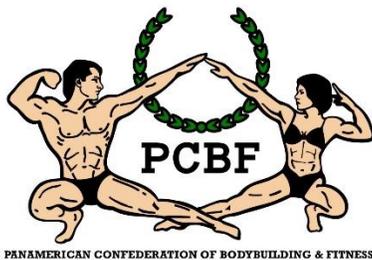


# Bodybuilding and Fitness Pan-American Championship

Antigua Guatemala, Guatemala.

Friday 23rd to Sunday 25<sup>th</sup>, November 2,018



## La Antigua Guatemala, Guatemala



## Welcome.

Receive a kind and warm greeting on behalf of the International Bodybuilding and Fitness Federation -IFBB - and the National Bodybuilding Federation of Guatemala -FNFG (By its initials in Spanish) -. On this opportunity we would like to extend you an invitation to the Bodybuilding and Fitness Pan-American Championship, Eliminary to the **XVII PAN-AMERICAN GAMES, LIMA, 2019**, which is part of the Olympic Cycle to be carried out in the City of Lima, Peru during the months of July and August of next year.

This Championship is **EXCLUSIVE FOR THOSE FEDERATIONS AND NATIONAL ASSOCIATIONS OF AMERICA THAT ARE DULY RECOGNIZED BY THEIR NATIONAL OLYMPIC COMMITTEES**. It will be carried out from the 23<sup>rd</sup> to the 25<sup>th</sup> of November of this year in the City designated a UNESCO World Heritage Site in the year 1979, "La Antigua Guatemala, Guatemala".

## Organizing Committee

The organizing committee is formed by the National Bodybuilding Federation of Guatemala, the Pan-American Bodybuilding and Fitness Confederation, The International Bodybuilding and Fitness Federation, the Autonomous Sports Confederation of Guatemala and the Guatemalan Olympic Committee.

## Host City

The city of **Santiago de los Caballeros de Guatemala**, which official and historical name is **the Most Noble and Loyal City of Santiago de los Caballeros de Guatemala** and nowadays commonly known as **Antigua Guatemala**, is the capital of the homonymous municipality and of the department of Sacatepéquez, Guatemala. It is located approximately 45 kilometers to the west of the capital of the Republic of Guatemala, and its altitude is 1470 masl.



During the colonial times it was known as «*Santiago de los Caballeros de Guatemala*»,

and it was the capital of the General Captaincy of Guatemala between the years 1541 and 1776, as this year the capital was transferred to the city of Guatemala de la Asunción after the earthquakes of Santa Marta destroyed the city for the third time in the same century. The civil authorities decided to use this as an excuse to weaken the ecclesiastic authorities and following the recommendations of the Bourbon Reforms started by the Spanish crown during the second half of the XVII century, they were forced by the regular orders to move from their majestic convents to temporary fragile structures in the new city.





## Place of the Event

The competition will be carried out at the facilities of the Venue Hotel in Antigua Guatemala with an elegant stage with a capacity of 600 viewers. It is a modern and comfortable place that is operated by the National Federation of Guatemala and under its safeguard.

## Reception of the Delegations

The delegations can plan their flight to the INTERNATIONAL AIRPORT LA AURORA in Guatemala City, Guatemala where they will be welcome by the Organizing Committee and then transferred to Antigua Guatemala City, which is a drive of an estimated time of one hour. The Organizing Committee will be able to welcome the delegations from Friday 23<sup>rd</sup> of November in the morning and part of the afternoon, preferably before 16:00 hours, since in the traffic in Guatemala City to Antigua Guatemala is very busy during the evenings and part of night.

Every delegation must have a Valid Passport, with at least six months of validity and must verify at their country's Department of Immigration if they require a visa to enter the country of Guatemala.

## Transportation

The Organizing Committee will provide local transportation at **no cost** during the reported schedules in the Final Registration (**Airport-hotel in Antigua Guatemala and vice versa**) to all Federations and National Associations that present their registration forms during the established dates for such purpose and which **travel by air**. Also, the Federations or Associations that travel by land should arrive to the Venue Hotel in Antigua Guatemala.

To ask for a taxi in Guatemala City or Antigua Guatemala, it is recommended to do it at the offices located inside the airport or through the hotel, the tourism office or with the Organizing Committee Staff at the event installed in the Venue Hotel. The prices may vary according to the weight, amount or size of the luggage, the number of people and distance.

The cost of transportation from Guatemala City to the Hotel in Antigua Guatemala is about USD30 to USD40 and USD40 to USD45 from 17:30 and on, depending on the number of people and size of the luggage.

## Currency

The official currency is the Quetzal and in most places American Dollars are accepted.

## Weather

The month of November is the beginning of the cold season in Guatemala. During this time the temperatures are a little lower than normal, both the maximum and minimum temperatures. These can be between 23 to 12°C during the day and 8°to 12°C during the night.

## Electrical Power

120 volts A/C, which is compatible to most supplies from The United States

## **Accommodation**

The Organizing Committee will provide two nights of accommodation to the athletes, delegates, judges and officers that are duly registered in the registration forms issued on the established dates for this matter. The accommodation will cover from Friday 23<sup>rd</sup> at their arrival to Sunday November 25<sup>th</sup> in a 5-star hotel located in Antigua Guatemala.

The venue hotels offer an excellent package for your stay in La Antigua Guatemala, with the best quality and will provide accommodation for two days and three daily meals (diet for competitors—served plate—and normal food, buffet style for the delegates, officers and judges), beginning with dinner on Friday, November 23<sup>rd</sup> and ending with breakfast on Sunday, November 27<sup>th</sup>, for all participants and officers.

The Venue Hotels will provide for your accommodation and comfort double and triple rooms according to the amount of people participating in each delegation as confirmed on the established dates.

### **Check-In/Check-Out**

Check-in is at 15:00 hours and check-out is at 12:00 hours.

Please notice that once the delegations receive their rooms, they cannot change the number of people staying in the room nor the people who stay in them.

### **Reservations**

Once a participant delegation is confirmed, with a specific amount of competitors and delegates the reservations will be made for the meals and accommodation on behalf of the Organizing Committee, and each delegation should pay the TOTAL OF REGISTERED PEOPLE.

If for any reason the delegation on the day of arrival changes the amount of registered people, they should pay the total cost of the amount of people originally registered. The cost for each extra person who doesn't appear on the list of each country will be USD225.00.

### **Special Rate**

Each participant, athlete, delegate, judge and officer, including delegations without competitors and judges should pay a special rate of USD\$170.00 for each person that forms their Delegation. This rate has to be paid to the officer identified and located at the reception of the Venue Hotel in order to obtain their registration, accommodation and meals.

### **Clothing and Towels**

The athletes will be responsible for their bedding, towels, quilts, bed sheets, rugs, furniture, bathrooms and walls that may be stained by the color base dye used in the competition or by other substances. It is urged to the delegates and leaders to ask their athletes to be careful with the cleaning of stains of their color base dye or tan before and after their bath and the extra clothes they might use to sleep.

### **Hotel Security Deposit**

It is required that each delegation makes a security deposit of USD150.00 in cash at the time of registration at the reception of the hotel in case of certain personal expenses (telephone, mini-bar, laundry, damage to the walls, carpets, clothes or furniture, stains on bathrooms, etc.) This deposit will be reimbursed at the time of departure on the same currency, in case there have been no incidents.

To make this process easier, the delegate, chief or leader will be required to be in charge of covering the deposit of the complete team. This person will be completely responsible for the expenses that any member of its team may cause.

**Attention: The information of the hotels, names and location of the venue hotel for the Pan-American Championship will be enclosed in the month of July. The Guatemalan Federation has guaranteed a five-star hotel. Pictures of the facilities and place of the event will be enclosed as well.**

## Language

Spanish or English. Spanish is the most spoken and official language in Guatemala.

## Anthems

All the Federations and National Federations participating will present a CD or USB on MP3 format of their Formal National Anthem, which will have to be presented at the time of registration by the delegate or leader of the country with the person in charge of the music for the event. **(The short version has to be a maximum of 35 seconds, please present only this type of file, no other format, CD or USB will be received with more files).**

## Travel Medical Insurance

It is mandatory that all members of each Delegation have a travel medical insurance that covers basic medical and/or hospital attention that could be necessary during the trip and/or competition. The IFBB and the Guatemalan Federation will not be responsible for any medical expenses.

## About the Championship

The Pan-American Championship is a continental competition regulated by the IFBB through the Pan-American Bodybuilding and Fitness Confederation -PCBF- (by its initials in Spanish) which is a Regional Organization from the International Bodybuilding Federation-IFBB—with more than twenty countries and members affiliated.

## Prizes

Prizes will be given to the best six places on each category and the Top 3 of National Teams.

The prize consists of a Medal and Diploma commemorating the Championship and will be given from the first to the sixth place (top 6) as following:

- First Place Gold Medal and Diploma
- Second Place Silver Medal and Diploma
- Third Place Bronze Medal and Diploma
- Fourth Place Bronze Medal and Diploma
- Fifth Place Bronze Medal and Diploma
- Sixth Place Bronze Medal and Diploma

## Anti-Doping Regulation

All athletes that participate in the Pan-American Championship are subject to an anti-doping test at any time during the competition according to the WADA, AMA, ANADO rules. For this matter, we encourage the Federations and National Associations to participate with duly controlled selections from their countries of origin.

## Anti-Doping Testing

The tests will be performed by members of the National Anti-Doping Agency of Guatemala. The collection of the test can take place at any time during the dates of the competition. The results will be available in approximately six weeks after the competition. **All Federations and National Associations must urge their ATHLETES and inform them of the consequences of a positive result for them and their Federation or National Association.**

## Dates of Registration Submission

It is required that the Federations/National Associations give notice of their intention to participate. Also they should inform the date of their arrival and departure of our country, and should send this information to the official e-mail addresses of the National Bodybuilding Federation, which are the following:

President: [jorgelrave@hotmail.com](mailto:jorgelrave@hotmail.com)  
Federation: [fedefisico2012@hotmail.com](mailto:fedefisico2012@hotmail.com)  
[fedefisicotecnicaguatemala@gmail.com](mailto:fedefisicotecnicaguatemala@gmail.com)

Numeric Registration (Preliminary): **MONDAY, SEPTEMBER 10th 2018.**  
Final Registration **MONDAY, OCTOBER 22nd 2018**

## FNFG 2018 Correspondence

All correspondence and communication about the participation in the 2018 Pan-American Championship can be addressed to: [jorgelrave@hotmail.com](mailto:jorgelrave@hotmail.com) or [fedefisico2012@hotmail.com](mailto:fedefisico2012@hotmail.com), [fedefisicotecnicaguatemala@gmail.com](mailto:fedefisicotecnicaguatemala@gmail.com), or the cell phone from the President of the FNF (By its initials in Spanish) in Guatemala, Jorge Luis Rave 00 502 42 25 47 41, +50242254741 or the telephones from the National Federation 00502 2339-2547.

## Categories of the Competition

The official categories of the Pan-American Championship are the following:

### **MALE**

<b>GAMES CLASSIC BODYBUILDING</b>	
1	Until 1,65 mts.
2	Until 1,68 mts.
3	Until 1,71 mts.
4	More than 1,71 mts.
<b>MEN`S PHISIQUE</b>	
5	Until 1,70 mts.
6	More than 1,70 mts.
<b>CHOREOGRAPHIC FITNESS</b>	
7	Open

<b>GAMES CLASICC BODYBUILDING</b>	
<b>HEIGHT</b>	<b>LIMIT WEIGHT</b>
Until 1,65 mts.	(Weight - 100) -1
Unti 1,68 mts.	( Weight - 100) +0
Unti 1,71 mts.	( Weight - 100) +1
Unti 1,75 mts.	( Weight - 100) +2
Unti1,80 mts.	( Weight - 100) +3
More than 1,80 mts.	( Weight - 100) +4

## FEMALE

BIKINI FITNESS	
8	Until 1,63 mts.
9	Until
10	More than 1,66 mts.
CHOREOGRAPHIC FITNESS	
11	Open

## Weighing and Registration:

The place of weighing and registration will be at the Venue Hotel starting at four o' clock in the afternoon of Friday, November 23rd of 2018, once half plus one of the registered delegations are present.

## IFBB INTERNATIONAL ID CARDS:

All athletes must present their IFBB INTERNATIONAL ID CARDS to compete. This one has a cost of USD30.00 for those who do not have it or need to renew their annual membership.

## Judges

One judge from each country can be registered as long as he is fully certified.

## National Uniforms

One Competitor and one Officer will participate in the Parade of Nations and Ceremony of Victory, **the athlete will be rewarded with his/her complete National Uniform.** The maximum of two names of sponsors are allowed on the uniforms but cannot be repeated. Neither alcoholic drinks nor Tabaco brands can be on the uniform. The names of the sponsors should not exceed five inches (5 ") of width by three inches (3 ") of height.

## Provisional Program

Below you will find the General Provisional Program of Activities for the Pan-American Championship.

DAY	HOUR	ACTIVITY	PLACE
Friday, November 23rd	06:30 to 18:00 horas	Arrival of Delegations	Venue Hotel
	16:00 to 21:00 horas	Registration and Official Weighing	
	21:00 to 22:30 horas	Dinner	
Saturday, November 24th	07:00 to 09:30 horas	Breakfast	Venue Hotel
	11:30 to 12:30 horas	Technical Congress	
	13:00 to 14:30 horas	Lunch	
	17:00 to 21:00 horas	Championship	
	21:00 to 22:30 horas	Dinner	
Sunday, November 25th	06:30 to 09:30 horas	Breakfast of Delegations	Venue Hotel
	06:30 to 12:00 horas	Departure of Delegations	