



IFBB WORLD FIT-MODEL CHAMPIONSHIPS 2024

October 26 – October 28, 2024

KĖDAINIAI, LITHUANIA

ABOUT KĖDAINIAI

Kėdainiai is a city in the Aukštaitija region of Lithuania, with a population of 23,447 in 2023. It's almost dead centre of the country, and a monument a few km west of town marks the exact geographical centre. Much of it is modern and industrial, with the huge Lifosa chemical works nearby, but the reason to visit is the attractive 17th century Old Town.



Main Market of Kėdainiai (City Hall on the left)

Kėdainiai (population 32 000) is a town near the center of Lithuania well known for its brick old town. With most Lithuanian old towns being wooden and therefore less intact, the lovely small medieval

district of Kėdainiai is unusual. The well-cared clean streets run towards numerous squares where markets used to take place. Kėdainiai was especially important for medieval trade.

The main square is "**Great Market**" (**Didžioji Rinka**) opens to Nevėžis river at one side. On the opposite side there stands a **former city hall** with a tall roof.

In times when Lithuania was virtually ruled by several important families, Kėdainiai was the seat of Radvila family. This branch of the famous family adopted a Reformed faith and therefore the Kėdainiai main square is dwarfed by a Renaissance **Reformed Christian church** (1652) rather than a Catholic one. The Reformed community has since dwindled and the church has one monthly mass, but the sarcophagi of underground **Radvila family crypt** with long epitaphs still attracts tourists. Outside summer one needs to ask at Kėdainiai museum to have the Reformed church opened.

On the opposite side of Radvilų street stands a 17th century **Arnett House**, built by a Scottish merchant family. Kėdainiai once had a thriving Scottish community, attracted by a common Reformed faith.



A view of Senoji Street in Kėdainiai Old Town. A massive belfry of the Reformed Christian church is visible

Catholics have a black wooden **church of Saint Joseph** not far away (Radvilų street). It is famous for being one of the oldest and largest wooden churches in Lithuania, having been built in 1766. The entire interior is wooden, including three 18th century baroque altars.

Gothic **St. George Catholic church** on the opposite side of Nevėžis river is even older (1662).

Other religious communities set their footprint in Kėdainiai as well. **Lutheran church** has been constructed by German traders in 1629 and its famous for interior decorations. **Russian Orthodox church** dates to the Russian Imperial rule (1861). **Two white synagogues** (summer and winter, 18th-19th centuries) at **Senoji Rinka** (Old Market) have been restored as a Jewish museum. A third synagogue stands in Smilgos street.

There aren't that many towns of this size in the world where houses of worship of 5 different faiths

would stand, each of them at least 150 years old. However that old tolerance was replaced by destructive Russian and Soviet occupations of 19th-20th century when most religious buildings were looted and closed (and some destroyed), and only after 1990 was the religious life reborn, but minority faiths remained small in numbers of followers.



St. Joseph wooden Catholic church of Kėdainiai

Pedestrianised **Didžioji street** is the pretty main axis of Kėdainiai Old Town. Its cute old homes house several hotels and restaurants. The former **Carmelite monastery** now serves as **Kėdainiai museum**. It has a nice collection of Lithuanian wayside crosses, as well as some modern art by local artists, historical exhibits and furniture/clothing from regional manors (furniture made of horns brought back from 1900 Paris Expo by the local nobles is interesting, even if not local). **Šviesioji Gimnazija** (school), established by Radvilas in 1625, is another historic institution. A two-floored townhouse at Didžioji street's eastern end has been transformed into an art project where every window reminds an episode of rich town history.

Being a hometown of Radvilas Kėdainiai also enjoyed political importance. Union of Kėdainiai was signed here, terminating the Polish-Lithuanian Commonwealth and establishing a Swedish-Lithuanian one instead. However the Swedes subsequently lost the 1655-1660 war, leading to the restoration of Polish-Lithuanian Commonwealth.

Unfortunately, neither the magnificent Radvila palace, nor the later manor built by romanticist painter Czapski. The ruins of Czapski manor and the exotic Turkish-inspired **minaret** built as an observation tower in his park are beyond the train station rails.

It is one of seven Old Towns of Lithuania and is a state-protected urbanistic monument. The Old Town has a number of preserved valuable Gothic, Renaissance, Baroque and Classicist-style buildings, four trading squares of the 15th-17th century and a historical road network. The town's history dates back from 1372, when the name of Kėdainiai was first mentioned in the Livonian Chronicle of Hermann de Wartberge. It grew and developed spontaneously until the 16th century, and was planned according to the Valakai Reform in the 16th century. Kėdainiai Old Town is an open-air museum, telling the rich history of the town and Lithuania. Properties are not cheap here, as they are real and not faked, reaching us today from the bygone centuries. Visiting Kėdainiai Old Town will give a unique historical experience: to walk the winding streets of Old Town is as if to walk through a 17th century town. You will find brand stores, hotels, cosy cafes, bakeries and museums in the Old Town. Sightseeing tours and thematic excursions around Old Town are also offered. Today, the Old Town covers an area of 89.69 ha.

https://www.youtube.com/watch?v=p_rgDd4eqHs



On behalf of the Lithuanian Bodybuilding and Fitness Federation, it is a great honor to invite IFBB-affiliated National Federations from World to participate in the 2024 IFBB World Fit-Model Championships.

OFFICIAL AIRPORT

Vilnius International Airport, 02189, Vilnius.



Kaunas International Airport, 54460, Karmėlava, Kaunas.



The Lithuanian Bodybuilding and Fitness Federation will provide transport for all the athletes, judges and official delegates from the airport to the official hotel for the registration.

VENUE SITE



1A J. Basanavičiaus str. Kėdainiai, Lithuania



OFFICIAL HOTEL

Official Hotel: “Varnupe” Hotel, 1A Varnupes str., Kėdainiai



Hotels for accommodation: “Grėjus namas” Hotel, 36 Didžioji str., Kėdainiai



“Smilga” Hotel, 16 Senoji str., Kėdainiai



Accommodation for Delegate or Extra Delegate in a double room 100 EUR/per two person for 1 night with a breakfast and dinner included.

Accommodation for Delegate or Extra Delegate in a single room 70 EUR/per person for 1 night with a breakfast and dinner included.

Hotels accommodation booking is made only through the Lithuanian Bodybuilding and Fitness Federation by e – mail: info@ifbb.lt.

PARTICIPATION

This competition is open for IFBB-affiliated National Federations from World. Participation is unlimited. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending the Final Entry Form with the names of athletes and judges directly to the Organizing Committee, to the IFBB Technical Committee and IFBB Head Office in Madrid not later than October 9th, 2024. The final decision to allow an athlete to compete in this event rests with the IFBB.

IMPORTANT NOTICE:

Please be aware that 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.

OFFICIAL ATHLETE REGISTRATION

The official arrival day is Saturday, October 26th, 2024. The Registration of athletes will take place on Saturday, October 26th, 2024, between 14:00 and 17:00 at the Conference Hall of the Official Hotel (“Varnupe” Hotels, 1A Varnupes str., Josvainiai, Kėdainiai).

All athletes must wear their posing attire during weigh-in for inspection. Female competitors must also bring their shoes for inspection. Posing attire and tanning must be in accordance with the IFBB rules. Any tanning which can be wiped off is not allowed.

All athletes will have to produce their Passports or Identity Cards and the IFBB International Card at the registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card, he/she will have to buy one at Registration. IFBB Cards are 40 EUR per year and are mandatory. Each athlete may pay his/her IFBB annual membership fee of 40 EUR at the IFBB website or at the Registration in Kėdainiai.

PLEASE NOTE: Reservation, booking and all costs for hotel accommodation, travelling are the responsibilities of the National Federations or individual athletes. Check with your National Federation for more information. Transport to and from the airport and from the hotels to the venue site is organized by the organizing federation.

TEAM MANAGERS AND JUDGES MEETING

Team Managers and Judges Meeting will start on Sunday, October 26th at 18:00 at the Official Hotel.

REGISTRATION FEE

The Registration fee is **300 EUR** for each Athlete to enter this competition must be paid in advance by credit/debit card or PayPal at <http://www.ifbb.com/competition-registration>. Please add your name during online payment and bring a copy of your payment confirmation to the registration. Payments at arrival shall have an extra charge of 50 EUR.

NB: For one official delegate or judge from one country, the Lithuanian Bodybuilding and Fitness Federation provides free accommodation during the competition.

The online payment system will be switched off on October 9th, at 24:00. If paying at the Registration on October 26th, 2024, an extra fee of 50 Eur per participant will be charged.

Crossover: **100 EUR** will be charged.

ANTI-DOPING TEST FEE

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 Championships. Doping control will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, using a WADA accredited laboratory. In order to compete in the championships, each athlete will be required to sign a Drug Testing Consent at the Registration and pay the Anti-Doping Test Fee of EUR €20. This fee is mandatory and may be paid online, together with the Registration Fee.

JUDGES

To be taken into consideration during selection of judging 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

All international judges must bring their International Judge's Cards to the Technical Meeting. IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50/60\$ paid for the current year. This fee may also be paid at the EVENT at the Technical Meeting.

All Judges must be present at the Team Managers and Judges Meeting, Saturday, October 26th at 18:00 at the Official Hotel. Any Judges absent at this Meeting will not be allowed to judge at this competition.

CATEGORIES

Women's Fit-Model: Up to & incl. 160 cm

Women's Fit-Model: Up to & incl. 164 cm

Women's Fit-Model: Up to & incl. 168 cm

Women's Fit-Model: Up to & incl. 172 cm

Women's Fit-Model: Over 172 cm

Masters Women's Fit-Model >35 years: Open

Junior Women's Fit-Model: Open

Beginners Women's Fit-Model: Open

Men's Fit-Model: Open

Minimum number of athletes to run a category is 5. If there is less than 5 athletes, categories

will be combined.

The rules for the female and male Fit-Models categories can be found on www.ifbb.com.

AWARDS

CASH PRIZE – 5000 EUR.

Top three athletes in each category will be awarded with medals.

Top six athletes in each category will be awarded with a Certificate of Excellence and trophies. Overall winner will have a trophy.

THE BEST TEAM CLASSIFICATION

The Best National Teams scoring includes top 3 female athletes from each National Team, but no more than 2 in one category, 1 Master Women's Fit-Model athlete and 1 male athlete.

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 IFBB Media Accreditation Form.

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

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

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers meetings as follows:

- Five (5) or more athletes – two (2) green cards.
- Less than (5) athletes – one (1) green card.

Additional green cards can be purchased at registration for 50 EUR.

The price of a bracelet for delegates or extra delegates is 50 EUR.

CAMERA/VIDEOTAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and 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.

TANNING AND MAKE UP 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.

BOOKING INFORMATION FOR PROFESSIONAL TANNING SERVICE:

Information for Athletes

- Kindly send an email to gragerada@hotmail.com with your name & surname and contact number to pre-book your tan.
- Athletes will pay the full amount of €120.00 on registration day. Time will be given on registration day.
- Important that on tanning day no deodorants, perfumes, body lotion etc are done.

- Ideally weeks before the tanning use scrub and body moisturiser around twice a week. Stop 2 days before competition.
- If you have tattoos to cover this must be dealt with the make-up artists.
- For your tanning bring loose clothing and flip flops.

Should you have any queries do not hesitate to contact me on gragerada@hotmail.com or contact me directly on WhatsApp

Team Leader Graziella Gerada +356 77066243.

Backing Team Leader Byron Tonna +356 79496669

BOOKING INFORMATION FOR PROFESSIONAL MAKE UP SERVICE:

Send an e – mail: info@ifbb.lt.

FINALY ENTRY FORM

The deadline date for sending the Final Entry Form is Monday, October 9th, 2024. National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including judges) in 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 this Championship, to include the statements contained within this Inspection Report. If any of your delegates are travelling 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.

CORRESPONDENCE & ENTRY FORM SENDING DETAILS

Please send Your Entry Form to: Lithuanian Federation General Secretary

Contact: Ms. Jurgita Vaitkiene

E-mail: info@ifbb.lt

Tel. Nr.: +370 650 80135

Please send a copy to IFBB Technical Committee:

Eng. Andrew Michalak

E-mail: amichalak5@gmail.com

Please send a copy to IFBB Head Office:

Ms. Daria

E-mail: contact@ifbb.com

Contact details for additional correspondence:

Ms. Sandra Martinkiene

President of Lithuanian bodybuilding and fitness federation

E-mail: smartinkiene@gmail.com

