



IFBB PROFESSIONAL LEAGUE



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Joe Weider's **OLYMPIA** weekend

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UPCOMING 2009 CENTRAL AMERICAN AND CARIBBEAN BODYBUILDING EVENTS



IFBB Caribbean Executive Assistant Christine Williams flanked by Trinidad and Tobago natives IFBB pro Darrem Charles and son, Renel, a junior bodybuilding competitor, after the younger Charles' victory in the juniors at the Europa Super Show in Dallas, Texas, in 2008.

SUBREGIONAL CHAMPIONSHIPS

14th Eastern Caribbean Championships

May 29-31; St. Anne's Valley, Trinidad
Invited Countries: Anguilla, Antigua and Barbuda, Barbados, Dominica, Grenada, Guadeloupe, Martinique, Montserrat, St. Lucia, St. Maarten (Netherlands Antilles), St. Eustatius (Netherlands Antilles), St. Vincent and the Grenadines, Trinidad and Tobago, British Virgin Islands, U.S. Virgin Islands

Republic, Haiti, Jamaica, Mexico, Puerto Rico, Turks and Caicos Islands

Central American Championships

December 2009; Honduras

CONTINENTAL CHAMPIONSHIPS

37th Central American and Caribbean Championships and CACBBF General Assembly

September 30-October 4; St. George's, Grenada

Antilles Championships

July 25-27; Santo Domingo, Dominican Republic
Invited Countries: Bahamas, Bermuda, Cayman Islands, Cuba, Dominican

For more information on the Central American and Caribbean Bodybuilding Federation, go to ifbbcaribbean.com. **FLEX**

For the most current information related to the IFBB amateur organization, including contest reports, rule changes, press releases and updates, visit the IFBB online at ifbb.com.