



International Federation of Bodybuilding & Fitness
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E-mail: internacional@santonja.com Website: www.ifbb.com

PRELIMINARY ENTRY FORM

IFBB JUNIORS & MASTERS WORLD BODYBUILDING,
FITNESS, BODY FITNESS & WHEELCHAIR BODYBUILDING
CHAMPIONSHIPS

Bialystok, Poland, November 13 - November 16, 2009

In order to assist in the planning and organization of these Championships, please complete the Preliminary Entry Form and return it to the Organizing Committee **AS SOON AS POSSIBLE BUT NO LATER THAN AUGUST 01, 2009.**

PLEASE PRINT CLEARLY

FEDERATION NAME: _____
FEDERATION CONTACT PERSON: _____
FAX NUMBER: _____ E-MAIL: _____
<p>Our Federation is planning to participate in the 2009 IFBB World Juniors and Masters Bodybuilding, Fitness, Body Fitness and Wheelchair Bodybuilding Championships. Please indicate "YES" or "NO". Yes _____ No _____</p>
NUMBER OF DELEGATES: _____ NUMBER OF ATHLETES: _____
NUMBER OF EXTRA DELEGATES AND SUPPORTERS: _____

Please be advised that there will be twenty (20) categories at these Championships as follows: Junior Women Bodybuilding (open), Junior Men Bodybuilding up to & incl 75 kg, Junior Men Bodybuilding over 75 kg, Masters Women Bodybuilding up to 35 years (open), Masters Men Bodybuilding 40 – 49 years (up to & incl 70 kg), Masters Men Bodybuilding 40 – 49 years (up to & incl 80 kg), Masters Men Bodybuilding 40 – 49 years (up to & incl 90 kg), Masters Men Bodybuilding 40 – 49 years (over 90 kg), Masters Men Bodybuilding 50 – 59 years (up to & incl 80 kg), Masters Men Bodybuilding 50 – 59 years (over 80 kg), Masters Men Bodybuilding over 60 years (open), Masters Men Classic Bodybuilding up to 40 years (open), Men Wheelchair Bodybuilding (open), Junior Women Fitness up to & incl 163 cm, Junior Women Fitness over 163 cm, Junior men Fitness (open), Junior Women Bodyfitness up to & incl 163 cm, Junior Women Bodyfitness over 163 cm, Masters Women Bodyfitness up to 35 years (open), Junior Men Classic Bodybuilding (open).

Each National Federation may send up to a maximum of eighteen (18) athletes, as a "A"-team, nine (9) junior athletes in "B"-team and unlimited number of athletes in masters "B"-team to the World Junior and Masters Bodybuilding, Fitness, Bodyfitness and Wheelchair Bodybuilding Championships, with a maximum of two (2) "A"- team athletes per category and maximum of two (2) "B"- team juniors per category.

IMPORTANT: Three (3) or more athletes – two (2) official delegates permitted. Less than three (3) athletes – one official (1) delegate permitted. National Federations with no athletes may send one (1) official delegate; however, this delegate will be responsible for all of his or her expenses. Any judges, coaches, or trainers who are not official delegates will be responsible for all of their expenses.

PLEASE RETURN THE PRELIMINARY ENTRY FORM, INDICATING YOUR INTENT TO PARTICIPATE OR NOT, NO LATER THAN AUGUST 01, 2009, TO:

Send the Preliminary Entry Form
to:

Maniac Gym
Organizing Committee
Phone: + 48 85 740 69 31
Fax: + 48 85 732 38 16
E-mail: info@maniacgym.pl

Please copy all correspondence to

Mr Pawel Filleborn
Organizing Committee
Polish Bodybuilding and Fitness Federation
Phone: +48 22 550 0967
Fax: +48 22 550 0968
Email: p.filleborn@neostrada.pl

Please copy all correspondence to:

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