



CHAMPIONSHIPS LENGTH



WEIGH-IN WEDNESDAY	SEMIFINALS THURSDAY	FINALS FRIDAY	FINALS SATURDAY
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Bodybuilding & Fitness lovers, insiders and practitioners could enthusiastically enjoy 7 to 9 hours of a semifinals or finals program. However, general public, sports & government authorities, media and sponsors have already "collapsed" during these lengthy presentations.

The IFBB Caribbean Vice President's Office (CVPO) would like to invite all national delegates to join our progressive initiative, in harmony with continental championships in other regions, by approving the following competition archetype or a **similar restructured arrangement**.

SEMIFINALS THURSDAY	FINALS FRIDAY	FINALS SATURDAY
ALL CATEGORIES	JUNIORS MASTERS WOMEN MASTERS MEN WOMENS BODYBUILDING WOMENS FITNESS MEN'S FITNESS WOMENS BODY-FITNESS CLASSIC BODYBUILDING	MIXED PAIRS MEN'S BODYBUILDING

This should be the first step into a new development phase that should allow our continental championships to grow multi-dimensionally; either by adopting the European/Asian pattern of dividing the CAC Championships into different hosting countries; or permanently extending competition days as depicted above.

Regardless of the current animosity between our office and the CAC leadership in Aruba, resisting progress and evolution has always been futile for any primed enterprise. Maintaining an antiquated competitive configuration, for economic, social or other convenient propensities; will only hurt our existing and future advancement. Consideration to this proposal will be much appreciated.

Javier Pollock
IFBB Vice President