

# 2020 IFBB PRESIDENT SANTONJA CUP

ELITE PRO QUALIFIERS &  
IFBB WORLD AMATEUR RANKING QUALIFIERS

MAY 22<sup>nd</sup> - 24<sup>th</sup>, 2020

NAFPLIO MUNICIPAL STADIUM

INSPECTION REPORT



## WELCOME TO NAFPLIO!

*Either as a day trip or a long weekend destination, even if it is a last-minute decision, Nafplio is a "place of escape" from everyday life because of its proximity to Athens...*

*Of course, in your second, third, fourth visit, you may not have to visit the classic attractions, Palamidi, Acronafplia and Bourtzi, again, however in the narrow alleyways named after kings, in the magnificent squares, in the picturesque neighborhoods with the wonderful neoclassical mansions which remind us of Italy, you will discover many hidden treasures!*

*It has been, very appropriately, likened to the Italian city of Naples and has rightfully earned its position among the most beautiful cities in Greece. With its tasteful traditional tavernas, modern cafés and romantic accommodation options, it gives us every time an incentive to visit it again and again...*

Από μια ημερήσια απόδραση έως ένα long weekend ακόμα και της τελευταίας στιγμής, το Ναύπλιο είναι «τόπος διαφυγής» από την καθημερινότητα λόγω της κοντινής του απόστασης από την Αθήνα...

Μπορεί βέβαια σε αυτήν τη δεύτερη, τρίτη, τέταρτη επίσκεψη να μη χρειαστεί να επισκεφθείτε και πάλι το Παλαμήδι, την Ακροναυπλία και το Μπούρτζι, τα κλασικά αξιοθέατα, ωστόσο τόσο στα στενά σοκάκια του, που «κουβαλάνε» ονόματα από βασιλείς όσο και στις μεγαλοπρεπείς πλατείες και στις γραφικές συνοικίες με τα υπέροχα νεοκλασικά αρχοντικά, οι οποίες φέρνουν έναν αέρα Ιταλίας, θα ανακαλύψετε πολλούς κρυμμένους θησαυρούς!

Δεν το έχουν παρομοιάσει τυχαία με τη Νάπολη της Ιταλίας ούτε, βέβαια, έχει κερδίσει άδικα τη θέση του ανάμεσα στις πιο όμορφες πόλεις της Ελλάδας... Με προσεγμένα παραδοσιακά ταβερνάκια, μοντέρνα cafés και ρομαντικές προτάσεις διαμονής, μας δίνει κάθε φορά κίνητρο για να το επιλέξουμε ξανά και ξανά...

*Katerina Rigou*



Πανοραμική θέα της πόλης | Panoramic view of the city





Where does one begin when writing the history of Nafplio ... This is one of the most historic cities in Greece and played a significant role in the most important developments of the past centuries. In antiquity it was known as Nafplia. Founder of Nafplion (= naval city) is allegedly the homonymous mythical hero, Nafplios, son of Poseidon and father of Palamedes.

In the Mycenaean era, it was a powerful naval state. During the Middle Ages it emerged as a hegemony and experienced the reign of Byzantines, Venetians and Franks. In 1388 it was occupied by the Venetians, in 1540 by the Turks, in 1686 again by the Venetians with Morosini and in 1715 the Turks occupied it again and in 1822, during the Greek War of Independence, the city was liberated by Nikitaras.

In 1823 it became the seat of the provisional government of Greece were established. In 1827, after the decision of the National Assembly, Nafplio is made the seat of governor Kapodistrias and the capital of newly liberated Greece. In 1834 the first king of the country, Otto, disembarked here and the city remained capital of the new kingdom until 1834, when Otto decided to move the capital to Athens.

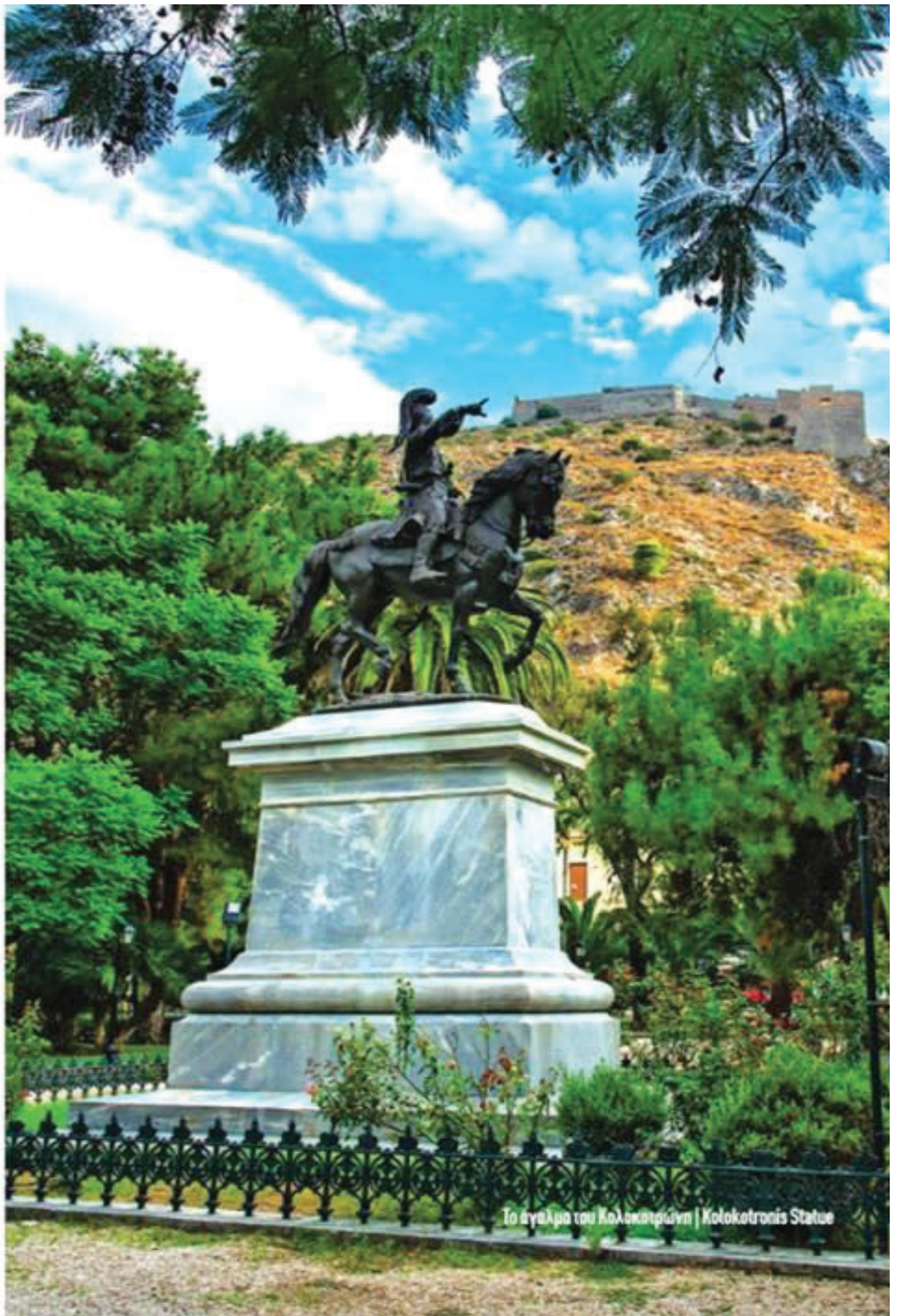
The city is also known from the trials of Kolokotronis and Plapoutas, prominent figures of the Greek war of Independence, which were held here, as well as from the imprisonment of Kolokotronis at the castle of Palamidi (1834). On 27 September 1831 Kapodistrias was murdered outside the church of Saint Spyridon. On 1 February 1862 Nafplion revolted against the reign of Otto.

Τι να πρωτοει κανείς για την ιστορία του Ναυπλίου... Από τις πιο ιστορικές πόλεις της Ελλάδας με σημαίνον ρόλο σε σημαντικότερες εξελίξεις των περασμένων αιώνων. Στην αρχαιότητα ήταν γνωστό ως Ναυπλία. Θεμελιωτής του Ναυπλίου (= ναυτική πόλη) φέρεται ο ομώνυμος μυθικός ήρωας, Ναύπλιος, γιος του Ποσειδώνα και πατέρας του Παλαμήδη.

Στην Μικηναική εποχή, ήταν ισχυρό ναυτικό κράτος. Από τον Μεσαίωνα εμφανίζεται σαν ηγεμονία, στη διάρκεια του οποίου γνώρισε την κυριαρχία των Βυζαντινών, των Βενετών και των Φράγκων. Το 1388 κατελήφθη από τους Βενετούς, το 1540 από τους Τούρκους, το 1686 ξανά από τους Βενετούς με τον Μοροζίνι και το 1715 το κατέλαβαν ξανά οι Τούρκοι μέχρι το 1822, οπότε η πόλη απελευθερώθηκε από τον Νικητάρη. Το 1823 ορίζεται η επίσημη έδρα της προσωρινής επαναστατικής κυβέρνησης. Το 1827, μετά από απόφαση της Εθνοσυνέλευσης, γίνεται έδρα του Κυβερνήτη Καποδίστρια και πρωτεύουσα της Ελλάδας και σ' αυτό αποββάστηκε το 1834 κι ο πρώτος βασιλιάς της απελευθερωμένης χώρας, ο Όθωνας, που το διατήρησε για πρωτεύουσά του μέχρι το 1834, οπότε και μετέφερε την πρωτεύουσα του Κράτους του στην Αθήνα.

Η πόλη είναι γνωστή και από τις δίκες του Κολοκοτρώνη και του Πλαπούτα καθώς κι από τη φυλάκιση του γέρου του Μοριά στο Παλαμήδι (το 1834). Στις 27 Σεπτεμβρίου του 1831 ο Καποδίστριας δολοφονήθηκε έξω από το Ναό του Αγίου Σπυρίδωνα. Την 1η Φεβρουαρίου 1862 το Ναύπλιο επαναστατεί κατά της βασιλείας του Όθωνα.





Το άγαλμα του Κολοκοτρώνη | Kolokotronis Statue





### ΠΛΑΤΕΙΑ ΣΥΝΤΑΓΜΑΤΟΣ

Γνωστή ως «Πλατεία Πλατάνου», έγινε «Πλατεία Λουδοβίκου» (προς τιμήν του πατέρα του Όθωνα) έως το 1843, που πήρε το σημερινό της όνομα όταν οι Έλληνες ζήτησαν από τον νεαρό βασιλιά την παραχώρηση Συντάγματος. Εδώ κάποτε, στη σκιά ενός πλατάνου, οι οπλαρχηγοί κατάστρωναν τα επαναστατικά σχέδιά τους κατά των Τούρκων... ενώ σήμερα οι επισκέπτες απολαμβάνουν τις ηλιόλουστες μέρες στα καφέ με θέα τα εντυπωσιακά οικήματα... το θολωτό Βουλευτήριο, το Τριανόν (παλιό τζαμί), η Εκκλησία του Αγ. Γεωργίου και το Αρχαιολογικό Μουσείο.





## SYNTAGMA SQUARE

*Known as "Platanos Square", it became "Loudobikos Square" (in honor of king Otto's father). In 1843, the Greeks demanded that the young king grants them a Constitution and thus the square took its present name. Here, once, under the shade of the plane tree, the leaders of the Independence War devised their revolutionary plans against the Turks ... while today visitors enjoy the sunny days in the cafes with a view of many impressive buildings ... the vaulted Parliament Building, the Trianon (old mosque), the Church of Aghios Georgios and the Archaeological Museum.*



## ΜΠΟΥΡΤΖΙ

Στολίδι της πόλης, αυτό το νηοάκι-φρούριο έχει μεγάλη και σημαντική ιστορία! Σήμερα θα το προσεγγίσετε με καραβάκι σε 5'. Η διάρκεια παραμονής είναι 20' και η ξενάγηση εξαντλείται στο να περπατήσετε ανάμεσα στα τείχη, να δείτε με τα μάτια της φαντασίας σας τι υπήρχε εκεί! Να πάτε όμως ενημερωμένοι, γιατί δυστυχώς, δεν υπάρχει ούτε ένα φυλλάδιο ούτε μια πινακίδα να εξηγήει την ιστορία του...





## BOURTZI

*A jewel of the city, this islet-fortress has a great and important history! Today you can reach it by boat in 5 minutes. The length of stay is 20 min and the tour consists of walking around the castle walls and seeing with the eyes of your imagination what used to be there! But before you go you should look up its history, because, unfortunately, there is neither a brochure nor a billboard explaining it to the visitors...*



ΔΡΟΜΟΛΟΓΙΑ ΑΝΑ 30' ΕΩΣ 1 ΩΡΑ. ΕΙΣ. €4,5 ΜΕΤ' ΕΠΙΣΤΡΟΦΗΣ, Μ. 6972 015296 |  
TINERARIES ARE RUN EVERY 30 MIN. OR 1 HOUR. TICKET €4.5 ROUND TRIP



## CHECK IN

### ΠΑΛΑΜΗΔΙ

Το έτερο στολίδι της πόλης υψώνεται από πάνω της σε ύψος 220 μ!

Η δημιουργία του κάστρου λέγεται ότι οφείλεται στον Βενετό αρχιστράτηγο Μποροζίνι, ο οποίος το οραματίστηκε το 1686. Στον Προμαχώνα Αγίου Ανδρέα, με τον ομώνυμο ναό, θα δείτε το κελί όπου φυλακίστηκε ο Θεόδωρος Κολοκοτρώνης.

**Tip:** Στην είσοδο φτάνετε με αυτοκίνητο (5'), εκτός κι αν έχετε την υπομονή να ανεβείτε τα 857 σκαλιά (αν και ο θρύλος λέει 999)!

### PALAMIDI

*The other gem of the city rises above it at a height of 220 m!*

*The creation of the castle is said to be due to the Venetian commander-in-chief, Borosini, who envisioned it in 1686. In the Bastion of St. Andrew, with the homonymous church, you will see the cell where Theodoros Kolokotronis was imprisoned.*

**Tip:** *You arrive at its entrance by car (5 min), unless you have the patience to climb the 857 steps (though the legend says 999)!*







ΕΙΣ. €8. ΚΑΘΗΜΕΡΙΝΑ 08:00-19:00, Τ. 27520 28036 |  
TICKET € 8. DAILY 08: 00-19: 00, T. 27520 28036



# WELCOME LETTER FROM THE PRESIDENT

**Dear IFBB President  
Dr Rafael Santonja,  
Dear Friends in Sport,**

*On behalf of the Panhellenic Bodybuilding & Fitness Federation, we want to welcome you once again in the beautiful and historic city of Nafplio.*

*It's a great honor for the Panhellenic Federation to organize the 3rd Edition of the President Santonja Cup and we thank for his trust, the President of the I.F.B.B. Dr Rafael Santonja, who will honor us with his presence in the Event.*

*I personally wish to all the National Federations, officials, delegates and especially the athletes, to have a wonderful time in Nafplio and good luck to everyone!*

With Honor

**Tasos Koligkionis**

President of the Panhellenic  
Bodybuilding & Fitness Federation



# CONTEST INFORMATION

## ARRIVAL TO ATHENS AIRPORT AND HOW MOVING TO NAFPLION

Friday, **May 22<sup>nd</sup>, 2020** is the official arrival day.

Athens International Airport “Eleftherios Venizelos” is the primary international airport in the city, having 2 terminals.

More information at: <https://www.aia.gr/en/traveler>



## HOW TO GET THERE

At the Airport there will be **mini vans with 10 or 15 or 20 seats** for your transportation to the venue at Nafplio which is 150 km away.

The cost per person for the ride from and back to the airport will be **EUR €44 per person.**



Book online your transportation at the website:

**e-mail: [info@transferstraveltours.gr](mailto:info@transferstraveltours.gr)**

**[www.transferstraveltours.gr](http://www.transferstraveltours.gr)**

or

**[specialesecretary@posd.gr](mailto:specialesecretary@posd.gr)**

**If necessary contact the following numbers for more information:**

**+30 6973 566 114 // +30 6973 204 319**



**36** transfers  
travel  
tours

## THE VENUE

### **Municipal Stadium of Nafplio.**

**The Municipal Stadium of Nafplio is located near the center of the city. You have a quick access to your hotels and any shop or restaurant you will be needed.**





## OFFICIAL HOTELS

**HOTEL PARK, HOTEL ELENA** and **NAFPLIA HOTEL** are the hotels you can book your rooms. They are located 50m to 250m from the stadium, 1 to 3 min by foot. You can book your own room at one of the following hotels under the code name **PRESIDENT SANTONJA CUP**

- ▶The charge for the single room is EUR €38, breakfast is included.
- ▶The charge for the double room is EUR €50, breakfast is included.

Contact any of the three hotels to book your room at the following e-mail or telephones:



### HOTEL PARK

*location:* 1 Dervenakion,  
Nafplio, Argolida, Greece

+30 27520 27428

+30 27520 27045

[info@parknafplio.gr](mailto:info@parknafplio.gr)

[www.parknafplio.gr](http://www.parknafplio.gr)



### HOTEL ELENA

*location:* Sidiras Merarchias 17,  
Nafplion 21100, Argolida Greece

Tel: +30 27520 23217

+30 27520 21021/2

Fax: +30 27520 23888

[info@hotel-elena.gr](mailto:info@hotel-elena.gr) / [www.hotel-elena.gr](http://www.hotel-elena.gr)



### NAFPLIA HOTEL

*location:* Navarinou 11, Nafplio,  
Argolida, Greece

+30 27520 28167/28910

[reservations@nafpliahotel.gr](mailto:reservations@nafpliahotel.gr)

[info@nafpliahotel.gr](mailto:info@nafpliahotel.gr)



## PARTICIPATION

THE COMPETITION IS OPEN FOR THE IFBB-AFFILIATED NATIONAL FEDERATIONS FROM EUROPE, ASIA and AFRICA.

PARTICIPATION OF ATHLETES IS UNLIMITED.

Official Athlete Registration will be conducted on **Friday, May 22<sup>nd</sup>, 2020** from **15:00** till **21:00** hrs at the venue (Municipal Stadium of Nafplio).

Registration of athletes will only be considered if they are recommended by the National Federation of the athlete by sending the Final Entry Form via email directly to the IFBB Technical Committee ( **amichalak5@gmail.com** ), with a copy to the IFBB Head Office in Madrid ( **info@ifbb.com** ) and to the Organizing Committee of the Panhellenic Bodybuilding and Fitness Federation:

**info@posd.gr** or **generalsecretary@posd.gr**

All athletes will have to produce their Passports or Identity Cards and IFBB International Cards (Blue book) at the Official Registration. Any athlete who has not yet obtained the IFBB International Card or need to renew his/her Card will have to do it at the Registration. IFBB International Cards are EUR €35 per year and are mandatory.

## IMPORTANT NOTICE TO COMPETITORS

All posing music with 60 seconds for bodybuilding and 60 seconds for women's physique competitors must be on an audio CD or USB disc only. The posing music must be the only track on CD or USB disc. Each competitor must affix his/her name on the CD for an easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

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. Be also aware that if any athlete from your National Federation register and compete being suspended due to an Anti-Doping Rule Violation, both the 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 THE 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.



## REGISTRATION FEE

The IFBB registration fees are as follows: Registration fee for each Category is EUR €200 per athlete. For athletes wishing to compete in the second category the additional fee of EUR €100 will be charged.

Fees have to be paid in advance by credit/debit card or PayPal at IFBB web-page:

<https://www.ifbb.gbisportinnovation.com/affiliation-ifbb>.

### How to register in the competition:

1. Be a member of your national federation.
2. Follow qualification rules set by your federation.
3. Register as an International Athlete, paying your IFBB Blue Book at <https://www.ifbb.gbisportinnovation.com/affiliation-ifbb>
4. Request to attend the competition from your profile.
5. Register for the competition and pay the Registration Fee before the deadline provided in the Inspection Report.
6. Use your personal access code to download the liability form and upload music.
7. Attend the event.

Please add your name during online payment and bring a copy of your payment confirmation to the registration. **The deadline to do the online payment is May 15<sup>th</sup>, 2020 (Friday). On May 15<sup>th</sup>, 24:00 hrs (midnight-Central European Summer Time, UCT +2) the online payment system will be switched off.** If paying at the Registration an extra fee of EUR €50 per participant will be charged.



## FINAL ENTRY FORM

**THE ORGANIZING COMMITTEE OR IFBB WILL NOT BE RESPONSIBLE FOR ANY RESERVATION OR PAYMENT OF HOTEL ACCOMMODATIONS, TRAVELLING ARRANGEMENTS AND MEALS.**

## CORRESPONDENCE AND FINAL ENTRY FORM SENDING DETAILS

Please send the Final Entry Form no later than

**Friday, May 15<sup>th</sup>, 2020 to:**

Panhellenic Bodybuilding & Fitness Federation  
General Secretary  
prof. STYLIANOS KLIAFAS

E-mail: [info@posd.gr](mailto:info@posd.gr)

or

E-mail: [generalsecretary@posd.gr](mailto:generalsecretary@posd.gr)

Please Send a copy to:

IFBB Technical Committee,  
Eng. Andrew Michalak:

E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

and

IFBB Head Office: Ms. Diana Mozos:

E-mail: [info@ifbb.com](mailto:info@ifbb.com)

## JUDGES

To be taken into consideration during selection of judges panels at the competition, 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](mailto:pawelfilleborn@gmail.com)

All international judges must bring their International Judge's Cards to Nafplio.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2020. This fee may also be paid at the Championships in Nafplio.



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

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 this competition.

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

## VISAS

A valid passport is required to enter Greece. Citizens of around 90 countries don't need visa to enter Greece up to 90 days. Detailed information for each country available here:

<http://www.mfa.gr/en/visas/visas-for-foreigners-traveling-to-Greece/countries-requiring-or-not-requiring-visa.html>

For more information please contact the Greek Embassy in your country.

An Official Letter of Invitation will be made available if required.

It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation letter either to the Competition Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Competition Organizer are not responsible of attendant's visas.

**NOTICE: To receive invitation letter, the applicant should forward a copy (scan) of passport to the IFBB or Competition Organizer.**

If the visa is not granted, the Cancellation Policies for the championship will still apply.

An athlete, who requested and received an invitation from the IFBB Head Office or the Organizing, Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.



## OFFICIAL LANGUAGE

The official language in Greece is Greek, but English is widely used. The staff of hotels, travel agencies and shops usually speak English.

## CURRENCY

The official currency in Greece is Euro (€). The current rates of EUR to other currencies available here: <http://www.x-rates.com/table/?from=EUR&amount=1>

## CLIMATE

Greece's location in Southeast Europe means most of the country enjoys Mediterranean weather. The temperature will be 25°C - 30°C

## TIME DIFFERENCE

UTC + 3 hours (Eastern European Time Zone - summer).

## ELECTRIC CURRENT

220 volts, 50 Hz, plugs/sockets of type C and F. More information at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

## BACKSTAGE ACCESS/DRESSING ROOM ACCESS

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



## CAMERAS/VIDEOTAPES

Cameras and videotapes shall be strictly prohibited in the backstage area/dressing room except when used by dully recognized press personal and in any event, this device shall be strictly prohibited in the dressing room/backstage area.

## PRESS ACCREDITATION

Any Media Press representatives that wish to obtain press accreditation for this event must contact previously with **info@ifbb.com** before register upon arrival with the Organizing Committee.

## SECRETARIAT

You may obtain information and assistance from the IFBB Secretariat at the venue, when required.

## TANNING

THE IFBB HAS BANNED ALL TANS THAT CAN BE WIPED OFF. AN OFFICIAL WILL CHECK THE TAN OF ALL ATHLETES BACKSTAGE AND IF THE TAN COMES OFF BY SIMPLY WIPING, THE ATHLETE WILL BE TOLD TO REMOVE THE TAN BEFORE GOING ON STAGE.

## OFFICIAL TANNING SERVICE

[www.onsitetan.com](http://www.onsitetan.com) // [info@onsitetan.com](mailto:info@onsitetan.com)



## OFFICIAL PHOTO & WEB SERVICE





# CATEGORIES OPEN FOR COMPETITION AT THE 2020 IFBB PRESIDENT SANTONJA CUP

## MEN'S CATEGORIES

### JUNIOR MEN'S BODYBUILDING 16-23 YEARS

One open category

### JUNIOR MEN'S PHYSIQUE 16-23 YEARS

One open category

### MASTER MEN'S BODYBUILDING 40-44 YEARS OLD

Up to & including 80 kg

Up to & including 90 kg

Over 90 kg

### MASTER MEN'S BODYBUILDING 45-49 YEARS OLD

Up to & including 80 kg

Up to & including 90 kg

Over 90 kg

### MASTER MEN'S BODYBUILDING 50 -54 YEARS OLD

One open category

### MASTER MEN'S BODYBUILDING OVER 55 YEARS OLD

One open category

MASTER ELITE PRO CARDS FOR THE  
TOP 2 OVERALL WINNERS

### MEN'S CLASSIC BODYBUILDING\*

Up to & including 175 cm

Over 175 cm

ELITE PRO CARDS FOR THE TOP  
2 MASTER OVERALL WINNERS

### MEN'S BODYBUILDING

Up to & including 80 kg

Up to & including 90 kg

Up to & including 100 kg

Over 100 kg

ELITE PRO CARDS FOR THE TOP  
3 OVERALL WINNERS

### MEN'S CLASSIC PHYSIQUE\*

Up to & including 175 cm

Over 175 cm

ELITE PRO CARDS FOR THE TOP  
2 OVERALL WINNERS

### MEN'S PHYSIQUE

Up to & including 173 cm

Up to & including 176 cm

Up to & including 179 cm

Over 179 cm

ELITE PRO CARDS FOR THE TOP  
2 OVERALL WINNERS

### MUSCULAR MEN'S PHYSIQUE

One open category

1 ELITE PRO CARD FOR THE OVERALL WINNER

### MASTER MEN'S PHYSIQUE +40 YEARS OLD

One open category

1 MASTER ELITE PRO CARD FOR  
THE OVERALL WINNER

\*- categories with weight/height limits

## Attention

-If less than 5 athletes in a category, categories will be combined.



# CATEGORIES OPEN FOR COMPETITION AT THE 2020 IFBB PRESIDENT SANTONJA CUP

## WOMEN'S CATEGORIES

### JUNIOR WOMEN'S BIKINI FITNESS

16-23 YEARS

One open category

### WOMEN'S BIKINI-FITNESS

Up to and incl. 160 cm

Up to and incl. 164 cm

Up to and incl. 169 cm

Over 169 cm

ELITE PRO CARDS FOR THE TOP  
2 OVERALL WINNERS

### WOMEN'S WELLNESS-FITNESS

Up to and incl. 163 cm

Over 163 cm

ELITE PRO CARDS FOR THE TOP  
2 OVERALL WINNERS

### WOMEN'S BODYFITNESS

Up to and incl. 163 cm

Over 163 cm

ELITE PRO CARDS FOR THE TOP  
2 OVERALL WINNERS

### WOMEN'S PHYSIQUE

One open category

1 ELITE PRO CARD FOR THE OVERAL WINNER

### MASTER WOMEN'S BIKINI FITNESS

35-39 YEARS OLD

Up to and incl. 164 cm

Over 164 cm

### MASTER WOMEN'S BIKINI FITNESS

OVER 40 YEARS OLD

One open category

MASTER ELITE PRO CARDS FOR THE TOP  
2 OVERALL WINNERS

### MASTER WOMEN'S BODYFITNESS

35-39 YEARS OLD

One open category

### MASTER WOMEN'S BODYFITNESS

OVER 40 YEARS OLD

One open category

MASTER ELITE PRO CARDS FOR THE TOP  
2 OVERALL WINNERS

### MASTER WOMEN'S PHYSIQUE

One open category

### WOMEN'S FITNESS

One open category

### WOMEN'S FIT-MODEL

One open category

## Attention

-If less than **5 athletes in a category**, categories will be combined.



# AWARDS

- Top six athletes in each category will be awarded with medal/cups and a certificate.
- Overall in each discipline will have a trophy.
- Top 5 athletes in Men's and Women's senior categories will be awarded points to the 2020 IFBB World Ranking according to the World Ranking Rules.
- 24 IFBB Elite Pro Cards will be awarded: 10 in Men's categories; 7 in women's categories and 7 in masters categories, according to the list of categories above.

## TENTATIVE SCHEDULE

### Friday, May 22<sup>nd</sup>, 2020

#### 2020 IFBB PRESIDENT SANTONJA CUP

15:00-21:00	Official ARRIVAL DAY of National Teams & Official Athlete Registration, Weigh - in	Municipal Stadium of Nafplio
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### Saturday, May 23<sup>rd</sup>, 2020

9:30- 10:00	Team Managers and Judges Meeting	Municipal Stadium of Nafplio
10:00-14:30	IFBB PRESIDENT SANTONJA CUP PART 1	Municipal Stadium of Nafplio
17:30-21:00	IFBB PRESIDENT SANTONJA CUP PART 2	Municipal Stadium of Nafplio

### Sunday, May 24<sup>th</sup>, 2020

DEPARTURES