LAHTI

IFBB NORDIC CHAMPIONSHIPS

NORDIC FITNESS EXPO 2021

Welcome to the 2021 IFBB Nordic Championships

IFBB ELITE PRO QUALIFIER

October 16-17, Nordic Fitness Expo,
Lahti, Finland

IFBB SUOMEN FITNESSURHEILU RY.

IFBB INTERNATIONAL BODYBUILDING & FITNESS FEDERATION

IFBB ELITE PRO

www.ifbbnordic.com

History of the Nordic Championships

IFBB Nordic Championships has over 50 years of history in bodybuilding and fitness sports.

In the early 1970's Nordic countries like Sweden, Norway, Iceland, Denmark and Finland decided to compete together as there were no other Championships besides European Championships and World Championships.

Nordic Champion was a great title and all the physique athletes wanted to win it. First, it was just for men's bodybuilding, but in the eighties women's bodybuilding was taken into the schedule. When fitness sports, mainly choreographed fitness with a free routine started in the middle of nineties, the Nordic Championships got more and more athletes.

In the 2000's Estonian Bodybuilding and Fitness Federation President Arnold Tokko asked if Estonia can join the Nordic Family and since any Nordic countries didn't have anything against it, Estonia was accepted to be part of the Nordic Championships.

For more than 30 years Nordic Championships have remained as one of the main title to train for in bodybuilding and fitness sports. When IFBB started to organize international events like Diamond Cups and other events like that, there were more possibilities for athletes to compete outside of their home country. New Diamond Cups were also appealing to the competitors as the overall winners were awarded with the Professional Status.

IFBB ELITE PRO CARDS FOR OVERALL WINNERS!

In 2021 IFBB President Dr. Rafael Santonja encouraged the Nordic Fitness Expo promoter Mr. KP Ourama to raise up the Nordic Championships level back to their glory days and award the overall winners of Women's Bikini, Body Fitness, Women's Wellness, Men's Physique, Classic Physique and Classic Bodybuilding with the IFBB Elite Pro Cards.

This will be a great opportunity for Sweden, Norway, Iceland, Denmark, Estonia and Finland to have a competition where only Nordic countries athletes can turn to professional athlete. Who would have even dreamed about this few years ago?

IFBB ELITE PRO

REGISTRATION AND PARTICIPATION

2021 IFBB Nordic Championships are open only for the National Federations of the Nordic countries: Sweden, Norway, Denmark, Iceland, Estonia and Finland. The number of competitors participating in these competitions is unlimited. Totally, six (6) IFBB Elite Pro Cards will be given to the overall winners in Women's Bikini, Body Fitness, Women's Wellness, Men's Physique, Classic Bodybuilding and Classic Physique.

SCHEDULE

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change.

FRIDAY, OCTOBER 15

16:00 to 20:00 – Official Athlete Registration at the venue of the Nordic Fitness Expo

20:00 – Team Managers & Judges Meeting at the venue of the Nordic Fitness Expo (congress rooms)

SATURDAY, OCTOBER 16

MAIN STAGE

09:00 Nordic Championships: Women's Bikini open

EXPO STAGE

14:00 Nordic Championships:
Men's Physique juniors
Women's Wellness juniors
Women's Bikini juniors
Men's Physique open
Women's Wellness open

SUNDAY, OCTOBER 17

MAIN STAGE

09:00 Nordic Championships: Body Fitness open

EXPO STAGE

14:00 Nordic Championships:
Classic Physique juniors
Classic Bodybuilding juniors
Body Fitness juniors
Women's physique open
Fitness open
Classic Physique open
Classic Bodybuilding open

MONDAY, OCTOBER 18

Official departure day for all participants.

REGISTRATION

The official arrival day is Friday, October 15th, 2021. The registration will be held at the Lahti Fair Centre congress rooms (location of the Nordic Fitness Expo) from 16:00 to 20:00. Registration of athletes will only be considered if they are recommended or entered by the National Federation of the athlete by sending the Final Entry Form including their names directly to:

IFBB Technical Committee: amichalak5@gmail.com
IFBB Head Office: info@ifbb.com
Nordic Fitness Expo Organizing Committee: info@nordicfitnessexpo.com

The deadline for sending the Final Entry Form is Monday, October 4th, 2021. The final decision to allow an athlete to compete in this event rests with the IFBB.

All athletes will have to produce their Passports and IFBB International Cards at the registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy one at the registration. IFBB Cards cost EUR €35 per year and are mandatory.

REGISTRATION FEE

The IFBB registration fee of EUR €200 per athlete has to be paid online by PayPal or credit / debit card (***www.ifbb.com/competition-registration/***) no later than October 4th, 2021. Then, this possibility will be closed. Please include your name in your online payment and bring a copy of your payment confirmation to the registration. You can also pay at the registration in cash but it will be EUR €250 in this case.

To participate in the second category (juniors in the senior classes) the additional fee of EUR €100 will be charged.

JUDGES

To be taken into consideration during selection of judging panels at the competition, IFBB International Judges must be included in the 2021 IFBB NORDIC CHAMPIONSHIPS ENTRY FORM sent by National Federations, according to the IFBB rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, via ***e-mail address: pawelfilleborn@gmail.com***
All international judges must bring their International Judge's Cards to Lahti.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2021. This fee may also be paid at the competition in Lahti. To be included in the panels, all judges must be present at the Team Managers and Judges Meeting to be held on Friday, 21:00 hours, at the Lahti Fair Centre congress rooms (location of the Nordic Fitness Expo).

BACKSTAGE ACCESS

Access to the backstage area shall be strictly limited to the essential personnel only. Extra backstage passes can be

bought at the registration on Friday. Price for backstage pass is EUR €50 and it includes entry to the Expo area both on Saturday and Sunday.

PRESS ACCREDITATIONS

Any press representative that wishes to obtain press accreditation for this event has to contact the Organizing Committee no later than October 4th, 2021. Send an email to ***kp.ourama@kpfitness.fi*** and give the following information: name of the media you represent, phone number, email address, the person who applies for accreditation and information if he/she is a photographer or a writer. You will get a note if you are accepted as a media representative.

SECRETARIAT

The Organizing Committee will maintain the secretariat at the Lahti Fair Centre congress rooms from 14:00 to 21:00 on an official arrival day, October 15th. You may obtain information and assistance from the Secretariat. During the weekend the Secretariat will be placed at the Lahti Fair Centre at Nordic Fitness Expo, near the Main Entrance at INFO booth.

IMPORTANT NOTICE TO COMPETITORS

Please be aware that is FULL RESPONSABILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify if each one of the athletes to be registered on this international event are NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at the national or international level. Be also aware that if any athlete from your National Federation register and compete being suspended due to an Anti-Doping Rule Violation, both athlete and the National Federation will be subject to sanctions according to the World-Anti-Doping-Code, the IFBB Anti-Doping Rules and the IFBB Constitution and Rules. It is also the FULL OBLIGATION AND RESPONSIBILITY of your National Federation to MONITOR ALL YOUR ATHLETES from your country affiliated to your National Federation who are actually fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes WILL NOT REGISTER, COMPETE OR PARTICIPATE IN ANY CAPACITY in any event either at National or International level, Official or Invitational.

Each athlete participating in the championship will be provided with a badge at the registration. This badge allows a two-day admission to the Nordic Fitness Expo (expo area).

IMPORTANT INFORMATION

All the costs for traveling, hotel accommodations, transportation to and from the airport, as well as meals, are on responsibilities of the National Federations or individual athletes. Check with your National Federation for more information.

IFBB NORDIC CHAMPIONSHIPS CATEGORIES:

Important note: If there are less than 5 athletes in a class, the classes will be combined, wherever possible.

MEN'S PHYSIQUE

Up to 173 cm
Up to 179 cm
Over 179 cm
Juniors - one open category

CLASSIC BODYBUILDING

Up to 180 cm
Over 180 cm

Maximum bodyweight limits [in kg] for classic physique:

Up to 168 cm: (Athlete's height [in cm] minus 100) + 4
Up to 171 cm: (Athlete's height [in cm] minus 100) + 6
Up to 175 cm: (Athlete's height [in cm] minus 100) + 8
Up to 180 cm: (Athlete's height [in cm] minus 100) + 11
Up to 188 cm: (Athlete's height [in cm] minus 100) + 13
Up to 196 cm: (Athlete's height [in cm] minus 100) + 15
Over 196 cm: (Athlete's height [in cm] minus 100) + 17
Juniors - one open category
Up to 168 cm: (Athletes height [cm] minus 100) + 2 [kg]
Up to 171 cm: (Athletes height [cm] minus 100) + 3 [kg]
Up to 175 cm: (Athletes height [cm] minus 100) + 4 [kg]
Up to 180 cm: (Athletes height [cm] minus 100) + 6 [kg]
Up to 188 cm: (Athletes height [cm] minus 100) + 7 [kg]
Up to 196 cm: (Athletes height [cm] minus 100) + 8 [kg]
Over 196 cm: (Athletes height [cm] minus 100) + 9 [kg]

CLASSIC PHYSIQUE

Up to 180 cm
Over 180 cm
Juniors - one open category

WOMEN'S BIKINI

Up to 160 cm
Up to 163 cm
Up to 166 cm
Up to 169 cm
Up to 172 cm
Over 172
Juniors - one open category

BODY FITNESS

Up to 158 cm
Up to 163 cm
Up to 168 cm
Over 168 cm
Juniors - one open category

WOMEN'S WELLNESS

Up to 163 cm
Over 163 cm
Juniors - one open category

FITNESS - one open category

WOMEN'S PHYSIQUE - one open category

Crossovers: juniors may participate in the senior categories as well.

JAN TANA THE WINNING TAN – NORDIC CHAMPIONSHIPS OFFICIAL TANNING PARTNER

Onsite Tan is using the Jan Tana products for tanning. You can trust Jan Tana as their product is the winning tan of the champions! Onsite Tan crew have many years of experience of Arnold Classic's, IFBB World and European Championships and many other international competitions. Onsite Tan crew knows how to do a perfect tan – with Jan Tana products.

Onsite Tan will guarantee of their work and will take care of YOU since you get your first layer of tan until you step on stage!

Jan Tana and Onsite Tan is the official partners of 2021 IFBB Nordic Championships Pro and Nordic Fitness Expo.

The booking can be done by this link:
www.onsitetan.com/book-here/

OFFICIAL HOTEL FOR THE IFBB NORDIC CHAMPIONSHIPS

Scandic Lahti City is the official Nordic Fitness Expo hotel partner in 2021 and it's located in the city center.

SCANDIC LAHTI CITY

Kauppakatu 10, 15140 Lahti
Phone +358 3 410 81624
Fax +358 20 601 9118
lahticity@scandichotels.com
Website: scandichotels.fi/hotellit/suomi/lahti/scandic-lahti-city

RESERVATION CODE IS: *BNFE151021*
Reservations before September 30
These prices are valid from Thursday to Sunday
1 bed room - **139EUR/night**
2 bed room - **159EUR/night**

Scandic
LAHTI CITY

TRANSPORTATION

LAHTI BY TRAIN

There are many trains on day time from Helsinki or Helsinki Airport to Lahti. Normal ticket is about EUR €15 one direction.

LAHTI BY BUS

There are many bus lines from Helsinki to Lahti on hourly basis. Normal ticket is about EUR €10-15 one direction.

AIRPORTS

Check out the available flights if there are restrictions due the COVID-19 epidemic!

Helsinki-Vantaa International Airport is the official airport. There are multiple bus lines daily between Helsinki Airport – Lahti – Helsinki Airport. The bus drive takes about 60 to 90 minutes. There is also a train connection between Helsinki Airport and Lahti which is good option.

Helsinki Airport: https://www.finavia.fi/en/airports/helsinki-airport

Check out the bus schedule at https://www.matkahuolto.fi/

The train schedules are available at: https://www.vr.fi/cs/vr/en/frontpage

If you need any assistance finding out the schedules, kindly contact the Organizing Committee.

Nordic Fitness Expo

Nordic Fitness Expo is the biggest bodybuilding and fitness competition and exhibition event in the whole Scandinavia! NFE started in 1996 as “Fitness Expo” in Helsinki and has grown to one of the biggest events in the IFBB. In 2021 NFE will be held back to Lahti, the city it’s been held 15 times.

Go to our webpage: ***www.nordicfitnessexpo.com***

Trade Show in Nordic Fitness Expo is pure fun and energy! At the Expo Stage you will see the best athletes competing in fitness sports at the IFBB Nordic Championships, NFE Powerlifting Challenge, fitness fashion, power sport shows and lectures (in Finnish language only).

On the Main Stage will have massive Finnish Fitness National Championships together with Nordic Championships bikini fitness and body fitness categories.

The Expo is very large with dozens of companies selling their products with good NFE offers and introducing their new products. You will meet and greet many international fitness stars, bodybuilders and celebrities at the Expo.

That’s why you are always welcome to see and experience it!

NORDIC FITNESS EXPO DAY TICKET, 20 €
Expo Day ticket allows you to see the Trade Show and the Expo Stage program.
Tickets are available in advance from TicketMaster.
Link will be open on July 2021.

SATURDAY, OCTOBER 16
MAIN STAGE, ticket 50 €
including Finnish Championships and the Expo
09:00 Nordic Championships: Women’s Bikini open
EXPO STAGE, ticket 20 € including the Expo
14:00 Nordic Championships: Men’s Physique open + juniors, Women’s Bikini juniors, Women’s Wellness open + juniors

SUNDAY, OCTOBER 17
MAIN STAGE, ticket 50 € including Finnish Championships and the Expo
09:00 Nordic Championships: Body Fitness open
EXPO STAGE, ticket 20 € including the Expo
14:00 Nordic Championships: Classic Physique open + juniors, Body Fitness juniors, Classic Bodybuilding open + juniors, Fitness, Women’s Physique

NOTE:
Day ticket is valid only for one-day exhibition.
Expo Day Ticket can’t be upgraded to any competition tickets.
Children (under 12 years) are free of charge.
Expo Day tickets are sold only from the Ticket Box Office at Nordic Fitness Expo.
Competition ticket includes Nordic Fitness Expo Day Ticket.