

World Professional Championships 2019 & AMATEUR IFBB WORLD CUP 2019

From 1st to 3rd
of NOVEMBER

PALAU FIRAL I DE CONGRESSOS
OF TARRAGONA



TARRAGONA

TANNING BY:





VENUE SITE PALAU FIRAL I DE CONGRESSOS OF TARRAGONA

The Palau Firal is place in Arquitecte Rovira, 2, 43001 Tarragona.

Palau, it's made up of four columns that were sculpted in the Second Century, from the city of Troy. It is located in the center of Tarragona, and it is recognized by UNESCO as a World Heritage Site. The city, characterized by the opening to the Mediterranean sea, has a very great offer of hotels, leisure, and culture.

Therefore, Palau, thanks to the qualities of the city, that brings together history and technology in its facilities, is the best option for a level championship as the IFBB ELITE PRO WORLD CHAMPIONSHIPS.



TOURISM

Tarragona is a surprising and amazing city full of beautiful places to visit. This city, also known as Tarraco, was a Roman City. After the demise of the Western Roman Empire, it was captured first by the Vandals and then by the Visigoths. The Visigothic Kingdom's disappear in 714 with the conquered by Umayyad. It is Roman heritage, protected by UNESCO since 2000.

Some Roman buildings to visit: The Roman walls; The capitol, or citadel; The Amphitheatre; The Roman circus; The Pretorium – Tower; The Provincial and Colonial fora; The Necropolis; The palace of Augustus, called the house of Pilate; The so-called tower, or sepulcher, of the Scipios; Arch of Sura, or of Bara; or The Aurelian Way.



BEACHES

El miracle

This is the main beach of Tarragona, so to get there you only have to follow the Rafael de Casanova promenade.

From the Balcony of the Mediterranean we will enjoy panoramic views of the El Miracle beach and its calm waters, which extends along 500 meters long and 75 meters wide.

FUN AND ENTERTAINMENT

In Avinguda del Batlle Pere Molas, km 2,
43840 Vila-seca, Tarragona.

PortAventura World is a leisure complex, located in the municipalities of Vilaseca and Salou in Tarragona. With 4.7 million visitors during the year 2017, it is one of the main attractions of the Costa Dorada, with PortAventura Park, the most visited theme park in Spain and the sixth in Europe.



2019 WORLD PROFESSIONAL CHAMPIONSHIPS

This is the second edition of the most prestigious event in our sport. Every one of the IFBB Elite Pro competitors qualified along the year, meet, to disputes the World championships Crown., this is the real chance to get it and Tarragona is going to be the place for it!

The best bodies on the earth will be performing to be the best in the world, the best in IFBB ELITE PRO!

Don't miss this great opportunity to see this battle of the Titans.

IFBB WORLD CUP 2019

One of the most important amateur competitions in IFBB. Tarragona also host the IFBB World Cup 2019. Open to all countries. All the sports divisions will be competing in this amazing weekend.

- Bodybuilding
- Classic Bodybuilding
- Men's Physique
- Classic Physique
- Bodyfitness
- Bikini
- Women's Physique
- Wellness

This is an invitational event. If you wish to compete then your registration have to be approved by your National Federation Ranking points for IFBB ranking amateur will be given to the finalists, being as well a pro qualifier event.

OPEN NEW CATEGORIES INTERNATIONAL ROOKIES

In these new rookie categories may participate, all athletes who have not been ranked in the top six in the world or continental championships.

Categories:

- Men Bodybuilding Open Class
- Men Classic Bodybuilding Open Class
- Men's Classic Physique Open Class
- Women's Physique (60 s routine) Open Class
- Women Bodyfitness Open Class
- Women Bikini-Fitness Open Class
- Women Wellness Fitness Open Class
- Men's Physique Open Class
- Muscular Men's Physique Open Class

CATEGORIES

MEN'S

- Bodybuilding
- Classic Physique
- Men's Physique

WOMEN'S

- Bikini Fitness
- Bodyfitness
- Wellness
- Women's Physique
- Women Fitness

WEEKEND TENTATIVE SCHEDULE

FRIDAY, NOVEMBER 1st 2019

10.00 -18.00	Amateur athletes registration
19.00	Technical Meeting
19.30	Elite Pro athletes registration

SATURDAY, NOVEMBER 2nd 2019

9.00 - 14.00	Amateur Competition
15.30	World Professional Championships - Eliminations and Semifinals
19.30	World Professional Championships - Finals

SUNDAY, NOVEMBER 3rd 2019

9.00	Amateur competition
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INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS



AJUNTAMENT DE
TARRAGONA



EL PALAU
Palau de Congressos de Tarragona



1 - 4 NOVEMBER
TARRAGONA (SPAIN)
PALAU FIRAL I DE CONGRESSOS



IFBB AMATEUR WORLD CUP 2019

5 IFBB ELITE PRO CARD

To First 5 athletes of each
overall category

Plus an
amazing
Rookies
event