

Lahti



October 6-8, Nordic Fitness Expo, Lahti, Finland

INSPECTION REPORT





Welcome to Nordic Cup and Nordic Fitness Expo, Lahti, Finland!

Nordic Cup is a IFBB based fitness sports competition and it will take place in Sweden and Finland. Nordic Cup was first organized in 2017 in Lahti Finland before it's been on a name of Ben Weider Legacy Cup and Nicole Wilkins Fitness Championships. It is important that the Nordic Fitness Athletes can compete in their own region without expensive travel.

Nordic Fitness Expo in Lahti is very familiar place to thousands of athletes all over the World. We want our audience, and athletes feel like being at show like the IFBB World Championships. We create unforgettable events for pros and amateurs - with passion.

SCHEDULE

FRIDAY, OCTOBER 6TH

16:00-19:00 Registration at Lahti Exhibition Center, Congress Rooms, Salpausselänkatu 7, Lahti

SATURDAY, OCTOBER 7TH

11:00 Bikini Fitness (Main Stage)
16:00 Classic Physique and Classic Bodybuilding (Expo Stage)

SUNDAY, OCTOBER 8TH

09:00 Nordic Cup: Wellness Fitness
14:00 Nordic Cup: Body Fitness

Sanctioned by the International Fitness and Bodybuilding Federation (IFBB) and organized by KP Fitness Productions with Finnish Fitness Sports Association.



REGISTRATION AND PARTICIPATION

2023 IFBB Nordic Cup is open only for the National Federations of the Nordic countries: Sweden, Norway, Denmark, Iceland, Estonia and Finland. The number of competitors participating in this competition is unlimited.

REGISTRATION

The official arrival day is Friday, October 6th, 2023. The registration will be held at the Lahti Fair Centre congress rooms, address: Salpausselänkatu 7, Lahti (location of the Nordic Fitness Expo) from 16:00 to 18:00.

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: Nordic Fitness Expo Organizing Committee: info@nordicfitnessexpo.com

The deadline for sending the Final Entry Form is Tuesday, October 3rd, 2023. The final decision to allow an athlete to compete in this event rests with the Nordic Cup Organizing Committee and the IFBB.





REGISTRATION FEE

The IFBB registration fee of EUR €100 per athlete has paid at registration by bank debit card or credit card (Visa, Mastercard) only. NO CASH!

JUDGES

To be taken into consideration during selection of judging panels at the competition, IFBB International Judges must be included in the 2023 IFBB NORDIC CUP ENTRY FORM sent by National Federations, according to the IFBB rules.

For more information, please contact Mrs. Aino-Maija Laurila, Head Judge e-mail address:
amposeflow@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 2023. 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, October 6th, 19:00 hours, at the Lahti Fair Centre congress rooms (location of the Nordic Fitness Expo).

NORDIC CUP FINLAND CATEGORIES:

BIKINI FITNESS

-160 cm, -163 cm, -166 cm, -169 cm, -172 cm, +172 cm

BODY FITNESS

-158 cm, -163 cm, -168 cm, +168 cm

WELLNESS FITNESS

-158 cm, -163 cm, -168 cm, +168 cm

CLASSIC BODYBUILDING

-180 cm, +180 cm

CLASSIC PHYSIQUE

Open category

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 €100 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 will have to contact the



Organizing Committee no later than October 1st, 2023. 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 15:00 to 19:00 on an official arrival day, October 6th. 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 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 and official coach participating in the Nordic Cup will be provided with a badge at the registration. This badge allows a two-day admission to backstage area and 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.

TANNING

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 2023 IFBB Nordic Cup Finland.

Ask more: www.onsitetan.com or email to info@onsitetan.com



OFFICIAL HOTEL

ATT. athletes: Scandic Lahti City might be fully booked for NFE weekend, so make your reservations soon enough. Scandic Lahti City is the official hotel partner of Nordic Fitness Expo. It's located in the city center about 1,5 km away from Lahti Fair Centre.

SCANDIC LAHTI CITY

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Fax +358 20 601 9118

lahticity@scandichotels.com



WELCOME TO NORDIC FITNESS EXPO AND LAHTI

Nordic Fitness Expo Organizer

Promotor of 2023 IFBB

Nordic Cup Finland

Email: kp.ourama@kpfitness.fi

