

Habtoor Grand Resort Authograph Collection - Jumeirah Beach DUBAI, UAE

INSPECTION REPORT







IFBB President, Dr. Rafael Santonja, and Sheikh Abdullah Bin Hamad Bin Saif Al Sharqi, President of the Emirates Bodybuilding & Fitness Federation extend a warm welcome to 2024 Dubai Muscle Beach event in the premises Habtoor Grand Resort Authograph Collection - Jumeirah Beach DUBAI MARINA in United Arab Emirates(UAE) February 24 to 25, 2024



WELCOME TO DUBAI

Dubai is the largest and most populous city in the United Arab Emirates (UAE). It is located on the southeast coast of the Persian Gulf and is one of the seven emirates that make up the country.

The city has become iconic for its skyscrapers and high-rise buildings, in particular the world's tallest building, the Burj Khalifa.

The weather around the time of the Amateur Championship in March will be a warm 24 degree / 74 farenheit.

Dubai International Airport (DXB) is a 20 minute taxi or short drive to Dubai Michael Johnson Perfomance Centre.

Time Difference: UTC + 4 hours

LANGUAGE

Arabic is the official language, although English is widely spoken and most road and shop signs and restaurant menus are in both languages. The further out of town you go, the more Arabic you will find, both written and spoken

TRAVEL TO DUBAI



GCC nationals are granted entry upon arrival to the UAE with passports or national IDs. Citizens of the following countries do not require advance visa arrangements to enter the UAE and can obtain a visa upon arrival for 90 days:

France	Iceland	Italy	Norway	Holland
Germany	Sweden	Austria	Finland	Liechtenste
				in
Belgium	Greece	Luxembourg	Poland	Switzerland
Estonia	Portugal	Malta	Spain	Cyprus
Denmark	Croatia	Slovenia	Romania	Slovakia
Bulgaria	Czech	Hungary	Lithuania	Latvia
	Republic			

Indian citizens in possession of a valid US visa (Green Card or student visa) can apply for 14-day visa on arrival at the airport.

Please note:

- Citizens of the countries listed above can obtain a visa upon arrival for 90 days from the date of entry with their normal passports.
- This visa type is not renewable
- Passports should be normal and valid for more than six months.
- The visa holder can use the 90-day visa upon arrival to be consumed within 180 days from first entry

Citizens of the following countries do not require advance visa arrangements to enter the UAE and can obtain a visa upon arrival for 30 days with a 10-day grace period:

Andorra	China	Malaysia	Singapore	Holland
Australia	Hong	Monaco	South Korea	Liechtenste
	Kong			in
Brunei	Ireland	New Zealand	The Vatican	Switzerland
	_			
Canada	Japan	San Marino	United States	Cyprus
United Kingdom	Russia	Slovakia		

Please note:

- •Citizens of the countries listed above can obtain a visa upon arrival for 30 days from the date of entry with their normal passports.
- •The visa is extendable and the total validity, if extended, would be 60 days from the date of entry.
- Passports should be normal and valid for more than six months.
- •This visa is considered a multi-entry visa. Any number of days the visa holder stays out- side the UAE would be calculated from the 40-day validity of the visa.

TRAVEL TO DUBAI

Upon arrival in Dubai a tourist must have:

- A passport that is valid upon entry and for the duration of stay in Dubai.
- A valid return- or onward ticket
- An official letter of invitation will be made available if required

It Is the National Federation's responsibility to obtain an entry visa for the country organizing the competition. All National Federations could ask for an invitation letter either to the Competition Organizer or IFBB. This invitation letter does not mean you are granted your visa. IFBB and competition organizer are not responsible for attendants' visas.

To receive invitation letter, the application should forward the following information to the IFBB or Competition Organizer:

A copy (scan) of passport

If the visa is not granted, the Cancellation Policies for the competition 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 unlawfully stay in the host country or any other country, will be subject to the disciplinary proceedings and measures.

IMPORTANT INFORMATION

All costs of traveling, hotel accommodations, transport from and to the airport and meals are the responsibilities of the National Federations or individual athletes. Check with your National federation for more information.

GETTING AROUND

TAXI DUBAI METRO

RENT A CAR

Dubai's taxis are available to hail nearly everywhere at just about any time, day or night. If you prefer to schedule a ride, you can call for a Dubai taxi pickup at +971 4 208 0808. While taxis are reasonably priced in Dubai, the price per kilometre does change depending on a few factors, like tolls or the time of day.

If you prefer to use an app to book a ride, Uber or Careem are available. Feeling extravagant? Book an Uber chopper for a bird's-eye commute. Most of the metro rides above ground providing a great view while you

travel to landmarks like the Dubai Mall, Dubai Marina, the Gold Souk and Dubai's Financial District.

Dubai Metro tickets must be purchased in the form of a Nol card – which can also be used to pay for bus, tram and taxi fare – and rides can cost as little as AED3.0

To hire a car, you need an international driver's license, passport, credit card and third-party insurance.

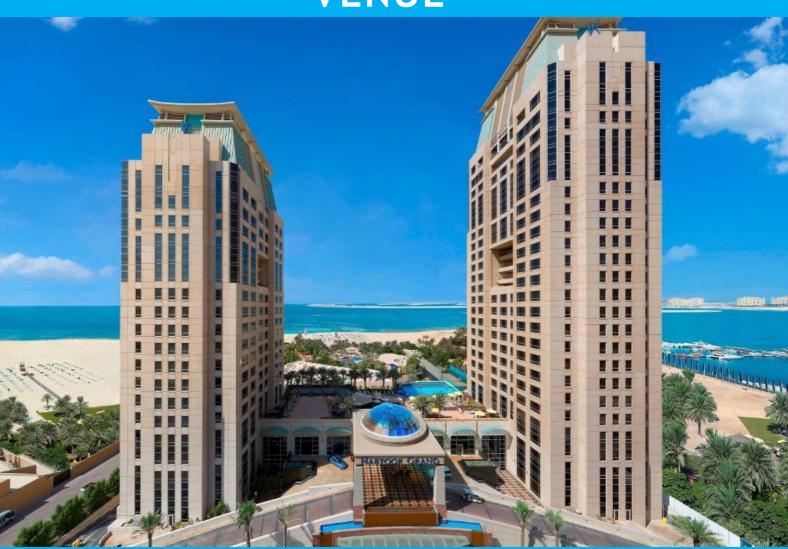
MONEY

The currency in Dubai is Dirhams (AED).

Current rates available at:

http://aed.fxexchangerate.com/

VENUE



Set in Dubai, 350 metres from Marina Beach, Habtoor Grand Resort, Autograph Collection offers accommodation with a restaurant, free private parking, an outdoor swimming pool and a fitness centre. The accommodation provides a private beach area, as well as a bar and a garden. The accommodation features a 24-hour front desk, room service and currency exchange for guests.

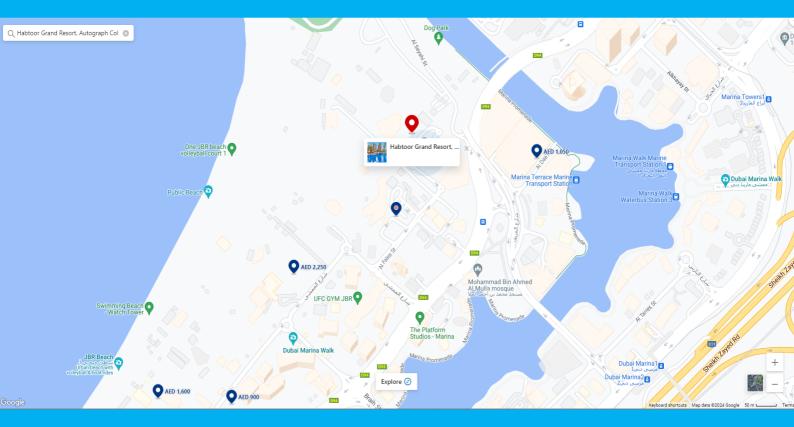
All rooms come with air-conditioning, a seating area, a flat-screen TV with satellite channels, a safety deposit box and a private bathroom with a bidet, bathrobes and slippers. At Habtoor Grand Resort, Autograph Collection the rooms have bed linen and towels.

4971(0)4 399 5000

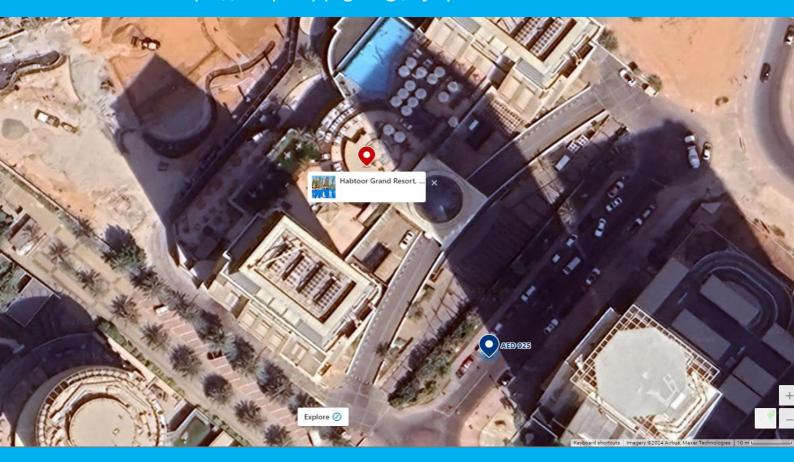


https://www.marriott.com/en-us/hotels/dxbhg-habtoor-grand-resort-autograph-collection/overview/

VENUE LOCATION MAP



GOOGLE MAP LINK: https://maps.app.goo.gl/TjHyEtfGwMiDC3hM9



GENERAL SCHEDULE & PRIZES



TEAM MANAGERS AND JUDGES MEETING

Friday, 23 February 2024

20:00 hrs onwards

OFFICIAL ATHLETE REGISTRATION

10:00 hrs -20:00 hrs

- Bodybuilding Registration
- Classic Bodybuilding
- Muscular Physique
- Fit Model

- Men's Physique Registration
- Classic Physique
- Athletes from outside the country

EVENT SCHEDULE

Saturday, February 24, 2024

10:00 AM onwards

Men's Physique Men's Classic Physique Muscular Men's Physique

Sunday, February 25, 2024

10:00 AM onwards

Men's Bodybuilding Classic Bodybuilding Men's Fit Model

Monday, February 26, 2024

CHECK OUT

CATEGORIES OPEN FOR THIS COMPETITION



MEN'S PHYSIQUE

UP TO 170 CM UP TO 173 CM UP TO 176 CM UP TO 179 CM UP TO 182 CM OVER 182CM

JUNIOR UP TO 174 CM UP TO 178 CM OVER 178CM

MASTER 40-44 YRS. OLD 45-49 YRS OLD 50 YRS. OLD & **OVER**

BODYBUILDING

UP TO 70 KG UP TO 75 KG UP TO 80 KG UP TO 85 KG UP TO 90 KG UP TO 95 KG UP TO 100 KG OVER 100 KG JUNIOR UP TO 75KG OVER 75 KG

MASTER 40-49 YRS, OLD 50 YRS. OLD & OVER

MUSCULAR MEN'S PHYSIQUE

ONE OPEN CLASS

MEN'S FIT MODEL

ONE OPEN CLASS

CLASSIC PHYSIQUE

CM	KG	
160	64	
161	65	
162	66	
163	67	
164	68	*HEIGHT &
165	69	WEIGHT
166	70	
167	71	REQUIREMENTS
168	72	
169	75	UPTO 168 CM
170	76	0P10 109 CIVI
171	77	UPTO 171 CM
172	80	UPTO 175 CM
173	81	
174	82	UPTO 180 CM
175	83	OVER 180 CM
176	87	OVER 180 CIVI
177	88	
178	89	
179	90	
180	91	MASTER
181	94	- ONE OPEN
182	95	
183	96	CATEGORY
184	97	
185	98	

IFBB

CLASSIC BODYBUILDING

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*HEIGHT & WEIGHT REQUIREMENTS	
UPTO 168 CM UPTO 171 CM UPTO 175 CM UPTO 180 CM OVER 180 CM	
MASTER 40 UPTO 49 YRS. OLD	
40 UPTO 49 YRS.	

PRO CARDS



-ONE OPEN CATEGORY

	lete ndon Kelly
	PRE STERNATIONAL
MEMBER SACTORY	PRO CARD

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

Note: Minimum number of competitors to run a category should be 3. If less than 3 athlete's, categories' will be combined, wherever possible. If less than 3 athlete's in a category, no points will awarded to the IFBB World Ranking

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PRIZES



Prizes in AED for Overall Winners as Below:

Bodybuilding - Classic Bodybuilding - Men's Physique - Classic Physique

Bodybuilding Overall Winners

1st Overall: (20,000 AED) + Medal + Certificate + Pro Card 2nd Overall: (7,000 AED) + Medal + Certificate + Pro Card 3rd Overall: (3,000 AED) + Medal + Certificate + Pro Card

Men's Physique Overall Winners

1st Overall: (10,000 AED) + Medal + Certificate + Pro Card 2nd Overall: (7,000 AED) + Medal + Certificate + Pro Card 3rd Overall: (3,000 AED) + Medal + Certificate + Pro Card

Muscular Men's Physique Winners

1st: (5,000 AED) + Medal + Certificate

2nd: Medal + Certificate 3rd: Medal + Certificate

Classic Bodybuilding Overall Winners

1st Overall: (7,000 AED) + Medal + Certificate + Pro Card 2nd Overall: (3,000 AED) + Medal + Certificate + Pro Card 3rd Overall: (2,000 AED) + Medal + Certificate + Pro Card

Classic Physique Overall Winners

1st Overall: (7,000 AED) + Medal + Certificate + Pro Card 2nd Overall: (3,000 AED) + Medal + Certificate + Pro Card 3rd Overall: (2,000 AED) + Medal + Certificate + Pro Card

Men's Fit-Model Winners

1st: Medal + Certificate 2nd: Medal + Certificate 3rd: Medal + Certificate

GENERAL SCHEDULE



TEAM MANAGERS AND JUDGES MEETING

Friday, February 23, 2024

20:00 hrs onwards

OFFICIAL ATHLETE REGISTRATION

Friday, February 23, 2024 9:00 - 12:00 NN

- ALL CATEGORIES

WOMEN'S COMPETITION - EVENT SCHEDULE

Sunday, February 25, 2024 14:00 onwards

Wellness -Bikini

Artistic Fitness -Bodyfitness

Fit-Model Acrobatic Fitness

- Fit-Pairs

Monday, February 26, 2024 **CHECK OUT**

CATEGORIES OPEN FOR THIS COMPETITION

CATEGORIES

Women's Bikini

E. Up to and incl. 166 cm A. Up to and incl. 158 cm F. Up to and incl. 169 cm B. Up to and incl. 160 cm G. Up to and incl. 172 cm C. Up to and incl. 162 cm

D. Up to and incl. 164 cm H. Over 172 cm

Junior Women's Bikini

- 16 to 20 years of age inclusive

Class A: Up to and incl. 160 cm

Class B: Up to and incl. 166 cm

Class C: Over 166 cm

- 21 to 23 years of age inclusive:

Class A: Up to and incl. 160 cm

Class B: Up to and incl. 166 cm

Class C: Over 166 cm

Master Women's Bikini - 35 to 39 years of age inclusive:

Class A: Up to and incl. 164 cm

Class B: Over 164 cm

- 40 to 44 years - 45 years and over One open category One open category

Women's Bodyfitness

a. Up to and incl. 158 cm C. Up to and incl. 168 cm

b. Up to and incl. 163 cm D. Over 168 cm

Junior Women's Bodyfitness

 21 to 23 years - 16 to 20 years

One Open Category **One Open Category**

Master Women's Bodyfitness

- 35 to 39 years - 40 to 44 years

One Open Category One Open Category

> - 45 years and over One Open Category



Women's Wellness

A. Up to and incl. 158 cm

B. Up to and incl. 163 cm

C. Up to and incl. 168 cm

D. Over 168 cm

Junior Women's Wellness

A. JUNIOR (16-20) **B. JUNIOR (21-23)** One open category One open category

Master Women's Wellness

A. 35 to 39 YRS. OLD - 1 open category B. 40 to 44 YRS OLD - 1 open category C. 45 YRS. OLD & OVER - 1 open category

Women's Acrobatic Fitness

Class A: Up to and incl. 163 cm Class B: Over 163 cm

Junior Acrobatic Fitness

- 21 to 23 years of age: - 16 to 20 years of age:

Class A: Up to and incl. Class A: Up to and incl. 163 cm 163 cm

Class C: Over 163 cm Class C: Over 163 cm

Women's Artistic Fitnes

Class A: Up to and incl. 163 cm Class C: Up to and incl. 168 cm

Class E: Over 168 cm

Junior Artistic Fitness

A. JUNIOR (16-20)

B. JUNIOR (21-23)

One open category - One open category

Women's Fit-Model

CLASS A- Up to and including 163cm CLASS B- Up to and including 168cm

CLASS C- Over 168cm

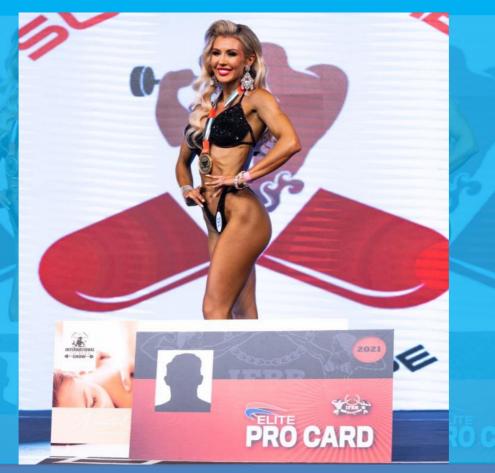
THERE IS ONE OPEN CATEGORY IN FIT-PAIRS WORLD LEVEL COMPETITIONS. A FIT PAIR MAYBE COMPOSED OF MEN'S PHYSIQUE AND WOMEN'S BIKINI ATHLETE.

NOTE: MINIMUM NUMBER OF COMPETITORS TO RUN A CATEGORY SHOULD BE 3. IF LESS THAN 5 ATHLETES CATEGORIES WILL BE COMBINED, WHEREEVER POSSIBLE.

IFBB ELITE PRO CARD



Women's Competition-PRIZES



Prizes in AED for overall winners as below:

Women's Wellness- Women's Acrobatic/Artistic Fitness- Fit-Pairs - Women's Bodyfitness- Women's Bikini - Women's Fit-Model

Women's Wellness

1st Overall: (5,000 AED) + Medal + Elite Pro-Card 2nd Overall: (2,000 AED) + Medal + Certificate 3rd Overall: (1,000 AED) + Medal + Certificate

Women's Bikini

1st Overall: (5,000 AED) + Medal + Elite Pro-Card 2nd Overall: (2,000 AED) + Medal + Certificate 3rd Overall: (1,000 AED) + Medal + Certificate

Women's Bodyfitness

1st Overall: Medal + Elite Pro-Card 2nd Overall: Medal + Certificate 3rd Overall: Medal + Certificate

Fit Pairs

1st Place: Medal + Certificate 2nd Place: Medal + Certificate 3rd Place: Medal + Certificate

Women's Acrobatic Fitness

1st Overall: Medal+ Certificate
2nd Overall: Medal + Certificate
3rd Overall: Medal + Certificate

Women's Fit-Model

1st Overall: Medal + Certificate 2nd Overall: Medal + Certificate 3rd Overall: Medal + Certificate

Women's Artistic Fitness

1st Overall: Medal+ Certificate
2nd Overall: Medal + Certificate
3rd Overall: Medal + Certificate

PARTICIPATION & REGISTRATION



This competition is open to **ALL IFBB-AFFILIATEDNATIONAL FEDERATIONS** from all over the world. National Federation nominates them by sending the Final Entry Form with their names to the Organizer, IFBB Technical Committee and IFBB Head Office.

Such Federations must not have any debts with the IFBB and/or any of its promoters and agents. It is the responsibility of each National Federation that all dues are current to the IFBB.

Please be aware that it is the **FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION**to verify each one of the athletes to be registered on this international event is not suspended due to the Anti-Doping Rules Violation or any disciplinary case at national or international level. Be also aware that if any athlete from your National Federation registers and competes 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 Rules.

It is also the **FULL OBLIGATION AND RESPONSIBILITY** of your National Federation to monitor all athletes affiliated to your National Federation who are actually fulfilling a period of ineligibility to make sure these athletes **WILLNOT REGISTER/COMPETE/OR PARTICIPATE IN ANY CAPACITY** in any event at National or International level official or invitational.

OFFICIAL ATHLETE REGISTRATION

Official athlete registration and weigh-in wil run on Friday, February 23, 2024

from 9:00 hrs-20:00 hrs. Location for registration and weigh in will be at BINOUS GYM

<u>- 46PC+X6J - 12 Al Rasaas Rd - Al Quoz - Al Quoz Industrial Area 3 - Dubai.</u>

Registration of athletes will only be considered if they are entered by the National

Federation of the athlete by sending the Final Entry Form via email directly to the IFBB

Technical Committee: amichalak5@gmail.com, copy to the IFBB Head Office in Madrid:

info@ifbb.com, and to the Organizing Committee: info@universalmuscleandfitness.com_with

passport-sized photos foraccreditation!

All athletes wil have to produce their IFBBCards at the registration. Any athlete who has not yet purchased or renewed his/her IFBB Card will have to buy one at the registration. IFBB Cards are USD \$40 per year and are mandatory.

All posing music must be on an audio CD or USB drive. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD or USB for easy identification. The use of profane, vulgar and offensive language is strictly prohibited the posing music.

PARTICIPATION & REGISTRATION



REGISTRATIONFEE

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.

The IFBB Registration Fee is **USD\$250 to be paid at http://www.ifbb.com/competition-registration/**Coaches and helpers back stage passes are available at the athletes official registration at a cost of **USD \$30.**

Please add your name during online payment and bring a copy of your payment confirmation during registration. The deadline date to do the online payment is **Tuesday, February 13,2024**. On February 13, 2024, 24:00hrs (midnight-Central European Time, UTC+1) the online payment system will be switched off. Registration payments made on the Registration day will be USD \$300. Crossovers: \$100 USD for each of additional category.

Each athlete participating in the Championship will be provided with an accreditation card or wristband at the registration. This identification allows daily admission and should not be removed. Please visit https://universalmusclefitness.com for regular updates.

TANNING NEEDS

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.

For the best tanning results and to avoid disappointment, athletes are strongly advised to utilize the official tanning sponsor, California Tan. California Tan team will be the only tanners allowed backstage, and willsupply a professional touch up service at the cost of athlete.

The CT Team will be spraying starting from 8:00AM until 6:00PM. Every spray tan application will take 10 minutesapproximate.

FEES: 1 Application - AED 400 2 Applications - AED 500

Book your space now:

www.universalmusdefitness.com



FINALENTRYFORMS

Contact Details

All entry forms and correspondence should be addressed to:

- IFBBTechnical Committee, **Eng. Andrew Michalak**, **amichalak5@gmail.com** and IFBB Head Office contact@ifbb.com

The deadline date for submitting the Final Entry Forms is February 12, 2024.

VISA

Itis 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 Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendants' visas.

To receive invitation letter, the applicant should forward to the IFBB or Championship organizer a copy (scan) of his/her passport. If the visa is not granted, the Cancellation Policies for the championship will stil apply.

An athlete, included in an official National Federation team, who request and receive an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and uses that visa to unlawfully stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

The relevant National Federation is responsible to carefully control the proper, legal use any misuse and/or unlawful utilization of the same visa.

ATHLETES WITHOUT DELEGATION

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

JUDGES



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 have not been met, Judges will be unable to carry out their duties.

To be taken into consideration during selection of judges panels at the competition, IFBB International 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

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EURC50 paid for 2024.

AWARDS

- •Top six athletes in each category will be awarded with certificates.
- Top three athletes in each category will be awarded with medals or trophies.
- •Top 5 athletes in Men's senior categories will be awarded points to the 2024 IFBB World Ranking, according to the World Ranking Rules.
- •Top three Overall winners in Men's Physique, Classic Bodybuilding, Classic Physique and Bodybuilding as well as the Overall winners in Women's Wellness, Bikini and Bodyfitness will be awarded with the IFBB Elite Pro Cards (after application through their National Federations).

IMPORTANT INFORMATION



BACKSTAGE 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's they are assisting.

COACH ACCESS WRISTBANDS: 100 AED FEE / \$30 USD

MEDIA ACCREDITATION

All media accreditation, except 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 IFBBMedia Accreditation Form. Said Form must be remitted to the IFBBby email at the info@ifbb.com_no later than February 19, 2024.

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, at the event; these devices shall be strictly prohibited in the dressing room area.

ELECTRICAL CURRENT

220/240 V, 50 Hz AC. British-style 3-pin electrical plugs are used (Type G or 13 A plug). More info at http://www.worldstandards.eu/electricity/plugs-and-sockets/

CURRENCY & VAT

USD 1.00 = AED 3.67 (as for January 9,2024)

EUR 1.00 = AED 4.01 (as for January 9,2024)

Current rates at: http://www.xe.com/currency/aed-emirati- dirham

Value Added Tax (VAT) is 5%

HOTELS



Grosvenor House, A Luxury Collection Hotel, Dubai

Call Us: ++97143998888

https://www.marriott.com/en-us/hotels/dxbgl-grosvenor-house-a-luxury-collection-hotel-dubai/overview/



Le Royal Méridien Beach Resort & Spa

Call Us: +97143995555

https://www.marriott.com/en-us/hotels/dxbbm-le-royal-meridien-beach-resort-and-spa/overview/

HOTELS



HABTOOR GRAND RESORT, AUTOGRAPH COLLECTION

Call Us: +971 4-399 5000

https://www.marriott.com/en-us/hotels/dxbhg-habtoor-grand-resort-autograph-collection/overview/



City Premiere Marina Deluxe Hotel Apartments https://www.makemytrip.com/hotels

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