IFBB DIAMOND CUP ARMENIA

The Armenian Fitness and Bodybuilding Federation with the International Fitness and Bodybuilding Federation (IFBB) gives the welcome to all National Federations affiliated with the IFBB. We are glad to have you here in Yerevan, Armenia.

IFBB
FEDERATION
INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION

IFBB
FEDERATION
ARMENIA

TEL:+374 337 07580
E-mail: gevanfbb@gmail.com

"DINAMO" SPORTS COMPLEX

LOCATION

Armenia (formally referred to as the Republic of Armenia) is an independent country in the South Caucasus area of Eurasia. Turkey borders Armenia to the west, Azerbaijan to the east, Iran to the South and Georgia to the north. The name Armenia was given to the nation by the neighboring countries, and it is traditionally originated from Armenak or Aram who is believed to be the ancestor of all Armenians. Armenians refer to themselves as "hay" and their country as "Hayk" or "Hayastan", which is derived from the name of the legendary founder of the nation, Hayk the Patriarch.

HISTORY

Current territory of Armenia is 10 times smaller than Armenian historical kingdom - Armenia Major (Mets Hayk), which existed from 331 BC to 428 AD.

On the 21st of September, 1991, as a result of a popular referendum, Armenia withdrew from the USSR and declared independence.

Armenia is the first country in the world to adopt Christianity as a state religion. Armenian Apostolic Church is one of the most ancient national churches and one of the most ancient Christian communities, which belongs to the group of Eastern Orthodox Churches. Its center is the Mother Cathedral of Holy Ejmiatsin.

State language is Armenian, which is considered to be a separate branch in the Indo – European family of languages. Mesrop Mashtots created Armenian alphabet in 405.

The main symbol of Armenia is biblical Mount Ararat, on which, according to the legend, Noah’s Ark found its shelter after the global Flood.

The Armenian genocide committed by the Ottoman Empire in 1915,
is the darkest page in the history of the Armenian people. Armenians have been fighting for
its recognition for almost a century.

Yerevan is the 12th capital of Armenia. It is 28 years older than Rome and is considered to be one of the safest cities in the world.

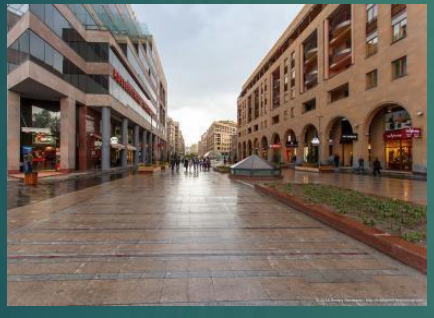
Considered the oldest in the world, a 6000 years old winery was found in
Armenia in a cage near the village of Areni. Areni keeps traditions of winemaking up until today.

By the way, at the same location a woman's shoe was found which is by now, the oldest known shoe
in the world (5500 years old).

Armenia's capital Yerevan is home to the world’s biggest collection of
manuscripts and medieval books, Matenadaran.

There is no place in the world, where apricot is tastier than in Armenia; apricot is one of the real live symbols of the country. Apricot is called an Armenian apple (Prúnus armeníaca) in Latin,
it was Armenia from where this sunny fruit spread all over Europe.

YEREVAN



AIRPORT

YEREVAN INTERNATIONAL AIRPORT (ZVARTNOTS)
CONTACTS & INFORMATION

Website: zvartnots.aero
E-Mail: contacts@aia-zvartnots.aero
Flight information: +374 10 493000, +374 1-87
Baggage service (lost and found): +374 1-87

Flights online: Arrivals / Departures
Zvartnots International Airport

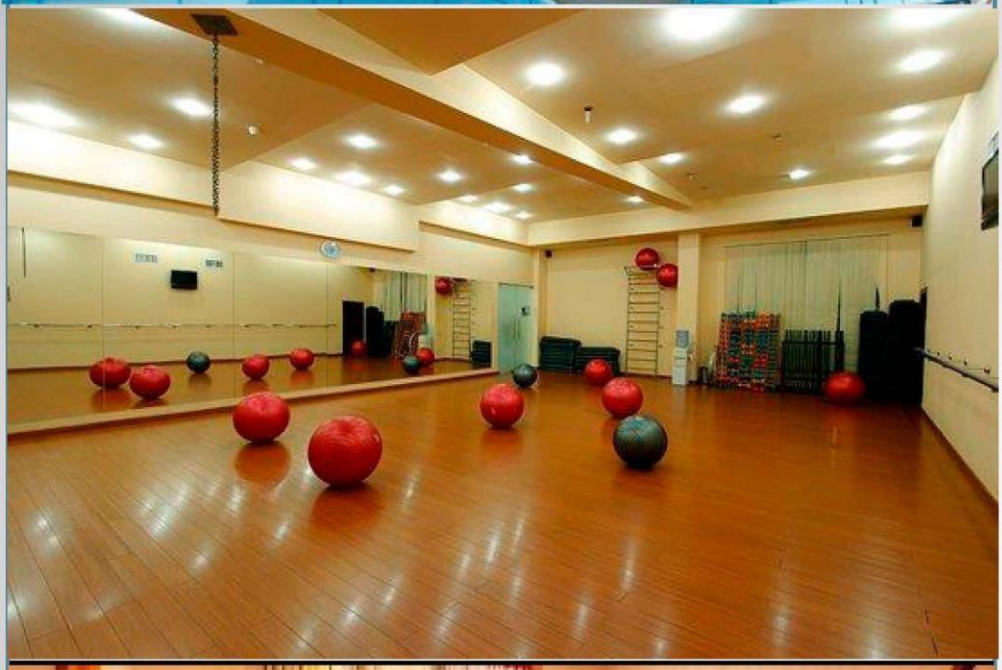
(IATA: EVN, ICAO: UDYZ) is located 12 km (7.5 mi) west of Yerevan, the capital city of Armenia.

AQUATEK RESORT AND SPA HOTEL

Aquatek Hotel, 40/2 Myasnikyan Ave., 0025, Yerevan
ROOM CATEGORY
Standard Single—34000 AMD Standard Double/Twin—34000 AMD
Extra bed------8000 AMD
ROOM RATES INCLUDE

Aquatek Resort is fully booked for participants and delegates of the IFBB DIAMOND CUP CAUCASUS from May 24 to 26 with a discount. Come and pay on the spot.

- Buffet Breakfast
- Complimentary water in the room
- Outdoor Water World (seasonally)
- Indoor Aquatek (swimming pools and water slides) - 08:00 – 22:00
- Fitness Center (Gym)
- Eastern Bath (Hammam)
- Jacuzzi
- Sauna
- Free Parking
- Free wireless internet connection in the rooms and public areas



CLIMATE

Day	21/05

22° Hi

RealFeel® 27°

RealFeel Shade™ 21°

Intervals of clouds and sunshine with a couple of showers

Max UV Index	11 Very Unhealthy	Precipitation	3.3 mm
Wind	SW 4 km/h	Rain	3.3 mm
Wind Gusts	9 km/h	Hours of Precipitation	2
Probability of Precipitation	57%	Hours of Rain	2
Probability of Thunderstorms	17%	Cloud Cover	56%

ELECTRIC CURRENT

In Armenia the power plugs and sockets are of type C and F. The standard voltage is 230 V and the standard frequency is 50 Hz.

LANGUAGES

Armenian, Russian and English

REGISTRATION

May 24th, 11:00 –18:00 - Weigh-in & Registration, Aquatek Hotel (Note: the tanning products will be provided by the organizers (paid service: EUR 90€)

May 25th, 12:00 - Prejudging & Finals, "DINAMO" SPORTS COMPLEX - 69 Vardanants St, Yerevan

CATEGORIES

MEN'S BODYBUILDING:
Up to & including 80 kg
Up to & including 90 kg
Over 90 kg
OVERALL: Pro Cards for the top 2
MASTER MEN'S BODYBUILDING >40 YEARS - OPEN
Pro Card for the winner
MEN'S PHYSIQUE:
Up to & including 176 cm
Up to & including 182 cm
Over 182 cm
OVERALL: Pro Cards for the top 2
MASTER MEN'S PHYSIQUE >40 YEARS - OPEN
MUSCULAR MEN'S PHYSIQUE - OPEN
Pro Card for the winner
MEN'S CLASSIC BODYBUILDING:
Up to & including 168 cm
Up to & including 175 cm
Over 175 cm
OVERALL: Pro Cards for the top 2
MEN'S CLASSIC PHYSIQUE:
Up to & included 171 cm
Up to & included 180 cm
Over 180 cm
OVERALL: Pro Cards for the top 2
MASTER MEN'S CLASSIC PHYSIQUE >40 YRS – OPEN
WOMEN'S BODYFITNESS:
Up to & including 168 cm
Over 168 cm
OVERALL: Pro Cards for the top 2
MASTER WOMEN'S BODYFITNESS >35 YEARS - OPEN
Pro Card for the winner
WOMEN'S WELLNESS:
Up to & including 168 cm
Over 168 cm
OVERALL: Pro Cards for the winner
WOMEN'S BIKINI:
Up to & including 164 cm
Up to & including 169 cm
Over 169 cm
OVERALL: Pro Cards for the top 2
MASTER WOMEN'S BIKINI >35 YEARS - OPEN
Pro Card for the winner
WOMEN'S FIT- MODEL:
Up to & including 168 cm
Over 168 cm
OVERALL
MEN'S FIT- MODEL - OPEN
WOMEN'S PHYSIQUE - OPEN
OVERALL: Pro Card for the winner
POSSIBLE CROSSOVERS:
Classic Bodybuilding – Classic Physique – Bodybuilding;
Women's Bikini – Women's Fit-Model;
Women's Wellness – Women's Fit-Model;
Men's Physique – Men's Fit-Model.
Also juniors and masters in senior classes