

SPORTWORLD CLASSIC

14TH EASTERN CARIBBEAN BODYBUILDING, FITNESS & BODY FITNESS CHAMPIONSHIP

Welcome

The Sponsor, Promoter, Organising Committee of Sportworld Classic, along with the Trinidad & Tobago Bodybuilding & Fitness Federation, take this opportunity to welcome all Eastern Caribbean national federations to participate in the 14th Eastern Caribbean Bodybuilding, Fitness & Body Fitness Championship; to be held in Trinidad & Tobago, 29th - 31st May, 2009.

Official Hotel

The Cascadia Hotel & Conference Centre, which is located in the foothills of the Northern Mountain Range in the scenic St. Ann's Valley, will be the official hotel for the 14th Eastern Caribbean Bodybuilding, Fitness and Body Fitness Championship.

About Host Hotel

The Cascadia Hotel is located on 25 acres of magnificent lush hillside surroundings, all adapted for maximum enjoyment. Cascadia is a mere 6 minutes drive from the historic Queen's Park Savannah and barely 9 minutes from the capital city, Port-of-Spain. Athletes, Delegates and Supporters are welcomed to enjoy the recreational facilities, which include an exclusive combination of a tennis court, waterslides, an outdoor swimming pool, squash courts and a modern Fitness Centre. The Fitness Centre hours are Monday - Fridays 6.00 a.m. to 8.00 p.m. Saturdays 9.00 a.m. - 5.00 p.m. The hotel rooms are fully air-conditioned, equipped with telephone, internet facilities and cable television. Apart from the hotel's in house restaurant, there are several restaurants which are located around the Queen's Park Savannah and Port of Spain area.

The hotel rates are as follows:

Single Occupancy – USD 150.00 per night (inclusive of taxes and a full buffet breakfast).
(Note: For single occupancy two persons can be accommodated in one room however the second person will be required to pay a rate of USD 40.00 per night).

Double Occupancy – USD 165.00 per night (inclusive of taxes and a full buffet breakfast).
(Note: For double occupancy three persons can be accommodated in one room however the third person will be required to pay a rate of USD 40.00 per night)

Check in Time: **1:00 p.m.**

Check out Time: **12:00 noon.** Arrangements will be made for arrivals before 1:00 p.m.

Note: Athletes using tanning products will be responsible for payments in full for all linens, towels, bed spreads, carpets and furniture stained by these products.

Electrical Current

110 volts.

Venue site

The championship will be held in the hotel's Grand Ballroom, which is located at the left of the reception lounge.

Secretariat

The Organizing Committee will establish a Secretariat at the Hotel which will operate from Friday May 29 – Sunday May 31, 2009 from 9.00 a.m. to 9.00 p.m. All chief delegates upon their arrival must report to the Secretariat, to receive information packages for their Athletes and confirm all pertinent details for departure.

Arrival of Delegation

All delegations are requested to arrive in Trinidad on the morning of Friday May 29, 2009. Expenses incurred for persons arriving before the stipulated date will be borne by the individuals, unless authorized by the Promoter.

Entry Requirements

All visitors require a valid passport to enter Trinidad & Tobago.

Airport & Airport Departure Tax

Piarco International Airport. Departure Tax - TTD 100.00/USD16.00 per person.

Currency

Trinidad & Tobago dollars (TTD), as well as US dollars, are widely accepted. Eastern Caribbean currency is also used, but must be converted to TTD at any Commercial Bank.

Transportation

The organizing committee will provide local transportation (airport/hotel) to all those participating countries submitting their final entry forms on time. Transportation from the hotel to the capital city can be obtained via arrangements with hotel at an approximate cost of USD 20.00 return trip.

Participation Intention

National Federations are asked to notify the Organizing Committee of its intention to participate by **April 10th 2009**, and submit all flight information by **May 9, 2009** latest. Notification must include the amount of athletes, delegates, and supporters. Failure to do so by the above mentioned deadlines may result in your entire delegation having to explore other accommodation options.

Eligibility

All participating athletes and delegates must be members of an IFBB/CACBBFF affiliated National Federation. Such Federations must not have any debts with the IFBB & CCABBFF and/or any of its promoters and agents. Invited countries: **ANGUILLA, ANTIGUA & BARBUDA, BARBADOS, DOMINICA, GRENADA, GUADELOUPE, MARTINIQUE, MONTSERRAT, ST. LUCIA, ST. MAARTEN {N.A.}, ST. EUSTATIUS {N.A.}, ST. VINCENT & THE GRENADINES, TRINIDAD & TOBAGO, BRITISH VIRGIN ISLANDS AND U.S. VIRGIN ISLANDS,**

Categories and Classes

Each National Federation may send up to a maximum of five male competitors and four female, **with no more than one competitor in each category.**

Men:	Bodyweight / Height
Lightweights	up to 70kg/154.25 lbs
Middleweights	up to 85kg/187.00 lbs
Light Heavyweights	up to 90kg/ 198.25 lbs
Heavyweights	up to 100kg/220.46 lbs
Men's Fitness	open Class

Women:

One Bodybuilding	open class,
One Fitness	open class,
Body Fitness	up to 158 cm
	over 158 cm

Note: Substitutes cannot be made for any of the category in which there is no participation

Doping Controls

Doping controls will be conducted. It may be conducted using any or all of the following methods:

1. Target Selection: A number of athletes selected throughout the event e.g. upon airport arrival, at weigh-in, during semifinals, etc.

2. Random Selection: A number of athletes selected at random, from among the top place winners, at the finals.

The IFBB is a signatory to the WADA Code and reserves the right to test any athlete, before or after a competition ("Off Season"), in accordance to the ADAMS amendment embedded in the International Doping Code.

- Except in exceptional circumstances all Out-of-Competition Testing shall be No Advance Notice.
- We may Conduct Testing on Athletes serving a period of Ineligibility or a Provisional

All Athletes must comply with any request for Testing.

Accommodations

Three or more athletes – two officials permitted – 1 IFBB Card Holder Judge, 1 Delegate.

Less than (3) athletes – one official permitted - 1 IFBB Card Holder Judge (preferably).

Note: Any judge, coach or trainer who is not an Official will be responsible for all expenses.

Judges

Only IFBB Card Holder judges will judge at the Championship. In order to assist in the selection of the different judging panels, all National Federations must send an electronic mail directly to the Organizing Committee with the names of all participating IFBB Judges (card holders). The names of the judges submitted to the Organizing Committee in advance will receive priority consideration.

Note: All participating judges must bring their judge's cards to Trinidad & Tobago.

National Anthem

All invited and participating National Federations must bring with them, music of their National Anthem on a cassette or CD. This must be on a cassette or 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 and Victory Ceremonies with their national uniforms. Sponsor's names should not exceed five (5") inches wide by three (3") inches tall.

Posing Music

- All posing music must be on a cassette or CD.
- The posing music must be the only song on either cassette or CD.
- Cassettes must have the music starting at the beginning of side **A**.
- **CDs or original cassettes, with selected music "somewhere" will NOT be accepted**
- For easy identification, each competitor must affix his/her name of the country on the CD/cassette, and **NOT** on the protective plastic cover.

Note: Delegates, please ensure all cassettes/CDs are collected from the music station after the evening finals or at the Fare Well Banquet. The Organizing Committee will not accept any liability for music left behind.

Correspondence

Correspondence and communication about participation in the Eastern Caribbean Body Building, Fitness and Body Fitness Championships can be forwarded to **the Organizing Committee:**

Lawrence Marshall (Chairman, T&T Pro Bodybuilder)

Tels: (868) 637-7779 and (868) 689-3124 // Email <preciousgems@tstt.net.tt>

Patricia O'Reilly (Treasurer/Secretary)

Tels: (868) 637-7779 and (868) 689-3125 // Email <preciousgems@tstt.net.tt>

Neila Murray (Public Relations Officer, Championship Coordinator, T&T Pro Bodybuilder, IFBB Caribbean Vice-presidency - Administrative Assistant)

Tels: (868) 637-6841 and (868) 681-7578

Emails <neila.murray@tt.rbtt.com> and <shaqneil@tstt.net.tt>

Lorraine Greaves (Assistant Coordinator)

Tels: (868) 633-3824 and (868) 682-7724

Tentative Daily Schedule

Thursday, 28th May 2009

Arrival of CACBBFF Officials

Friday, 29th May 2009

Arrival of all National Delegations

7.00 a.m. Morning Edition – TV 6 (Branch Warren & CACBBFF President).

10.00 a.m. Press Conference – Cascadia Hotel & Conference Centre.

05:30 p.m. Registration and Weighing In – Cascadia Hotel

07:00 p.m. Technical meeting – Cascadia Hotel

(Competitor or Competitors with no official must attend the meeting).

08:15 p.m. Welcome cocktail for delegates, officials, & invited guests – Cascadia Hotel.

Saturday, 30th May 2009

09:00 a.m. Assemble at Cascadia's Grand Ballroom – (All Athletes, judges/officials).

10:00 a.m. Eastern Caribbean Championship -Semi finals (Prejudging).

02.00 p.m. Eastern Caribbean Bodybuilding Association Meeting.

06:00 p.m. Assemble at Cascadia's Grand Ballroom – (All Athletes, judges/officials).

07:00 p.m. Eastern Caribbean Championship – Finals.

10:30 p.m. Fare well Banquet – Cascadia’s Restaurant.

Sunday, 31st May 2009

Check out & Departure of Delegations.

Tentative Semifinals Program

1. Body Fitness - ¼ Bikini Turns
up to 158 cm
2. Body Fitness - ¼ Bikini Turns
over 158 cm
3. Women Fitness Open Class - Routine
4. Men’s Fitness Open Class – Routine
5. Body Fitness - ¼ Full Swimsuit Turns
up to 158 cm
6. Body Fitness - ¼ Full Swimsuit Turns
over 158 cm
7. Women Fitness Open Class – ¼ Bikini Turns
8. Men’s Fitness Open Class – ¼ Turns
9. Women’s Body building – Open Class
10. Intermission {if applicable}
11. Lightweight {up to 70 kg}
12. Middleweight {up to 85 kg}
13. Light Heavyweight {up to 90 kg}
14. Heavyweight {up to 100 kg}
15. Super Heavyweight {over 100 kg}