



**2019 IFBB WORLD JUNIOR
BODYBUILDING and FITNESS
CHAMPIONSHIPS
&
2019 WOMEN FIT MODEL WORLD CUP**

INSPECTION REPORT



BUDAPEST, HUNGARY
November 22nd – 25th, 2019



WELCOME

The Organizing Committee of the Hungarian Bodybuilding & Fitness Federation extends a warm welcome to all IFBB National Federations wishing to participate in the 2019 IFBB World Junior Bodybuilding and Fitness Championships and 2019 IFBB Women Fit Model World Cup to be held in Budapest, Hungary, November 22 – 25, 2019.

ABOUT BUDAPEST



The phrase „Central European” is not nearly a geographical definition; it refers to the fact that the Hungarian capital, Budapest, is more than just a capital of a small country with 10.5 million inhabitants. It is also the product of a larger area, of a particular European region: Central Europe. Located in central Europe’s Carpatian basin, Hungary has been the link in the chain connecting east and west for thousands of years. The ancestors of Hungarians, or Magyars, lived in the Ural Mountains. They had close linguistic ties with other Finno-Ugrian peoples and shared certain anthropological and cultural traits with the Turks.

Budapest’s most important attraction is the world-famous Buda-Castle on the west side of the Danube (granted UNESCO World Heritage Status in 1987). Budapest is the „City of Festivals”; several major cultural events are held in and around the city every year. There are over 90 major museums in the region; local history collections, regional architecture and small village museums provide additional perspectives on civilization in the area. The museums with internationally-renowned collections include: the Museum of Applied Arts, the

Museum of Fine Arts, the National Museum, the National Gallery, and the Ludwig Museum in Budapest. It is definitely worth mentioning the Synagogue on Budapest's Dohány Street because it is the largest synagogue in Europe and the second largest in the world. The Jewish Museum around the corner has an unique collection of traditional Jewish artifacts.

Budapest is visited by 40 million tourist per year.

<http://www.youtube.com/watch?v=e0wkokaybWA>

OFFICIAL HOTEL

Danubius Hotel Budapest

47. Szilágyi Erzsébet fasor, 1026 Budapest, Hungary



The high-rise circular building full of windows was considered an architectural oddball, and so in time became one of the symbols of Budapest and a favourite with visitors. With its 15 stories and 64 metres in height, it's still the tallest hotel in the country. From its higher floors, you get a breathtaking panoramic view of the various landmarks of the Buda and Pest sides of the city.

The buses or trams stopping in front of the hotel will take you to the M2 metro in Széll Kálmán Square in a few minutes, and also to many nice place in Buda, without having to change. The **cog-wheel railway**, a major tourist attraction in itself, stops right opposite the hotel, offering easy access to the Buda hills.

Those arriving by car or coach can park their vehicle in the car park in front of the hotel.

IMPORTANT NOTICE

Only the Organizing Committee is authorized to arrange hotel reservations, including accommodations before the Official Arrival Date, after the Official Departure Date and during the Championships, for all Official Participants (Athletes and Delegates), extra delegates, supporters, media and others.

ACCOMMODATIONS

The Organizer will provide free-of-charge accommodations and three meals per day, starting with dinner on Friday, November 22nd, 2019, and ending with breakfast on Monday, November 25th, 2019, for all Official Participants* pursuant to IFBB rules:

Three (3) or more competitors = two (2) delegates

Two (2) competitors or less = one (1) delegate

**The term „Official Participant” means 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the IFBB to compete in the Championships, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to participate in the Championships pursuant to IFBB rules.*

National Federations with no athlete may send one (1) official delegate, however, this delegate will be responsible for all of his or her own expenses.

The Official Arrival Date is Friday, November 22nd, 2019.

The Official Departure Date is Monday, November 25th, 2019.

IMPORTANT NOTICE

All National Team Official Participants (athletes, delegates) must check in BEFORE the start of Technical Meeting (22nd November, 2019, 18:00 hrs). Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all of his or her own expenses.

**Any judge, coach, or trainer who is not an Official Participant will be responsible for all of his or her own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your Federation select this individual to be an Official Participant for your Federation; otherwise, these individuals will be responsible for all of their own expenses. The same rule applies for family members.
NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.**

The National Federations are able to get the rooms in the Hotel after they paid the whole amount (delegates, athletes, extra delegates).

SPECIAL PACKAGES

SPECIAL PACKAGE RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA AND OTHERS

The Organizing Committee has established a **Full Special Package Rate**, which includes three (3) nights accommodations with three (3) meals per day (breakfast, lunch and dinner), tickets to the Prejudging and Finals, tickets to the Farewell Banquet, and onsite

transportation* at a cost of **EUR €350 per person in a double-bedded room or EUR €500 for a single-bedded standard room.**

The Organizer has also established **Partial Special Package Rates** as follows:

1. **Partial Special Package Rate**, which includes tickets to the Prejudging and Finals, tickets to the Farewell Banquet at a cost of **EUR €100.**

IMPORTANT NOTICE: anybody wishing to have a Partial Special Package must inform the Organizing Committee latest November 2nd, 2019.

For more information, contact the Organizing Committee, please.

VENUE SITE

UNIVERSITY OF PHYSICAL EDUCATION /Testnevelési Egyetem/

1123 Budapest, Alkotás utca 44-48.



kind, 1000-spectators venue in Buda! The Buda region's newest; most modern and latest venue was

A one-of-a-kind opened on Alkotás street. It is the perfect place for a conference, an office party, trainings or even an elegant gala dinner.

HOTEL SECURITY DEPOSIT

A hotel security deposit of EUR **€100 PER PERSON** is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, room service, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for any and all expenses incurred by any members of his or her team.

PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.

AIRPORT

The official airport is the Budapest Liszt Ferenc International Airport. The transportation from the airport to the hotel will be arranged for all teams. The Organizing Committee will pick you up at the airport on arrival. The organizer shall arrange the transportation between airport and hotel on Friday, November 22nd, 2019 for EUR €12.50 per person and the transportation between hotel and airport on Monday, November 25th, 2019, for EUR €12,50 per person, based on the stated times of arrivals and departures.

Please notify the Organizing Committee the details of your arrival time no later than 14 days before the Championships, so that suitable transportation can be arranged for your National Team members.

It is very important that every National Federation provide to the Organizing Committee complete arrival details of its team, including the number of people in its delegation.

Your cooperation is essential to ensuring adequate transportation for your team.

EARLY ARRIVALS/LATE DEPARTURES

Any National Federation, including any of its individual team members, arriving before the **Official Arrival Date of November 22nd, 2019** and/or staying on after the **Official Departure Date of November 25th, 2019**, will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel. Accommodations before the Official Arrival Date and after the Official Departure Date will be approximately EUR **€75** per person per day for a twin-bedded room with breakfast and dinner. You must notify the Organizing Committee of any early arrivals and/or late departures **no later than November 2nd, 2019**.

IMPORTANT NOTICE

Any National Federation team members arriving before the Official Arrival Date of November 22nd, 2019 and/or staying on after the Official Departure Date of November 25th, 2019, will be responsible for their own transportation.

VISAS

A valid passport is required to enter the territory of the European Union. EU-country citizens do not require a visa. All other persons should consult the Hungarian Embassy in their country to determine if they require a visa. An Official Letter of Invitation will be made available if required. **Citizens of the following countries are not required to be in possession of a visa when entering Hungary:**

<https://konzuliszolgalat.kormany.hu/visa-waiver-agreements>

All other persons should consult the Hungarian Embassy in their country to determine if they require a visa. More info at: <https://www.schengenvisainfo.com/hungary-visa/>

CATEGORIES OPEN FOR COMPETITION

JUNIORS 16-20 YEARS OLD		
	Discipline	Category
1.	Junior Women Bodyfitness	Open Class
2.	Junior Women Fitness	Open Class
3.	Junior Women Bikini Fitness	Open Class
4.	Junior Women Wellness Fitness	Open Class
5.	Junior Men Bodybuilding	Open Class
6.	Junior Men Classic Bodybuilding*	Open Class
7.	Junior Men Games Classic Bodybuilding**	Open Class
8.	Junior Men's Classic Physique	Open Class
9.	Junior Men's Fitness**	Open Class
10.	Junior Men's Physique	Open Class

JUNIORS 21-23 YEARS OLD		
	Discipline	Category
1.	Junior Women Bodyfitness	Open Class
2.	Junior Women Fitness	Up to & incl. 163 cm
3.	Junior Women Fitness	Over 163 cm
4.	Junior Women Bikini Fitness	Up to & incl. 160 cm
5.	Junior Women Bikini Fitness	Up to & incl. 166 cm
6.	Junior Women Bikini Fitness	Over 166 cm
7.	Junior Women Wellness Fitness	Up to & incl. 163 cm
8.	Junior Women Wellness Fitness	Over 163 cm
9.	Junior Men Bodybuilding	Up to & incl. 75 kg
10.	Junior Men Bodybuilding	Over 75 kg
11.	Junior Men Classic Bodybuilding*	Open Class
12.	Junior Men Games Classic Bodybuilding**	Open Class
13.	Junior Men's Classic Physique***	Open Class
14.	Junior Men's Fitness**	Open Class
15.	Junior Men's Physique	Up to & incl. 174 cm
16.	Junior Men's Physique	Up to & incl. 178 cm
17.	Junior Men's Physique	Over 178 cm

WOMEN FIT MODEL WORLD CUP

1.	Women Fit Model	Up to & incl. 166 cm
2.	Women Fit Model	Over 166 cm

A category can only be run if there are not less than 5 athletes. If less than 5 athletes, the categories will be combined with the next heavier/taller/older class, wherever possible.

*- Junior Men Classic Bodybuilding bodyweight limits:

Up to & incl. 162 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) - 3 [kg]
Up to & incl. 165 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) - 2 [kg]
Up to & incl. 168 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) - 1 [kg]
Up to & incl. 171 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]
Up to & incl. 175 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 1 [kg]
Up to & incl. 180 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 3 [kg]
Up to & incl. 188 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 5 [kg]
Up to & incl. 196 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]
Over 198 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 7 [kg]

** - Junior Men Games Classic Bodybuilding & Junior Men Fitness bodyweight limits:

Up to & incl. 162 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) - 3 [kg]
Up to & incl. 165 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) - 2 [kg]
Up to & incl. 168 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) - 1 [kg]
Up to & incl. 171 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]
Up to & incl. 175 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 1 [kg]
Up to & incl. 180 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 3 [kg]
Up to & incl. 188 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]
Up to & incl. 196 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 5 [kg]
Over 198 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]

***- Junior Men Classic Physique bodyweight limits:

Up to & incl. 168 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 2 [kg]
Up to & incl. 171 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 3 [kg]
Up to & incl. 175 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]
Up to & incl. 180 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]
Up to & incl. 188 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 7 [kg]
Up to & incl. 196 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 8 [kg]
Over 198 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 9 [kg]

- At the time of the Official Athlete Registration competitor must produce documentary evidence of his or her date of birth (eg: passport, birth certificate, etc.)
- An athlete, male or female, may compete as a JUNIOR competitor from January 1st of the year in which the athlete reaches his or her 16th birthday up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.
- An athlete, male or female, may compete at JUNIOR competitor in the category 16-20 years from January 1st of the year in which the athlete reaches his/her 16th birthday up to

and including December 31st of the year in which the athlete turns 20. From January 1st of the next year, 21-23 years of age.

- An athlete, male or female, may compete as JUNIOR competitor in the category 21-23 years from January 1st of the year in which the athlete reaches his/her 21 birthday up to and including December 31st of the year in which the athlete turns 23. From January 1st of the next year, he/she may only compete in the men's or women's open category.

PARTICIPATION

These Championships are open for **ALL the IFBB-affiliated National Federations** from all over the world. **Participation in these Championships is unlimited.** Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation.

Please be aware that it is FULL RESPONSIBILITY 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 national or international level. It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this 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.

REGISTRATION

Official Athlete Registration will be run during the whole day on Friday, November 22nd, from 10:00 till 18:00 hrs at the Danubius Hotel Budapest. Athletes can weigh-in and register as they arrive in the hotel.

It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time. Any athletes who are late will not be accepted to participate.

All athletes will have to produce their Passports and IFBB International Cards at the Registration. IFBB International Cards are EUR €35 per year and are mandatory. Any athlete who has not yet purchased this Card will have to buy one at Registration.

SECRETARIAT

The Organizing Committee will maintain a Secretariat at the Official Hotel, from 11:00, November 22nd, 2019 to 10:00, November 25th, 2019. You may obtain information and assistance from the Secretariat.

IFBB REGISTRATION FEE

Each **Official Participant** and each **Official Delegate** must pay the IFBB Registration Fee of **EUR €350**.

The registration fee should be payed beforehand online:

<http://www.ifbb.com/competition-registration/>

The deadline date to do the online payment is November 12th, 2019 (Tuesday). On November 12th, 24:00 hrs (midnight - Central European Time, UTC +1) the online payment system **will be switched off.** If paying at the Registration on November 22nd, 2019, an **extra fee of EUR €50** per participant will be charged.

The IFBB Registration Fee is completely separate from the hotel security deposit.

IMPORTANT NOTICE

You must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE your team members are provided accommodations. If any of your athletes or delegates arrives in Budapest without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE a room can be assigned.

AWARDS

- Top 3 athletes in each category will be awarded with medals and Certificates of Excellence.
- Overall winner in each discipline will have a trophy.
- Top 3 National Teams will receive trophies.

DOPING CONTROLS

Doping control will be conducted by the IFBB Anti-Doping Commission pursuant to the IFBB Anti-Doping Rules, using a WADA accredited laboratory.

In order to compete in the Championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form (available in the appendix).

Doping tests may be conducted using any of the following methods:

- Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.
- Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.
- The IFBB reserves the rights to target test any athlete.

The IFBB is a signatory to the WADA Code. Participating National Federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at the IFBB international competitions.

IMPORTANT NOTICE

Doping tests may be conducted using any or all of the following methods:

- 1. *Random Selection:* A number of athletes selected at random**

throughout the event e.g. at Weigh-in or Prejudging.
2. **Weighted Selection:** A number of athletes selected at random from among the top finalists e.g. at Finals

**The IFBB reserves the right to Target Test any athlete*

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at the Official Registration, failing which the competitor will not be registered. The music must be on CD or USB flash memory, at the start of the CD. The Athletes's name must be affixed on the CD or USB for identification purposes.

IMPORTANT NOTICE

The use of profane, vulgar and/or offensive language is strictly prohibited in posing music.

NATIONAL ANTHEM/NATIONAL FLAG

All National Federations must bring with them to Budapest the music of their National Anthem (**shortened version only**) on CD. This must be on a separate CD to any posing music. All National Federations shall bring with them to Budapest their National Flag. The flags must be manufactured of dense silk and must measure no more than 2.5 meters x 1.5 meters.

**Note: For all European National Federations, the IFBB already has a copy of all National Anthems on CD.*

PARADE OF NATIONS

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. One (1) delegate per country must take part in the Parade of Nations

JUDGES

To be taken into consideration during selection of judges panels at the Championships, IFBB International Judges (as well as test judges) **must be included in the Final Entry Forms** sent by National Federations, according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address: pawelfilleborn@gmail.com

PLEASE DO NOT FAX YOUR NOMINATIONS TO IFBB HEADQUARTERS.

IMPOTANT NOTICE

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2019. This fee may also be paid at the Championships in Budapest.

Test judges must pay the IFBB judge's test fee of EUR €50. This fee may also be paid at the

Championships in Bialystok.

All judges and test judges must be present at the Team Managers and Judges Meeting. Any judge absent at this Meeting, will not be allowed to judge at these Championships.

If any of the above conditions hasn't been met, judges will be unable to carry out their duties at the Championships.

MEDIA ACCREDITATION

All media accreditation, accept local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form, said form which must be remitted to the IFBB by e-mail at info@ifbb.com no later than **November 11th, 2019**.

GREEN CARDS

Green cards, used to limit access to the Weigh-in and backstage area during the Prejudging and Finals, will be distributed at the Judges/Team Managers Meeting as follows:

five (5) or more competitors - two (2) green cards

less than five (5) competitors - one (1) green card

IF A NATIONAL FEDERATION DOES NOT ATTEND THE JUDGES/TEAM MANAGERS MEETING, IT WILL NOT BE ISSUED A GREEN CARD.

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

CAMERA/VIDEOTAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

TIME DIFFERENCE

UTC +1 hour

CURRENCY

The national currency in Hungary is the Hungarian Forint. One EUR is approximately equal to 331 Forints. One USD is approximately equal to 299 Forints (Aug. 29th) but the rates can fluctuate. Current rates available at: <https://www.xe.com/currency/huf-hungarian-forint>

Major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

CLIMATE

During the month of November, the average temperature is 8^o – 10^o C.

ELECTRICAL CURRENT

The electrical outlet are 220 V, 50 Hz. Socket / plug of type C plug, with two round prongs, popularly known as the europlug and used in all continental Europe countries. Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

LANGUAGE

The official language in Budapest is Hungarian. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

ATHLETES WITHOUT DELEGATES

All Athletes competing at these Championships must be Members in Good Standing of their National Federations. All athletes must be nominated by their National Federation by sending the Final Entry Form with their names.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of *IFBB Rules*. The IFBB reserves the right to deny participation to any National Federation that does not respect the deadlines for submitting the Final Entry Form.

If a National Federation fails to respect the deadline written on the Final Entry Form, each “Official Participant” from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

MISREPRESENTATION

Misrepresentation is a serious breach of the *IFBB Code of Ethics* and occurs when an “official” of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals and Farewell Banquet, and other amenities at the expense of the Organizer.

Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete.

Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

MEDICAL WITHDRAWAL

Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete's non-participation, be fined an amount equal to the Special Package Rate.

FAILURE TO COOPERATE

Failure to cooperate with the Organizing Committee is contrary to the IFBB *Code of Ethics* and may result in disciplinary measures being taken by the IFBB against the offending National Federation.

CORRESPONDENCE/CONTACT INFORMATION

<p><u>Please send your Entry Forms not later than November 11th, 2019 to:</u></p> <p>Organizing Committee office: Hungarian Federation General Secretary Ms. Viola Vargha Phone: +36 30 960 81 86 E-mail: ifbb.huber@gmail.com</p> <p><i>and:</i> IFBB Technical Committee: Eng. Andrew Michalak E-mail: amichalak5@gmail.com</p>	<p><u>Please Send a copy to:</u></p> <p>IFBB Head Office: Ms. Diana Mozos E-mail: info@ifbb.com</p>
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PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **October 1st, 2019**. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants (Athletes and Delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.

FINAL ENTRY FORM

The deadline date for the Final Entry Form is **Monday, November 11th, 2019**. National Federations must submit the actual names of all Official Participants (Athletes by weight category and Delegates, including judges). You must also include flight arrival and departure

information. In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your co-operation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

The National Federations must send the room assignments (who wants to share one room with someone (please name the room-mate) and who wants a single-room) with the final entry form.

It is the responsibility of the president or general-secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report.

If any of your athletes and/or delegates are traveling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report.

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change. Please check regularly for updates:

Friday November 22	10:00 - 18:00	Official Arrival Date for Athletes and Delegates WEIGH-IN, REGISTRATION
	18:00	Technical Meeting
	18:30	Judges & Team Managers Meeting
	19:30 – 22:00	Dinner
Saturday November 23	07:00-10:00	Breakfast
	10:00-18:00	Prejudging and Finals – part 1
	13:00-14:30	Lunch at the venue site
	19:00-22:00	Dinner

Sunday November 24	07:00-10:00	Breakfast
	10:00-18:00	Prejudging and Finals - part 2
	13:00-14:30	Lunch at the venue site
	20:00-22:00	Farewell Banquet



Monday November 25	07:00-10:00	Breakfast
	06:00-11:00	Official Departure Date Check out and departure of all participants