



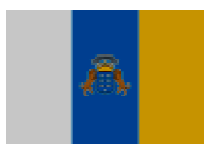
MR UNIVERSE CANARY ISLANDS SPAIN 2024

18TH - 19TH OCTOBER 2024





The Canary Islands is an archipelago of volcanic origin located in the Atlantic Ocean that makes up a Spanish autonomous community in northwest Africa, with historical nationality status.⁶ It is also one of the outermost regions of the European Union. The Canaries encompass eight islands, five islets, eight rocks and the sea. Politically, the archipelago is made up of seven islands with their own administration and one island —La Graciosa— which is in the process of being managed as a district. The seven islands with their own administration are, on the one hand, El Hierro, La Gomera, La Palma and Tenerife, which make up the province of Santa Cruz de Tenerife, and, on the other hand, Fuerteventura, Gran Canaria and Lanzarote, which make up the province of Las Palmas. To these seven islands are added, on the one hand, the uninhabited islets of Montaña Clara, Alegranza, Roque del Este and Roque del Oeste, which, together with the island of La Graciosa, form the Chinijo archipelago, and, on the other hand, the islet of Lobos, all of these belonging to the province of Las Palmas. In addition, a series of adjacent rocks are added to the eight islands and five islets: those of Salmor, Fasnía, Bonanza, Garachico and Anaga located in the province of Santa Cruz de Tenerife and those of Gando and Farallón de Sardina located in Gran Canaria . Finally, this autonomous community is completed with the Canary Islands, which are a special maritime area of the autonomous community and are integrated within the perimeter contour that arises from the union of the most salient extreme points of the islands and islets, being the only autonomous community of Spain that includes the sea as part of its surface.





Arona is a Spanish municipality belonging to the island of Tenerife, in the province of Santa Cruz de Tenerife, Canary Islands. The administrative capital is located in the town of Arona, located 630 m a.s.l. no. m. Although the municipal capital is located in the midlands, Valle de San Lorenzo has greater economic and population importance, with an agricultural activity for export, and especially the coastal sector. The tourist towns —Playa de Las Américas, Los Cristianos, Costa del Silencio, Palm-Mar— have substantially transformed the coastal area, being also the embarkation point for the island of La Gomera. Arona, with 82,982 inhabitants in January 2022, is the third most populous municipality on the island of Tenerife, after Santa Cruz de Tenerife and San Cristóbal de La Laguna, experiencing great demographic growth in recent years which, if the same dynamic, would allow it to challenge San Cristóbal de La Laguna for second place in the insular area. Together with the neighboring municipalities of Adeje and San Miguel de Abona, it forms the so-called Tenerife South Metropolitan Area with 194,774 inhabitants.



It is located in the extreme south of the island, bordering the municipalities of San Miguel de Abona, Vilaflor de Chasna and Adeje. With an area of 81.79 km², it is the 10th largest municipality on the island of Tenerife and the 16th in the province. The maximum altitude of Arona is reached at 950 m s. no. m. Marking the southern end of the island, with Punta Salema, it is a strip of land that is delimited to the west by the Barranco del Rey, which descends at its limit with Adeje. On the contrary, its border to the east with San Miguel is a practically straight line, as it is to the north, which zigzags around the 900 meter altitude, on its border with Vilaflor.





Getting to Tenerife by plane:

Traveling to Tenerife by plane is the best option for comfort, since there is a high frequency of flights from multiple national and international destinations. And it is also the best option for price. Many cities in Spain have direct flights to Tenerife practically all year round, such as Madrid, Barcelona, Seville, Málaga or Valencia.

And due to the large influx of foreign tourists traveling to Tenerife, the island also receives direct flights from many European cities such as Munich, Oslo, Stockholm, London, Brussels, Milan, Berlin, etc. To find the best deals, you can take a look at the best cheap flight search engine: Cheap flight search engine In addition, Tenerife has two airports, one located in the north of the island and the other located in the south: Reina Sofía Airport (South Tenerife) The Reina Sofía or Tenerife Sur airport is the largest on the island and accommodates more than 150 airlines that operate internationally, nationally and internationally.

Annual passenger traffic is around 15 million, this figure makes it one of the busiest airports in Spain. How to get from Tenerife South airport to the hotel? Rental car: Whenever possible, we recommend renting a car to get around Tenerife, as it is the only way to reach some of the most impressive places on the island. Many of the car rental companies fix the collection point at the Tenerife Sur airport, so you can drive from there to where your accommodation is located.

Transfers: if you have not booked a rental car with airport pick-up, the easiest and most comfortable way to get to the hotel or accommodation from the Reina Sofía airport is by hiring an airport-hotel transfer service. So you won't have to worry about schedules or connections. Taxi: the taxi is another very comfortable alternative, but it is important that you know that, depending on the area you travel to, it can be quite expensive. For this reason, we recommend that you check the prices before getting into the taxi at the airport. Bus: there are several bus lines (we call them buses) that connect the airport with almost all areas of the island.

The journey can be long depending on the area in which your accommodation is located. If you stay in the south, bus line 40 has most of the tourist attractions in the south of the island on its route.





- Los Rodeos Airport (Tenerife North) .

Although the Los Rodeos or Tenerife Norte airport receives fewer passengers than the Tenerife Sur airport, it also has a large supply and influx of flights, with a predominance of inter-island and national flights. How to get from Tenerife North airport to the hotel? Rental car: as we said, whenever possible, we recommend renting a car to get around Tenerife, as it is the only way to reach some of the most impressive places on the island and enjoy the trip more.

Many of the car rental companies fix the collection point at the Tenerife Sur airport, so you can drive from there to where your accommodation is located. Most rental companies set the pick-up point at the airport, so you can drive to the place where your hotel or accommodation is located.

Transfers: if you have not reserved a rental car with airport pick-up, the easiest and most comfortable way to get to the hotel or accommodation from the Tenerife North airport is by hiring an airport-hotel transfer service. So you won't have to worry about schedules or connections.

.Taxi: Taking a taxi from Tenerife North airport can be expensive depending on your final destination. It can be a profitable alternative if you have booked a hotel in La Laguna or Santa Cruz, but the minimum distance from the airport to the rest of the cities on the island is about 40 or 45 minutes, so a taxi will leave your wallet shaking. ;

.P Bus: Tenerife North airport has good bus/bus connections with the main urban centers of the island: Santa Cruz and La Laguna (bus line 20), Puerto de la Cruz (line 30) and Los Cristianos (line 343) .

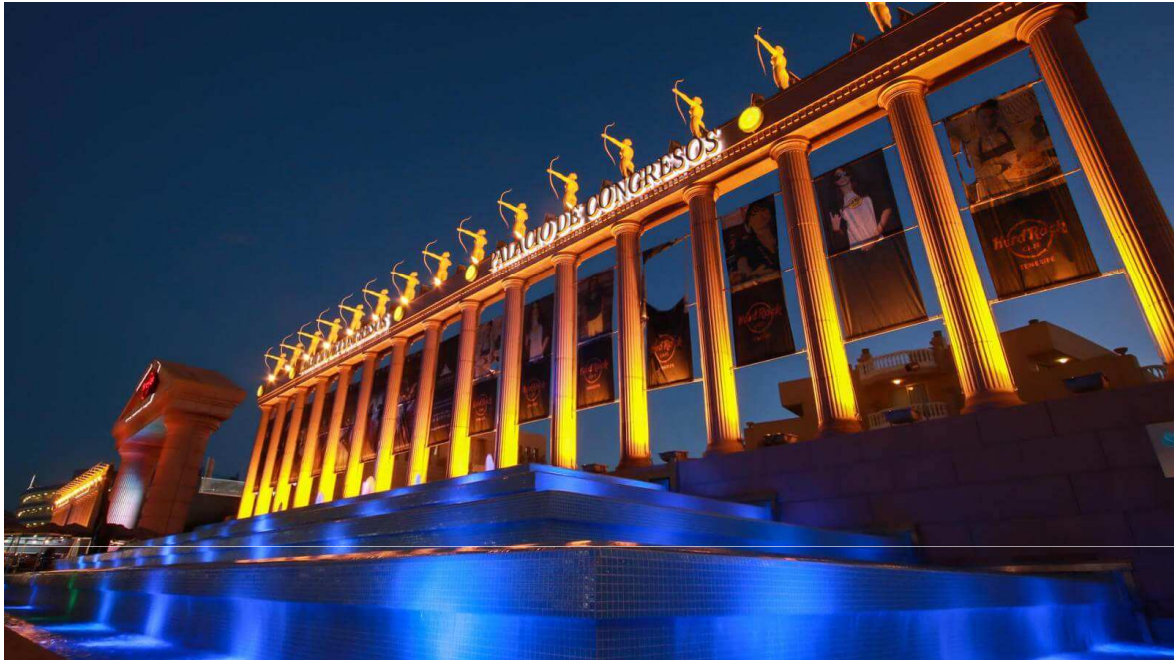
Prices range between €2 and €6 depending on the destination, so if you are looking for a cheap option, this is your way to get to your hotel or accommodation.





In Arona there are protected areas such as the natural monument of Montaña de Guaza, the special natural reserve of Malpaís de La Rasca and a large part of the natural monument of Roque de Jama, all of them included in the Canary Islands Network of Protected Natural Areas. In addition, both the area of the Roque de Jama natural monument and the special nature reserve of Malpaís de La Rasca are included in the Natura 2000 Network as Special Conservation Areas, to which are added the marine SACs of the Teno-Rasca Strip and from Los Sebadales in the south of Tenerife. Likewise, Montaña de Guaza and Malpaís de la Rasca are also special protection areas for birds.





The championship site: PYRAMID OF ARONA IN TENERIFE

Explore the largest auditorium in the south of the island Enter the Arona Pyramid, the largest auditorium in the south of Tenerife. A unique building with capacity for 1,600 people and a territory where a multitudinous congress can be held with open spaces, 22 multipurpose rooms and all the facilities of a 5-star complex like Mare Nostrum Resort.

Explore an auditorium fully adapted to the needs of any event, be it a corporate meeting or a show. The Arona Pyramid has the capacity to celebrate global events. - .Direct access from the Golden Mile of Playa Las Américas. -.Area of 1,308 m2. - .Capacity for 1,600 people. -.Stage of more than 200 m2 with 18 meters of mouth.





Where is the auditorium?

The Arona Pyramid is located in the heart of the emblematic Mare Nostrum Resort, in the best area of Tenerife South. Facing the prestigious Golden Mile of Playa de Las Américas, a luxurious shopping and leisure center where you can find the most exclusive brands and a gastronomic offer of international flavors. And just a few steps from the Arona Pyramid you can walk the golden sands of El Camisón beach or enjoy a magical sunset over the Atlantic Ocean from our La Palapa beach club. Discover the island's reference auditorium with the best air connections to receive your guests from all over the world. Only 14 kilometers from Tenerife South Airport and 82 kilometers from Tenerife North Airport. With a taxi rank and a bus stop at the door of the Pirámide de Arona.

PIRÁMIDE DE ARONA - MARE NOSTRUM RESORT- ARONA – TENERIFE
Av. las Américas, s/n, 38650 Playa de la Américas, Telf [922 75 75 00](tel:922757500)





OFFICIAL HOTEL OF MR. UNIVERSO

Los Olivos Beach Resort : It offers you a vacation of peace and tranquility. Spacious accommodations that are being renovated with a fresh and modern design. Located in the Playa de Fañabé area, Los Olivos Beach Resort is located on the first line of one of the best beaches on the island of Tenerife. Only by crossing the promenade can you enjoy the services of our Beach Club. In this complex you will find the peace you need for your holidays, as well as a wide range of facilities, including two large swimming pools, one of them for children, a solarium with chill out to relax and enjoy the views of the Atlantic Ocean.

OLIVOS BEACH RESORT -PLAYA DE FAÑABÉ- TENERIFE ISLAND –SPAIN

C/ Paris 1 · 38660, Costa Adeje, Fanabe, Spain reservas@losolivosbeachresort.com

telf:+34922716589



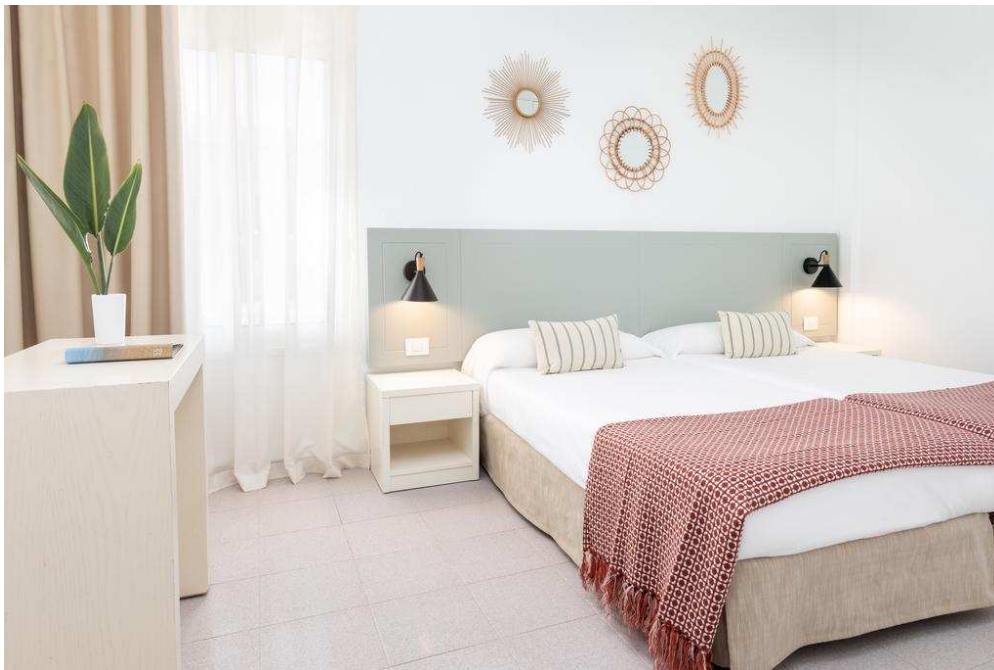


APARTMENTS

All apartments are designed with the greatest comfort for our clients in mind. There are four types of apartments. The Junior Suite, 1 bedroom, 2 bedrooms or 3 bedrooms. Also in the complex you will find a gym and a hydromassage.

YOUR LUXURY HOTEL IN TENERIFE At Los Olivos Beach Resort you can taste the delights of international gastronomy and typical Canarian products in our buffet restaurant or have an aperitif between meals at the Pool Bar, located in the pool area.

FAÑABÉ BEACH Located in Playa de Fañabé, one of the most beautiful areas of the island, thanks to its beach and the large number of establishments found in the area. From beauty centers to shopping malls. You cannot leave without visiting the largest water park in Europe, Siam Park.







BOOKING RECOMENDED BY THE PROMOTOR:

- OLIVOS BEACH RESORT ****-PLAYA DE FAÑABÉ- TENERIFE ISLAND –SPAIN
C/ Paris 1 · 38660, Costa Adeje, Fanabe, Spain reservas@losolivosbeachresort.com
telf:+34922716589
- **The official entrance to the HOTEL will be on FRIDAY, OCTOBER 18 and the departure will be on Sunday, the 20 in the morning.**
- **Use this direction and CODE: SPORT24**
- <https://direct-book.com/properties/OLIVOSBEACHRESORT>
-

Reservations will be made directly with the HOTEL on the phone +34922716589 or via e-mail reservas@losolivosbeachresort.com indicating as a reference the MR.UNIVERSO physical-bodybuilding and fitness EVENT of the CANARY ISLANDS.

The organizer is excluded from any responsibility for reservations and payments that athletes and companions may make. Everyone is requested to process and print their reservations and payments for a correct check of all the procedures at the HOTEL.





Categories del Mr. Universo

Men Bodybuilding

Up to & incl. 70 kg

Up to & incl. 75 kg

Up to & incl. 80 kg

Up to & incl. 85 kg

Up to & incl. 90 kg

Over 90 kg

OVERALL (Elite Pro Card for the 1First&2nd)

Master Men Bodybuilding

Master Men Bodybuilding 40-49 years

Master Men Bodybuilding >50 years

OVERALL (Master Elite Pro Card for the 1First)

Men Classic Physique

Up to & incl. 168 cm

Up to & incl. 171 cm

Up to & incl. 175 cm

Up to & incl. 180 cm

Over 180 cm

OVERALL (Elite Pro Card for the 1First&2nd)

Men Classic Bodybuilding

Up to & incl. 168 cm

Up to & incl. 171 cm

Up to & incl. 175 cm

Up to & incl. 180 cm

Over 180 cm

OVERALL (Elite Pro Card for the 1First&2nd)

Men's Physique

Up to & incl. 170 cm

Up to & incl. 176 cm

Up to & incl. 182 cm

Over 182 cm

OVERALL (Elite Pro Card for the 1First&2nd)

Muscular Men's Physique – OPEN

OVERALL(1 Elite Pro-Card)

Women's Physique - OPEN

Women Bodyfitness

Up to & incl. 158 cm

Up to & incl. 163 cm

Up to & incl. 168 cm

Over 168 cm

OVERALL (Elite Pro Card for the 1First&2nd)

Women Bikini

Up to & incl. 158 cm

Up to & incl. 163 cm

Up to & incl. 168 cm

Over 168 cm

OVERALL (Elite Pro Card for the 1First&2nd)

Women Wellness

Up to & incl. 158 cm

Up to & incl. 163 cm

Up to & incl. 168 cm

Over 168 cm

OVERALL (Elite Pro Card for the 1First&2nd)

Women Fit-Model

Up to & incl. 164 cm

Up to & incl. 168 cm

Up to & incl. 172 cm

Over 172 cm

OVERALL (Elite Pro Card for the 1First&2nd)

Woman Bikini Master

35-39 yersars Up to & incl. 164 cm

35-39 yersars over 164 cm

>40years OPEN CLASS

OVERALL (Master Elite Pro Card for the 1First)

THE MR.UNIVERSE WILL START AT 14:00H .





- **Registration for Mr. Universe CANARY ISLANDS 2024**

All athletes who want to participate and compete in the event must pay the registration fee: €150.

- For athletes to participate in this competition, it must be paid in advance by credit/debit card or PayPal at : <http://www.ifbb.com/competition-registration>. Add your name during online checkout and bring a copy of your payment confirmation to the register.

Payments upon arrival of the registration on the day of the event will have a surcharge of €50. (EXCEPT ATHLETES RESIDENT OF THE CANARY ISLANDS WHO HAVE COMPETED IN THE TERRITORIAL CHAMPIONSHIP).

Athletes who want to participate in various categories will pay €100 for each extra category.

Athletes who do not have an INTERNATIONAL COMPETITOR PASSPORT (BLUE BOOK) must pay 40€ for its acquisition and it is mandatory to participate.

Access to the BACKSTAGE for COACHES/MANAGERS/COMPANY to assist the competitor will be: €20

PHOTOGRAPHER accreditation will be: €50 (it will not be possible to access the backstage to preserve the privacy of the athletes)

**THE ATHLETES CAN USE T-TAN AND MAKE UP SERVICE USE THIS
CONTAC: T.TAN.TANNING.SPAIN@GMAIL.COM**

