

**IFBB** 

**ELITE PRO** 

BABBFF



& World Womers Prysique

ELITE PRO CHAMPIONSHIP

JUNE 01 - 04, 2023 GARFIELD SOBERS GYMNASIUM, BARBADOS



# LOCATION

Barbados is the eastern-most Caribbean island. It is located at 13.1N, 59.4W. The island, which is less that one million years old, was created by the collision of the Atlantic crustal and Caribbean plates, along with a volcanic eruption. Later coral formed, accumulating to approximately 300 feet. It is geologically unique, being actually two land masses that merged together over the years.

The Barbados Saga Begins - An Island Stands alone .

# **HISTORY & CULTURE**

Drawing on its English, African and West Indian roots, Barbados has established its own distinctive identity, evidenced by its customs, traditions and values passionately expressed through the rich history, exceptional cuisine and artistic talents of its people.

Though given the name "Los Barbados" by Portuguese sailors in the 1500's, Europeans were not the first to inhabit this easternmost island in the Lesser Antilles. This distinction goes to the Amer-indians who arrived from Venezuela, followed by the Arawak Indians, who in turn were dismissed by the Carib Indians in the 13th century. But when the first English settlers arrived in 1627, they found an island that was largely uninhabited, and set about establishing a colony that would remain a part of the British Empire for 334 years..



Climate: 29 – 31 Degree Celsius

Language: English

Time Difference:

4hrs behind GMT (Winter) 5hrs behind GMT (Summer)

Electricity: 115/230V 50Cycle

Currency: \$2.00 Bds = 1USD

# PLEASE NOTE THAT ARTICLES WITH CAMOFLAGE IS PROHIBITED

For further information on Barbados please feel free to visit:

https://www.visitbarbados.org/





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# MEDICAL FACILITIES

### Queen Elizabeth Hospital

Accident & Emergency Operator 246-436-6450 Ext. 5540 or dial 511

# FMH Emergency Medical Clinic

NO. 4A 3<sup>rd</sup> Ave, Belleville, St. Michael Tel: (246) 228-6120, (246) 228-6121

Urgent Care Mobile Address:18 Pine Rd, Bridgetown, Barbados Phone:(246) 5383838 E-mail:info@urgentcarebarbados.com

Sandy Crest Medical Centre Sunset Crest, Holetown St. James +1 (246) 419-4911 medicalcentre@sandycrest.net





#### **VISA REQUIREMENTS**

For those countries requiring a Barbados entry visa, it is the responsibility of each respective Federation to make application. This is not the responsibility of the host federation in Barbados. Applications to receive a visa should be done well in advance of arrival as the processing of requests may take several weeks. DO NOT WAIT UNTIL THE LAST MINUTE. For information: <u>https://www.foreign.gov.bb/visa-information//</u>

#### COVID TRAVEL PROTOCOLS

Effective midnight, Thursday September 22, 2022, Barbados discontinued all COVID-19 related travel protocols. Therefore, there will be no testing requirements for entering Barbados whether you are vaccinated or unvaccinated. In addition, the wearing of masks generally will now be optional

#### **ONLINE IMMIGRATION AND CUSTOMS FORM**

Travelers are required to complete the online Immigration and Customs Form which will be available 72 hours prior to your arrival in Barbados. Fill in the form at a time and place convenient for you. Once the form is completed, the Immigration and Customs receipts are to be saved to your mobile device or printed and presented to Immigration and Customs upon arrival.

Using the Online ED Form will enhance your travel experience by providing you with an easy and convenient option, that will improve the ease with which you transit through the airport. <u>https://www.travelform.gov.bb</u>



# ARRIVALS

All delegations are asked and encouraged to arrive no later than Thursday, June 1, 2023. The official airport of Barbados is the Grantley Adams International Airport.

# **AIRPORT TRANSFERS**

Round trip airport to hotel transfers can be provided upon request. ALL arrival and departure information MUST be provided no later than May 25, 2023 to allow for scheduling and confirmation. If information is not provided, transportation cannot be guaranteed. Transportation will only be provided to the designated hotels unless confirmed otherwise by the hosting committee.

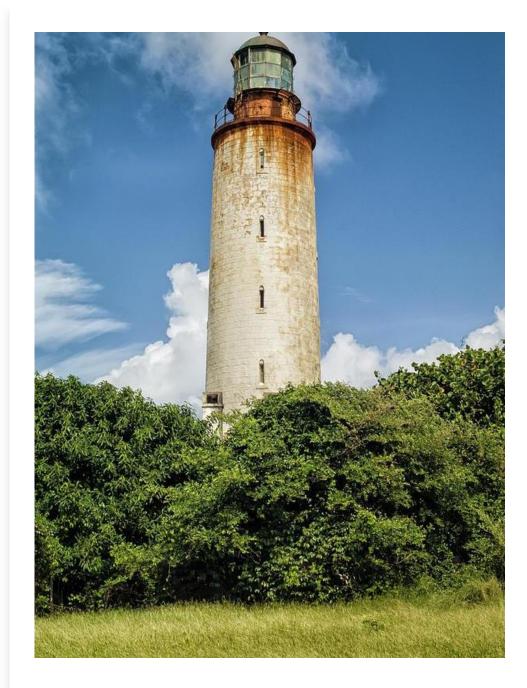
# **ACCOMMODATIONS & EXPENSES**

Each athlete is responsible for all expenses related to meals, accommodations, meals, non-event transportation and any other expenses throughout the duration of their stay.

## **RESERVATIONS**

Each athlete is responsible for making their reservations directly with the hotel of their choice as listed below. All of the designated hotels are located in the same geographical area in Barbados.

Transportation will be available at scheduled times from these hotels to the event venues.





### **Divi Southwinds Beach Resort**

St Lawrence Main Road Christ Church, Barbados BB1517 Tel: (246) 418-7307

Contact: Gercine Simmons gercine.simmons@divisouthwinds.com



ROOM TYPE	RATE inclusive of taxes and service charge	MAX
		OCC.
One-Bedroom Suite (King Bed in BR and pull out sofa queen bed)	US \$201 single or double occupancy	4
Two-Bedroom Suite (King Bed in 1 BR / 2 twin bed in 2 <sup>nd</sup> BR / pull out sofa	US \$333 up to 4 persons	6
queen)		
Extra Person	US \$30 each per 3 <sup>rd</sup> and 4 <sup>th</sup> person (1 Bed Room suite)	
	or US\$ 30 each per 5 <sup>th</sup> and 6 <sup>th</sup> person (2 Bed Room suite)	

#### CARICIOM Special Rates below for **ONLY** persons residing in Caricom Countries. A minimum of two nights stay is required

CARICOM SPECIAL	RATES include breakfast, taxes & service charge	MAX
		OCC.
One-Bedroom Suite (King bed in bedroom / pull out sofa queen bed)	US \$180.00 single or double occupancy	4
Extra Person	US \$85.00 each per 3 <sup>rd</sup> and 4th person	

# **Blue Horizon Hotel**

Rockley, Christ Church, BB15137

# 1 Bedroom Suite – Maximum 3 persons) (Full Kitchen or Kitchenette with King or Queen bed)

US \$175 Single / Double

US \$205 Triple

#### Standard King/2 Double Beds

US \$145 (Single / Double)

US \$175 (triple)

Rates are inclusive of all taxes

#### Contact

Sharon Moore, Reservations Agent

The Blue Horizon Hotel / Gems of Barbados

#### www.bluehorizon.bb

Mon – Fri: 9:00 am – 5:00 pm Tel: 246-4359473 / 74 Fax: 246-4358822





# Coral Mist & Blue Orchids Beach Hotels

#18 Worthing; Christ Church

BB15130

Tel: (246) 435-7712

Fax: (246) 435-6874

coralmistbarbados.com

blueorchidsbarbados.com





## Contact:

Tamsin Moses <a href="mailto:rescoralmist@caribsurf.com">rescoralmist@caribsurf.com</a>

# **Coral Mist & Blue Orchids Beach Hotels**

Deluxe Studio: US \$145 Sgl / Dbl occupancy

One BR Apartment: US\$ 191 Sgl/ Dble occupancy

Two BR Apartment: US\$ 260 Double - Quad occupancy

Extra person rate- US\$ 30.00 per night

Rates are per night inclusive of 10% Value Added Tax, 10% Service Charge and US\$ 9.63 per night room levy

#### Breakfast Options:

Full Breakfast – USD 13.00 per person

Continental Breakfast – USD 7.00 per person

#### Confirmation of Room

Bookings are confirmed *Subject to Room availability*, A room deposit minimum of 3 nights is required to guarantee all accommodation we accept payment by Visa, MasterCard or American Express.

#### **Hotel Cancellation Policy**

Cancellations within 14 days prior to arrival will result in the forfeiture and loss of the deposit.





# Venue

The Wildey Gymnasium Sir Garfield Sobers Complex Wildey St. Michael, Barbados

246 - 437 - 6010



# Music

All posing music must be submitted in the Elite Pro system upon inscription at the weigh in

# Backstage

Elite Pro athletes will be provided one extra wristband for one coach or companion which can be received upon inscription at the weigh in. This wristband provides access backstage as well as a seat at the Elite Pro event. It must be worn at all times during the event.

# Elite Pro Event Schedule

#### June 2

2:00 pm – 4:00 pm Registration / Weigh In for ALL Pro Athletes

#### LOCATION: BLUE HORIZON HOTEL

June 3

7:00 pm Elite Pro Competition



ELITE PRO AWARDS		BODYBUILDING	BIKINI FITNESS MEN'S PHYSIQUE	CLASSIC PHYSIQUE BIKINI WELLNESS BODY FITNESS	MASTERS Bodybuilding Bikini Fitness Body Fitness
AW/	1 <sup>st</sup>	\$ 9,000	\$ 4,500	\$ 2,500	\$ 500.00
PRO	2 <sup>ND</sup>	\$ 4,500	\$ 2,500	\$ 1,250	
ITE	3 <sup>RD</sup>	\$ 3,000	\$ 1,500	\$ 1,000	
Ξ	4 <sup>⊤H</sup>	\$ 2,500	\$ 1,000	\$ 750	
	5 <sup>⊤н</sup>	\$ 1,500	\$ 500	\$ 500	
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# WORLD WOMEN'S PHYSIQUE AWARDS

\$ 3000
\$ 2000
\$ 1500
\$ 1000
\$ 500



## **Registration and Contact Details**

Registration of all athletes MUST be received by May 25, 2023. Please find below the link where IFBB Elite Pro athletes can pay their annual fee, and log inside their profile to register for the competitions <u>https://app.eliteprocard.com</u>

For any additional information regarding the Roger Boyce Elite Pro Classic, please make contact as follows <u>info@eliteprocard.com</u> or with the Barbados organizing committee <u>erinpromotions@gmail.com</u>