

US-Japan Friendship Cup Championship

Athlete's Registration:

SELECT DIVISION: (Contestants may compete in more than one category.
Each additional category is \$25/Y3,000)

Full name: Last _____ **First** _____

Please circle categories you will enter:

Men's Bodybuilding

- Lightweight (Up to and including 165 ¼ (75kg))
- Middleweight. (Over 165 ¼ (75kg) and up to 187 ¼ (85kg))
- Heavyweight (Over 187 ¼ (85kg))
- Masters (Over Age 40)

Women's Figure

- One Class

Women's Wellness Bikini

- One Class

Women's Bikini

- Novice – One Class
- Class A - Under 5'4" – 163cm
- Class B - Over 5'4" – 163cm

Men's Physique

- Novice – One Class
- Class A - Under 5'8" – 173cm
- Class B - Over 5'8" – 173cm

*** NON-SOFA - Please send the completed document to YokotaUSJFC@gmail.com no later than 5:00 p.m.
15 March 2023.**

***US MILITARY/SOFA can send completed registration document NLT 30 March 2023**