

# 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)

### Classic Physique

- One class

### Men's Physique

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

### Women's Figure

- One Class

### Women's Bikini

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

**\* NON-SOFA - Please send the completed document to [YokotaUSJFC@gmail.com](mailto:YokotaUSJFC@gmail.com) no later than 5:00 p.m.  
27 June 2024.**

**\*US MILITARY/SOFA can send completed registration document NLT 15 July 2024**