22, 2010	Arrival of some delegations (before 6:00PM)
6:00 PM	Advance Registration
Thursday, September 23, 2010	Arrival of ALL National Delegations
6:00 PM	Official Weigh-In/Measurements
9:00 PM	Welcome Cocktail Party
Friday, September 24, 2010	Early Morning Breakfast
8:30 AM	Executive Council Meeting
11:00 AM	Judges' Meeting
12:00 AM	Coaches / Delegates' Meeting
<b>3:00 PM</b>	<b>Semi-finals (Pre-Judging)</b>
Saturday, September 25, 2010	Early Morning Breakfast
8:30 AM	CACBBFF General Assembly & Elections
<b>2:00 PM</b>	<b>Finals</b>
10:00 PM	Farewell Banquet
Sunday, September 26, 2010	Departure of ALL National Delegations

...We hope you have a great time in ARUBA and that you'll come back soon...

## PRELIMINARY CAC 2010 ENTRY FORM

**Please complete this Preliminary Entry Form and return it to the above options no later than 15th JULY 2010, in order to assist the Organizing Committee with planning.**

*Favor completar este Formulario de Inscripción Preliminar y devolverlo con las opciones mencionadas antes del **15 de JULIO del 2010**, para ayudar al Comité Organizador en su planificación.*

<b>COUNTRY</b> <i>País</i>		<input type="checkbox"/> <b>We will</b> • <input type="checkbox"/> <b>Will not</b>	Participate at 2010 CAC
		<input type="checkbox"/> <b>SI</b> • <input type="checkbox"/> <b>NO</b>	participaremos en CAC 2010
<b>Please "X" • Favor marcar con "X"</b>			

<b>Number of Extra Delegates and Supporters</b> <i>Cantidad de Extra Delegados y Apoyadores</i>	<b>Name of Official(s)</b>	<i>Nombre de Oficial(es)</i>
1	1	
2		
3	2	
4		
5		
6		
7		
8		

	<b>Athlete's Name</b> <i>Nombre del atleta</i>	<b>Category • Class</b> <i>Categoría • Clase</i>		<b>Athlete's Name</b> <i>Nombre del atleta</i>	<b>Category • Class</b> <i>Categoría • Clase</i>
1			11		
2			12		
3			13		
4			14		
5			15		
6			16		
7			17		
8			18		
9			19		
10			20		

**Maximum 20 Athletes & 2 Official Delegates • Máximo 20 Atletas & 2 Delegados Oficiales**

**The Organizing Committee will provide local transportation, Welcome Cocktail Party for delegates plus Farewell Banquet & Dance for all Official Delegates and Athletes\*. Participating National Federations are responsible for full payment of accommodations and all food & beverage from arrival to departure date, as well as transportation expenses if they arrive before/leave after dates as per Tentative CAC 2010 Daily Schedule.**

*El Comité Organizador proveerá transportación local, coctel de bienvenida para delegados mas cena y baile para todos los delegados y atletas oficiales\*. Las Federaciones Nacionales participantes son responsables por el pago completo del alojamiento y comidas durante toda la estadía, como también de transportación en fechas antes o después del CAC 2010, según el programa diario tentativo.*

<b>Contact Person • Persona de Contacto</b>		
	<b>Signature</b> <i>Firma</i>	
Tel:	Fax:	Email: