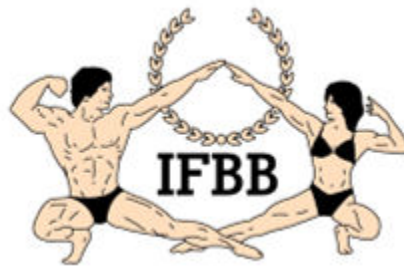


IFBB WORLD AMATEUR
WOMEN'S BODYBUILDING, FITNESS & BODY FITNESS
and MEN'S FITNESS CHAMPIONSHIPS



September 30 - October 4, 2010
TLALNEPANTLA, STATE OF MÉXICO, MÉXICO

Inspection Report

IFBB WORLD AMATEUR WOMEN'S BODYBUILDING, FITNESS & BODY FITNESS and MEN'S FITNESS CHAMPIONSHIPS

September 30 - October 4, 2010
TLALNEPANTLA, STATE OF MÉXICO, MÉXICO

INSPECTION REPORT

WELCOME

The Organizing Committee of the Mexican Federation of Bodybuilding & Fitness extends a warm welcome to all IFBB National Federations to participate in the "IFBB World Amateur Women's Bodybuilding, Fitness & Body Fitness and Men's Fitness Championships" in Tlalnepantla County, State of México, México, September 30 - October 4, 2010.

LOCATION

Tlalnepantla de Baz is a city and a municipality of the State of Mexico in the north of Mexico City (Ciudad de Mexico). *Tlalnepantla* comes from the Náhuatl words *tlalli* (land) and *nepantla* (middle) to mean the middle land. The city was known in prior times as Tlalnepantla de Galeana and Tlalnepantla de Comonfort, to honor Hermenegildo Galeana and Ignacio Comonfort, respectively. The current addition of *Baz* comes from the last name of Gustavo Baz Prada, an important politician and soldier of Emiliano Zapata's army during the Mexican Revolution. After the Revolution, Baz Prada became Governor of the State of Mexico and President of the National Autonomous University of Mexico (UNAM). It is located in the northeastern part of the State of Mexico, in the Valley of Mexico north of Mexico City proper.

History

Around the 11th century, a people called the Amaquemecan (after whom the municipality of Amecameca is named), migrated to this area following their leader Xolotl to look for a better climate and more food to sustain themselves. This same Xolotl founded the Tenayuca Oztopolco chiefdom and made the first census ever in the Americas. The Acolhuas, Tepanecas and Otomis were already established in this land so alliances were made. Despite of this, the region eventually was conquered and made a tributary of the Aztec empire. After the Spanish Conquest, the area was evangelized by the Franciscans. The founding of modern Tlalnepantla was the result of a dispute between the towns of Tenayuca and Teocaluheycan as to which should be the site of Franciscan monastery and religious center for the area. The result was to place the monastery at the midpoint between these two towns, and hence the name (middle land). This monastery, named Corpus Christi was built in 1550. After independence, Tlalnepantla was originally part of Mexico City, but in 1825, it was recognized as a district of the State of Mexico. During the Presidency of Porfirio Díaz Mori, Tlalnepantla began industrial development, and in the 1950s underwent a demographic explosion after being declared a city in 1948.^[1] The population as of the 2005 INEGI census was 674,417 people, representing over 98.6% of municipal population.

Infrastructure

Tlalnepantla is a big modern city with an important mall (Mundo E) and hotels, like Crown Plaza Lancaster, Fiesta Inn. Tlalnepantla offers different options for entertainment and food; Punta Recoleta Restaurant (Argentinian food), Boca del Rio (Mexican food restaurant), Real de Catorce (Show and Mexican food restaurant), La Antigua (Mexican food restaurant).

The most important avenues and boulevards in Tlalnepantla City are:

- Gustavo Baz Ave.
- Mario Colin Ave.
- Adolfo Lopez Mateos Blvd.
- Presidente Juarez Ave.

As well as the Periférico and the Mexico-Querétaro Freeway with 12 lanes in Tlalnepantla. (This is a section of Mexican Federal Highway 57, the Pan-American Highway). Tlalnepantla is well served by the local pesero, intercity bus network and the suburban train.

Notable Sites



Tenayuca pyramid

The church and monastery of Corpus Christi was built by both Mexicas and Otomis of pink and gray stone. The side gate, called the Porciúncula, shows clearly the influence of both these peoples. In 1963, the church gain cathedral status. The aqueduct that extends from Tlalnepantla to Villa de Guadalupe as well as the Caja Del Agua is works that dates from the colonial period. The Hacienda of Santa Mónica and the Hacienda de Enmedio are well-preserved. The Centro Cultural Sor Juana Inés de la Cruz has a collection of 130 pictures of Tlalnepantla from the end of the XIX century to 1960 as well as other historical objects.

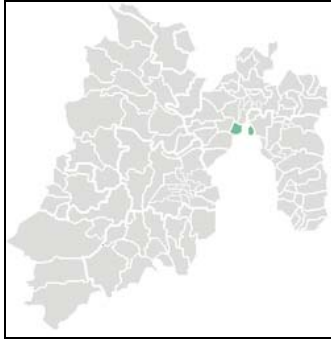


Pyramid at Santa Cecilia Acatitlán

Two notable pyramids lies in the municipality's limits: Tenayuca and Santa Cecilia Acatitlan. The pyramid at Tenayuca is a smaller version of the Mayor Temple, the Aztecs built in Tenochtitlan. It has dual staircases on the west side, each leading to two temples, at the top of the pyramid. One was dedicated to Tlaloc and the other to Huitzilopochtli. Serpent scuptures surround the pyramid on three sides and are possibly of pre Aztec origin. A small museum on the grounds holds artifacts diagrams and models of the site and the history that surrounds it. Another, smaller pyramid is at Santa Cecilia Acatitlan, just north of

Tenayuca. This one was rebuilt as the original was destroyed and some of its blocks were used to build the Santa Cecilia Parish church that is next to it. This pyramid has one staircase one temple atop. On the plaza is the Hurtado Museum, which houses a small collection of pre Hispanic sculpture.

The municipality



Tlalnepantla de Baz city in State of Mexico on northern tips of Mexico City. The city and the municipality are nearly co-extensive, with the city of Tlalnepantla having governing jurisdiction over only other communities: Ejido San Pedro Xalostoc (El Cuervo). Less than 2% of the municipality's population is located outside of the city proper.^[2]

The municipality was created in 1978 with the name of Tlalnepantla de Baz to honor Dr. Gustavo Baz Prada (1894–1987) who was a Zapatista, governor of the State of Mexico and dean of the National Autonomous University of Mexico. The municipality is made of two areas which are not continuous (the Poniente area and the Oriente, which are divided by the Mexico City), the only municipality constructed this way in the state. The total municipal area is 83.48 km².^[1] The eastern side borders Ecatepec de Morelos city, and the western side shares its southern border with Naucalpan de Juárez city. The three most important rivers in the municipality are:

- Río de los Remedios
- Río San Javier
- Río Tlalnepantla

The Sierra de Monte Alto is in the city itself but other significant elevations in the municipality including: Cerro Del Tenayo, Cerro Grande and Cerro de la Cruz. Significant locations within the municipality include the communities of San Jerónimo Tepetlaco, Xocoyahuaco, San Pablo Xalpa, San Bartolo Tenayuca, San Andrés Atenco, San Pablo Barrientos and San Juan Ixhuatepec.

The archaeological zones of Tenayuca and Santa Cecilia Acatitlan are located here as well, each of which has a museum. The pyramid at Tenayuca served as the model of the Templo Mayor in Tenochtitlan (now Mexico City).

OFFICIAL HOTEL

Tlalnepantla is actually part of the State of Mexico and is considered an extension of the greater Mexico City metropolitan area. Fiesta Inn Tlalnepantla has earned its fame of being the best Business Class hotel in town. Conveniently located in the city's "executive center", and near the numerous corporate headquarters, which surround it, our hotel is a logical choice for any business traveler with a tight schedule, as we have made sure you find all of the modern support tools you need for keeping the edge. Amenities: 24-Hour Front Desk, Baggage Hold, Banquet Service Doctor On Call/Medical Services, Dry

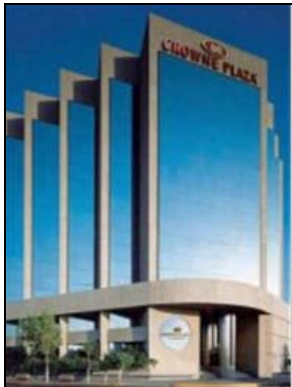
Cleaning/Laundry same day, Dry Cleaning/Laundry weekends, Express check in, Express check out Free Newspaper, Front Desk, Ice/Vending Machines, Ironing Service, Laundry/Valet, Money Exchange Facilities, Multilingual Staff, Porter/Bellmen, Room Service, Safe Deposit Box at Front Desk, Shoe Shine, Valet Parking, Wake-Up Calls, Bar, connecting rooms, Convention Rooms, Covered Parking, Elevators, Free Parking, Lounge, Meeting Room, Fitness Center, Non smoking rooms available and Parking lot.



SECOND OPTION: CROWNE PLAZA HOTEL

The Crowne Plaza Mexico City North-Tlalnepantla is strategically located near the industrial and business area North of Mexico City. Wireless internet access is available throughout the hotel.

Our Club Floor offers a private lounge where you can enjoy a wonderful continental breakfast and great evening snacks. Additional hotel features include: illuminated tennis court, spa & gym, international cuisine at La Montea speciality restaurant and a spectacular lobby bar featuring live piano music.



IMPORTANT NOTICE

Only the Organizing Committee is authorized to arrange hotel reservations for all Official Participants (Athletes and Delegates) and extra delegates, including accommodations before the Official Arrival date of Thursday September 30, 2010 and/or after the Official Departure Date of Monday October 4, 2010.

ACCOMMODATION

The Organizer will provide free-of-charge accommodations and three meals per day, starting with lunch on Thursday September 30, 2010 and ending with breakfast on Monday, October 4, 2010 for all Official Participants* pursuant to IFBB rules:

- ❖ Three (3) or more competitors = two (2) delegates
- ❖ Two (2) competitors or less = one (1) delegate

**The term „Official Participant” means 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the IFBB to compete the Championship, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to participate in Championship pursuant to IFBB rules.*

National Federation with no athlete may send one (1) official delegate; however, this delegate will be responsible for all his or her expenses.

The Official Arrival Date is, Thursday September 30, 2010.

The Official Departure Date is Monday October 4, 2010.

IMPORTANT NOTICE

All National Team Official participants (athletes and delegates) must check in BEFORE the start of Technical Meeting (October 1st 9:30 am). Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all his or her expenses.

Any judge, coach, or trainer who is not an Official Participant will be responsible for all his or her own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your Federation nominate this individual to be an Official Participant for your Federation; otherwise, these individuals will be responsible for all their own expenses. The same rule applies for family members.

NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.

VENUE SITE

Tlalnepantla's Convention Center is located is strategically located near the industrial and business area North of Mexico City at Roberto Fulton Street, San Lorenzo, Tlalnepantla, México.



HOTEL SECURITY DEPOSIT

A hotel security deposit of €100 PER PERSON is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, room service, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any members of his or her team.

PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.

ADDITIONAL DELEGATES, SUPPORTERS, PRESS AND PHOTOGRAPHERS

The Organizing Committee has established a special package including: 4 nights with all meals included (breakfast, lunch and dinner), tickets for semifinals and finals, closing banquet and transport at: €450 for each person in a double room or €550 for a single room. For more information please ask the Organizing Committee.

Partial Special Package Rate 1, which includes tickets to the Prejudging and Finals and ticket to the Farewell Banquet at a cost of €100.00. For more information, please contact the Organizing Committee.

ARRIVAL/AIRPORT

The official airport for arrivals is the Benito Juarez International Airport, México City.

EARLY ARRIVALS

Any National Federations arriving before the official arrival date of September 30th 2010 and staying on after the official departure date of October 4th, 2010 will be responsible for all their own expenses. They will also be responsible for their own transportation between the hotel and the airport. The hotel Fiesta Inn and Crowne Plaza expenses before the official arrival date of September 30th and after the official departure date of October 4th will be approximately €50.00 per person, per day in a double room (with breakfast). You are obligated to notify the Organizing Committee of your early arrivals and late departures, no later than September 11, 2010.

FLIGHT RECONFIRMATION

For the reconfirmation for your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight 24 to 36 hours after your arrival by fax: 52-55-55-66-28-36 or email: fmff2001@hotmail.com or worldfitmex@hotmail.com.

TRANSPORTATION

The official airport for arrivals is the Airport Benito Juarez Airport, México City. The transportation from the Benito Juarez Airport to the hotel will be arranged for all teams. The Mexican Federation of Bodybuilding and Fitness will pick you up at the Benito Juarez International Airport México City.

The organizer shall arrange the transportation on September 30th 2010 from the Benito Juarez Airport, México City to state of México for €15 per person and on October 4th, 2010 back from State of México to the Benito Juarez International Airport, México City for €15 per person, based on the stated times of arrivals.

VISAS

A valid Passport is required to enter the territory of México, before 6 month the arrival date. All countries should consult the Mexican Embassy in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

CATEGORIES FOR COMPETITION

Women's fitness:

- a. Up to and incl. 163 cm
- b. Over 163 cm

Women's body fitness:

- a. Up to and incl. 158 cm
- b. Up to and incl. 163 cm
- c. Up to and incl. 168 cm
- d. Over 168 cm

Women's bodybuilding:

- a. Lightweight: Up to and incl. 55 Kg.
- b. Heavyweight: Over 55 Kg.

Men's fitness, open category with bodyweight limitations:

Up to & including 170 cm: Max Weight [kg] = (Height [cm] -100) + 1 [kg]

Up to & including 175 cm: Max Weight [kg] = (Height [cm] -100) + 2 [kg]

Up to & including 180 cm: Max Weight [kg] = (Height [cm] -100) + 3 [kg]

Up to & including 190 cm : Max Weight [kg] = (Height [cm] -100) + 4 [kg]

Up to & including 198 cm: Max Weight [kg] = (Height [cm] - 100) + 4.5 [kg]

Over 198 cm: Max Weight [kg] = (Height [cm] - 100) + 5 [kg]

- ❖ *Note 1: The maximum allowable number of A-team competitors per National Federation may not exceed the number of categories open at these Championships, with a maximum of two competitors allowed to compete in any one category.*
- ❖ *Note 2: A maximum allowable number of A-team competitors per National Federation in any one discipline may not exceed the number of categories in that discipline.*
- ❖ *Note 3: A maximum of nine competitors is permitted in the A team (two female bodybuilders, two female fitness, four female body fitness and one male fitness) and will be accepted per National Federation with a maximum of two competitors allowed to compete in any one category (with exception of the Men's Fitness category).*
- ❖ *Note 4: Delegates without athletes will be responsible for the full cost of their participation at the event.*
- ❖ *Note 5: Upon agreement between the IFBB and the Organizer, one additional category may be opened for competition.*

A and B Teams:

The IFBB, in cooperation with its Continental, Regional and National Federations, and in the interests of furthering the development of the sport of bodybuilding and fitness, herewith provides notice of the rules governing A- and B- team competitors at the World Championships.

The “A” TEAM

1. Each National Federation may enter an A team. The maximum allowable number of competitors in the A team shall be equal to the total number of categories open for competition at the Championships.
2. The maximum allowable number of A-team competitors per National Federation in any one category shall not exceed two (2). The maximum allowable number of A team competitors per National Federation in any one discipline shall not exceed the number of categories in that discipline.
3. Pursuant to applicable IFBB rules, the Organizer shall provide free-of-charge accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet to all A-team competitors.
4. Each National Federation shall pay a Registration Fee for each A-team competitor.
5. The A-team competitors shall compete for placings and awards, including the Best National Team award.
6. A National Federation must fully declare its A-team competitors on the Final Entry Form and must register the A-team competitors upon check-in at the official hotel, failing which any undeclared competitor may be held responsible for all of his or her expenses.

The “B” TEAM

1. Each National Federation may enter a B team. Unless otherwise noted, the Maximum allowable number of competitors in the B team shall not exceed those in the A team.
2. Unless otherwise noted, the maximum allowable number of B-team competitors per National Federation in any one category shall not exceed two (2). The maximum allowable number of B-team competitors per National Federation in any one discipline shall not exceed the number of categories in that discipline.
3. The National Federation shall be obliged to pay the Full Package Special Rate for each B-team competitor. This package shall comprise the competitor’s accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.
4. The Registration Fee for B-team competitors shall be included in the Full Package Special Rate.
5. The B-team competitors shall compete for placings and awards, excluding the Best National Team award.
6. A National Federation must fully declare its B-team competitors on the Final Entry Form and must register the B-team competitors upon check-in at the official Hotel, failing which any undeclared competitor may be held responsible for all of his or her expenses.

SECRETARIAT

The Organizing Committee will maintain a Secretariat at the Official Hotel, from 8:00am to 5:00 pm from September 30th 2010 to October 4th 2010. You may obtain information and assistance from the Secretariat.

IFBB REGISTRATION FEE

Each Official A-Team Participant and each Delegate must pay the IFBB Registration Fee of €150. This fee is payable upon arrival at the Secretariat in the Convention Center. *The IFBB Registration Fee is completely separate from the hotel security deposit.*

IMPORTANT NOTICE

You must pay the Hotel security Deposit and IFBB Registration Fee BEFORE your team members are provided with accommodation. If any of your athletes or delegates arrives in Tlalnepantla, Estado de México, without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE a room can be assigned.

DOPING CONTROLS

In order to compete in the Championships, all competitors at the Weigh-in and Registration will be required to sign a *Doping Control Consent & Waiver of Liability Form*.

IMPORTANT NOTICE

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

1. *Random Selection*: A number of athletes selected at random throughout the event e.g. at Weigh-in.
2. *Weighted Selection*: A number of athletes selected at random from among the top finalists e.g. at Finals
**The IFBB reserves the right to Target Test any athlete*

The IFBB is a Signatory to the WADA Code. Participating National Federations have a duty and an obligation to ensure that their National Team athletes are competing drug-free at IFBB international competitions.

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh in/ height measurement, failing which the competitor will not be registered. The music must be on CD, at the start of the CD. The Athlete's name must be affixed on the CD for identification purposes.

IMPORTANT NOTICE

The use of profane, vulgar and/or offensive language is strictly prohibited in posing music.

NATIONAL ANTHEM/NATIONAL FLAG

All National Federations must bring with them to Mexico the music of their National Anthem (shortened version only) on CD. This must be on a separate CD to any posing music. All National Federations shall bring with them to Mexico their National Flag. The flags must be manufactured of dense silk and must measure no more than 2.5 meters x 1.5meters.

PARADE OF NATIONS

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. The dress code for all athletes taking part in the Parade of Nations is posing attire. One (1) delegate and one (1) competitor per country must take part in the Parade of Nations.

JUDGES

In order to assist the IFBB Judges Committee in their selection of judges for these Championships, please forward your nomination for judges from your National Federation as soon as possible but no later than September 11th, 2010 to:

Pawel Filleborn

Chairman **IFBB Judges Committee**

E-mail: p.filleborn@neostrada.pl

PLEASE DO NOT FAX YOUR NOMINATIONS TO IFBB HEADQUARTERS.

All international judges must bring their international judge's cards to México.

IMPORTANT NOTICE

All judges who wish to be included in the judges panels at these Championships should be specified in the Final Entry Form. The test judges should be specified there as well. Judges have to pay the yearly judges' licence fee of €50 for 2010. This fee may be paid at the Championships. Test judges should pay a test fee of €50. This fee may be paid at the Championships.

All judges must attend the Judges/Team Manager meeting.

If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships. If a judge is absent from this meeting he or she will not judge.

MEDIA ACCREDITATION

All media accreditation, accept local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form, said form which must be remitted to the IFBB by e-mail at info@ifbb.com no later than September 11, 2010.

GREEN CARDS

Green cards, used to limit access to the Weigh-in and backstage area during the Prejudging and Finals, will be distributed at the Judges/Team Managers Meeting as follows:

five (5) or more competitors - two (2) green cards

less than five (5) competitors - one (1) green card

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

CAMERA/VIDEOTAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

TIME DIFFERENCE

GMT -7 hours

CURRENCY

The national currency in México is the Peso. One Euro is approximately equal to 15,45 \$MXN (one USD is approximately equal to 12,60 \$MXN) but the rates can fluctuate. All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

CLIMATE

During the months of September and October, the average temperature is 15-19 °C. And Rain.

ELECTRICAL CURRENT

The electrical outlet is 110 Volt.

LANGUAGE

The official language in Estado de México is Spanish. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

TRAINING FACILITY

Training facility is in fitness Crown Hotel Plaza GYM Roberto Fulton street, Tlalnepantla - 01 55 5228, near to the Official Hotel.

ATHLETES WITHOUT DELEGATES

All Athletes competing at IFBB World Championships must be Members in Good Standing of their National Federations. Any Athlete who arrives without a Delegate must carry an Official Letter of Authorization of Participation from his National Federation, failing which the Athlete will not be allowed to participate.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

Deadlines are set to assist the Organizer with arranging accommodations', meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of *IFBB Rules*.

If a National Federation fails to respect the deadline written on the Final Entry Form, each "Official Participant" from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

MISREPRESENTATION

Misrepresentation is a serious breach of the *IFBB Code of Ethics* and occurs when an "official" of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals and Farewell Banquet, and other amenities at the expense of the Organizer.

Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete.

Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

MEDICAL WITHDRAWAL

Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before. With drawing an Athlete shall, for that Athlete's non-participation, be fined an amount equal to the Special Package Rate.

CORRESPONDENCE/CONTACT INFORMATION

Please send all correspondence to:

Francisco Cabezas Gutiérrez
Marco Antonio Cabezas Escarcega
Federacion Mexicana deFisicoconstructivismo y fitness
Instituto Tecnico Industrial
9-altos Santa María la Ribera, Delegación Cuauhtémoc
C.P. 06400 Mexico, City
Tel./fax +52-55-55-66-01-22/55-66-28-36
E-mail: fmff2001@hotmail.com
worldfitmex@hotmail.com
Web: www.fmfisico.net

International Federation of Bodybuilding & Fitness
Dr. Rafael Santonja
IFBB President
Phone: +34 91 535 2819
Fax: +34 91 535 0320
E-mail: internacional@santonja.com
Web: www.ifbb.com

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is August 2, 2010. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your federation intent to participate. If at this time you do not know the actual names of the Official Participants (Athletes and Delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.

FINAL ENTRY FORM

The deadline date for the Final Entry Form is September 20 2010. National Federations must submit the actual names of all Official Participants (Athletes by weight category and Delegates, including judges). You must also include flight arrival and departure information.

In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your co-operation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

All National Federation are requested to send by e-mail personal photo of each member of its National Team, included competitors, delegates and extra delegates.

If the Final Entry Form is returned to the Organizing Committee after September 20, 2010, then those National Federations must pay €450 additional Delegates Fee (with double room) or €550 (with single room) instead of Registration Fee.

It is the responsibility of the president or general-secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report. If any of your athletes and/or delegates are traveling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report.

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change. Please check regularly for updates:

Wednesday, September 29th

09:00 – 17:00 Arrival Executive Members Hotel Crowne Plaza
19:00- 22:00 Dinner for Executive Members

Thursday, September 30th

09:00 – 18:00 Official Arrival delegates and athletes
16:00 - 19:00 Meeting Executive Members
20:00 - 23:00 Welcome Dinner for Authorities, Executive Members and delegates

Friday, October 1st

08:00 – 09:30 Breakfast
09:30 -..... Technical Meeting
10:00 – 17:00 Tourist visits to Teotihuacan (Mexican Pyramids)
18:00 – 19:00 Judges & Team Managers Meeting
19:00 - 21:00 WEIGH-IN / MEASUREMENTS
20:00 – 22:00 Dinner.

Saturday, October 2nd

08:00 – 09:30 Breakfast
09:30 - Continue bus transfer, hotel to the venue site, Tlalnepantla Convention Center
10:00 – 14:00 PREJUDGING categories
13:00 - 15:00 Lunch for all athletes and delegates at the Venue Site
15:00 - 20:00 PREJUDGING categories
19:00 - 20:30 Continue bus transfer, from the venue to the hotel.
20:00 – 22:00 Dinner

Sunday, October 3rd

08:00 – 09:30 Breakfast
09:30 - 10:45 Continuous bus transfer, hotel to the venue site, Convention Center Tlalnepantla, Estado de México
11:00 – 17:00 Finals, Convention Center Tlalnepantla, Estado de México
13:00- 14:30 Lunch for all athletes and delegates at the Venue Site
17:00 – 18:00 Continuous bus transfer, from the venue site to the hotel.
19:30 - Transfer hotels to Restaurant
20:00 - Farewell Banquet Restaurant
23:00 - Continuous bus transfer, Restaurant to the hotel.

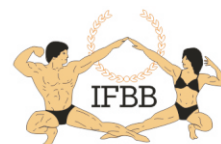
Monday, October 4th

05:00 - 11:00 Bus transfer, hotel to the International Airport Benito Juarez , Mexico D.F..



GOBIERNO DEL
ESTADO DE MÉXICO

I **ESTADO**



FEDERACIÓN MEXICANA DE FISICOCONSTRUCTIVISMO Y FITNESS, A.C.



1810-2010
BICENTENARIO DE LA
INDEPENDENCIA DE MÉXICO

To all National Federations
Affiliated to the IFBB

INVITATION

Inside the festivities of two centuries of our Independence, it is my great honor and privilege to invite you to participate in the "World Women Bodybuilding, Fitness, Body Fitness and Men's Fitness Championship IFBB" organized by the State of Mexico's Government, the County of Tlalnepantla and the Mexican Federation of Bodybuilding and Fitness, this main event will take place in Tlalnepantla's County, from September 30th to October 4th 2010

Mexico has gained great achievements in sport and vast experience in organizing high rank international events, that's why the organizing committee will do their best to hold this important event at the highest level, providing a cordial welcome and comfortable stay for all our guests.

We expect that the forthcoming Championship will have favorable impression on you.

Welcome to México!
Sincerely yours,

"Honor and Sport Spirit"

Francisco Cabezas Gutiérrez
President of the FMFF



International Federation of Bodybuilding & Fitness
Calle Jaén,8 – Madrid, Spain, Tel: (34) 91 535 2819 Fax: (34) 91 535 0320
E-mail: internacional@santonja.com Website: www.ifbb.com



PRELIMINARY ENTRY FORM

WORLD WOMEN'S BODYBUILDING, FITNESS, BODYFITNESS & MEN'S FITNESS CHAMPIONSHIPS
Tlalnepantla, Estado de México, México
September 30th to October 4th, 2010

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 2, 2010.**

PLEASE PRINT CLEARLY

FEDERATION NAME: _____

FEDERATION CONTACT PERSON: _____

FAX NUMBER: _____ E-MAIL: _____

Our Federation is planning to participate in the **IFBB WOMEN'S WORLD BODYBUILDING, FITNESS & BODY FITNESS CHAMPIONSHIPS** and **IFBB MEN'S WORLD FITNESS CHAMPIONSHIPS**. Please indicate "YES" or "NO". Yes _____ No _____

NUMBER OF DELEGATES: _____ NUMBER OF ATHLETES: _____

NUMBER OF EXTRA DELEGATES AND SUPPORTERS: _____

Please be advised that there will be 9 categories at these Championships as follows:

SENIOR WOMEN'S BODYBUILDING (2), up to & incl 55 kg AND over 55 kg

SENIOR WOMEN'S FITNESS (2), up to & incl 163 cm AND over 163 cm

SENIOR MEN FITNESS (1 OPEN),

SENIOR BODY FITNESS (4), up to & incl 158 cm, up to & incl 163 cm, up to & incl 168 cm AND over 168 cm

Each National Federation may send up to a maximum of 9 A-team athletes and 9 B-team athletes with a maximum of 2 A-team and 2 B-team athletes per category (excluding Men's Fitness).

IMPORTANT: 3 or more athletes – 2 official delegates permitted. Less than 3 athletes – 1 delegate permitted. National Federations with no athletes may send 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 BEFORE AUGUST 2, 2010, TO:

Mexican Federation of Bodybuilding and Fitness

Mr. Francisco Cabezas Gutiérrez

PRESIDENT

Mr. Marco Antonio Cabezas Escárcega

Organizing Committee

Av. Instituto Técnico Industrial 9-Altos

Col. Santa María la Ribera

06400 Cuauhtémoc, Mexico City, Mexico

Tel: +52-55-55-66-01-22

Fax: +52-55-55-66-28-36

E-mail: fmff2001@hotmail.com

E-mail: worldfitmex@hotmail.com

Web: www.fmfisico.net

Please copy all correspondence to:

International Federation of Bodybuilding & Fitness (IFBB)

Rafael Santonja

IFBB PRESIDENT

Tel: +34 91 535 2819

Fax: +34 91 535 0320

E-mail: internacional@santonja.com

Web: www.ifbb.com

Please visit www.ifbb.com for detailed information on this event.