

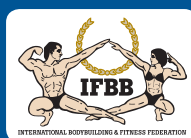


IFBB NORDIC CUP JAN TANA CLASSIC

IFBB Elite Ranking & IFBB Elite Pro Qualifier
(6 pro cards)

INSPECTION REPORT

October 5 - 6 2019 Lahti Finland





Welcome to 2019 IFBB Nordic Cup and Jan Tana Classic

IFBB Nordic Cup & Jan Tana Classic is the IFBB Elite Pro qualifier and IFBB World Ranking qualifier. The overall winners will receive the IFBB Elite Pro Card. IFBB Nordic Cup was one of the IFBB World Ranking circuit highlights in 2018 and this year it's going to be more excited with more competitors participating than ever before!

The event includes categories in bikini fitness, fit model, body fitness, wellness fitness, men's physique, classic physique and bodybuilding. In the past years IFBB Nordic Cup has been very popular with full seats of people watching on both days and in 2019 there will be MORE competitors as IFBB Nordic Cup & Jan Tana Classic is the only European Elite Ranking and Pro Qualifier held at that weekend!

IFBB Nordic Cup & Jan Tana Classic will be held at Nordic Fitness Expo. One-day-ticket price is 15 € and it allows you to see the program of Nordic Cup & Jan Tana Classic stage.

SCHEDULE

FRIDAY, OCTOBER 4TH

Team official arriving day

16:00-20:00 Registration

20:00 Team Managers and Judges Meeting

SATURDAY, OCTOBER 5TH

Pre-judging + finals

10:00 Jan Tana Classic: Bikini fitness & Fit Model

14:00 Nordic Cup: men's physique & classic physique

SUNDAY, OCTOBER 6TH

Pre-judging + finals

11:00 Jan Tana Classic: body fitness & wellness fitness

14:30 Nordic Cup: bodybuilding

Sanctioned by the International Federation of Fitness and Bodybuilding co-operated with Finnish Fitness Sports Association (affiliated by the IFBB).

CONTEST INFORMATION

ARRIVALS AND AIRPORT

Official arrival day is October 4, 2019. Helsinki-Vantaa International Airport is the nearest airport.

There are hourly bus lines between Helsinki Airport – Lahti – Helsinki Airport. The cost for bus ticket is 20 € from Helsinki Airport to Lahti and back to Helsinki Airport. The venue is 105 km from Helsinki and it takes about 1 hour and 15 minutes by bus.

Helsinki Airport: <https://www.finavia.fi/en/airports/helsinki-airport>
Check out the bus schedule <https://www.matkahuolto.fi/en/timetables-and-prices/bus-timetables/bus-services-to-airport/>

PARTICIPATION

2019 IFBB Nordic Cup and Jan Tana Classic are open for all IFBB-affiliated National Federations of the World. The number of competitors participating in these competitions is unlimited.

REGISTRATION

The official arrival day is Friday, October 4th, 2019. The registration will be held on Friday at the Lahti Fair Centre congress rooms (location of Nordic Fitness Expo) from 16:00 to 20:00. 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:

IFBB Technical Committee: amichalak5@gmail.com

IFBB Head Office: info@ifbb.com

Nordic Fitness Expo Organizing Committee: info@nordicfitnessexpo.com

The deadline for sending the Final Entry Form is September 23rd, 2019. The final decision to allow an athlete to compete in this event rests with the IFBB.

All athletes will have to produce their Passport and IFBB International Card at the registration. Any athlete who has not yet purchased this IFBB International Card will have to buy one at the registration. IFBB cards cost EUR €30 per year and are mandatory.

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REGISTRATION FEE

The IFBB registration fee of EUR €200 per athlete has to be paid by PayPal or credit / debit card (www.ifbb.com/competition-registration/) no later than September 23rd, 2019. Then, this possibility will be closed. Please include your name in your online payment and bring a copy of your payment confirmation to the registration.

JUDGES

To be taken into consideration during selection of judging panels at the competition, IFBB International Judges must be included in the 2019 ENTRY FORM IFBB Nordic Cup & Jan Tana Classic 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

VISAS

It is 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 attendant 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 still apply.

An athlete, included in an official National Federation Team, who requested and received 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 of the visa by its athlete and it will be subjected to a fine and/or a suspension, in case of any misuse and/or unlawful utilization of the same visa.

Citizens of over 60 countries also don't need a visa. Detailed information at: <https://www.schengenvisainfo.com/finland-visa/>

BACKSTAGE ACCESS

Access to the backstage 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 50 € which includes entry to expo area on Saturday and Sunday.

PRESS ACCREDITATIONS

Any press representatives that wish to obtain press accreditation for this event have to contact the organising committee by October 1, 2019. Send an email to kp.ourama@kpfitness.fi and write down: name of the media you represent, phone number, email address, the person who you look accreditation, is he/she photographer or writer. You will get a note if you are accepted as a media representative.

***2019 IFBB Nordic Cup and Jan Tana Classic
are open for all IFBB-affiliated National
Federations of the World.***



SECRETARIAT

The Organizing Committee will maintain the secretariat at the Lahti Fair Centre congress rooms from 14:00 to 21:00 on an official arrival day October 4. You may obtain information and assistance from the Secretariat. On weekend the Secretariat will be placed 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 also 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 participating in the championship will be provided with a badge at the registration. This badge allows a two-day admission to 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.



IFBB NORDIC CUP CATEGORIES:

Bodybuilding	Men's Physique	Classic Physique
Up to 80 kg	Up to 173 cm	Up to 180 cm
Up to 90 kg	Up to 179 cm	Over 180 cm
Over 90 kg	Over 179 cm	

MAXIMUM BODYWEIGHT LIMITS [IN KG] FOR CLASSIC PHYSIQUE:

Up to 168 cm (Athlete's height [in cm] minus 100) + 4	Up to 188 cm (Athlete's height [in cm] minus 100) + 13
Up to 171 cm (Athlete's height [in cm] minus 100) + 6	Up to 196 cm (Athlete's height [in cm] minus 100) + 15
Up to 175 cm (Athlete's height [in cm] minus 100) + 8	Over 196 cm (Athlete's height [in cm] minus 100) + 1
Up to 180 cm (Athlete's height [in cm] minus 100) + 11	

Important note: If less than 6 athletes in a class, the classes will be combined, wherever possible.

JAN TANA CLASSIC CATEGORIES:

Bikini Fitness	Wellness Fitness	Body Fitness
Up to 160 cm	Up to 163 cm	Up to 163 cm
Up to 164 cm	Over 163 cm	Up to 168 cm
Up to 169 cm		Over 168 cm
Up to 172 cm		
Over 172 cm		

Fit Model



TANNING

ONSITE TAN – OFFICIAL TANNING PARTNER

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 partner of IFBB Nocco Nordic Pro and IFBB Nordic Cup & Jan Tana Classic. Ask more: www.onsitetan.com





IFBB OFFICIAL PHOTOGRAPHER

WHAT WILL YOU GET?

Individual photos (elimination, semifinals) · Comparison photos (finals)
I-walk or posing routine · Award ceremony · **Everything in high-resolution**



HOW MANY PICTURES WILL I GET FOR 20 €?

It depends on many factors – your performance, number of photographers we have at the competition, speed of judging etc. For example, if you end up in elimination, you can expect at least 4 photos (4 poses) but if you are in finals it can be up to 30-40 photos. Minimum number of photos is 3.

HOW LONG IT WILL TAKE TO GET PHOTOS?

It can take up to 7 days after the last day of the show for small competitions (e.g. Diamond Cup) or 14 days for big competitions (European Championships, World Championships, Arnold Classic).

HOW DO I GET PHOTOS?

During payment process you have to enter correct e-mail address – we will send you download link (Dropbox) where you can download all photos in digital format.



¿CUÁNTAS FOTOS OBTENDRÉ POR 20 €?

Depende de muchos factores: de tu sesión, la cantidad de fotógrafos que tenemos en la competencia, la velocidad de evaluación, etc. Por ejemplo, si termina en eliminación, puede esperar al menos 4 fotos (4 poses) pero si está en la final puede ser de hasta 30-40 fotos. El número mínimo de fotos es 3.

¿CUÁNTO TIEMPO TOMARÁ PARA OBTENER FOTOS?

Puede tomar hasta 7 días después del último día del espectáculo para competiciones pequeñas (por ejemplo, Diamond Cup) o 14 días para grandes competiciones (European Championships, World Championships, Arnold Classic).

¿CÓMO CONSIGO FOTOS?

Durante el proceso de pago, debe ingresar la dirección de correo electrónico correcta. Le enviaremos el enlace de descarga (Dropbox) donde podrá descargar todas las fotos en formato digital.



ILE ZDJĘĆ DOSTANE ZA 20 €?

Zależy to od wielu czynników: od tego jak wypadniesz, liczby fotografów, których mamy w konkursie, szybkości oceniania itp. Na przykład, jeśli skończysz w eliminacjach, możesz spodziewać się co najmniej 4 zdjęć (4 pozy), ale jeśli dotrzesz do finału może to być do 30-40 zdjęć. Minimalna liczba zdjęć to 3.

KIEDY BĘDZIE MOŻLIWE ODEBRANIE ZDJĘĆ?

Może potrwać do 7 dni od ostatniego dnia pokazu w przypadku małych konkursów (np. Diamond Cup) lub 14 dni w przypadku dużych zawodów (European Championships, World Championships, Arnold Classic).

JAK MOGĘ UZYSKAĆ ZDJĘCIA?

Podczas procesu płatności należy podać prawidłowy adres e-mail – wyślemy Ci link do pobrania (Dropbox), gdzie możesz pobrać wszystkie zdjęcia w formacie cyfrowym.



QUANTE FOTOGRAFIE POTRÒ AVERE PER 20 €?

Dipende da diversi fattori: la tua performance, il numero di fotografi di cui disponiamo alla competizione, la velocità della valutazione ecc. Ad esempio, se finisci in eliminazione, puoi aspettarti almeno 4 fotografie (4 pose), ma se sei in finale può essere fino a 30-40 fotografie. Il numero minimo di foto è 3.

QUANTO CI VORRÀ PER OTTENERE LE FOTOGRAFIE?

Possono trascorrere fino a 7 giorni dopo l'ultimo giorno dello spettacolo per le piccole competizioni (ad es. Diamond Cup) oppure 14 giorni per le grandi competizioni (European Championships, World Championships, Arnold Classic).

COME POSSO OTTENERE LE FOTOGRAFIE?

Durante il processo di pagamento, devi inserire il tuo indirizzo e-mail corretto. Dopodiché, ti invieremo il link per il download (Dropbox) col quale potrai scaricare tutte le fotografie in formato digitale.



СКОЛЬКО ФОТОГРАФИЙ Я ПОЛУЧУ ЗА 20 €?

Это зависит от многих факторов – вашей работы, количества фотографов, которые будут на соревновании, скорости суждения. Например, если вы закончите выступление на этапе отсёва, вы можете ожидать как минимум 4 фотографии (4 позы), но если вы находитесь в финале, то может быть до 30-40 фотографий. Минимальное количество фотографий – 3.

СКОЛЬКО ВРЕМЕНИ ПОТРЕБУЕТСЯ, ЧТОБЫ ПОЛУЧИТЬ ФОТОГРАФИИ?

Это может занять до 7 дней после последнего дня показа на небольших соревнованиях (например, Diamond Cup) или 14 дней для крупных соревнований (European Championships, World Championships, Arnold Classic).

КАК МНЕ ПОЛУЧИТЬ ФОТОГРАФИИ?

Во время процедуры оплаты вы должны ввести правильный адрес электронной почты – мы вышлем вам ссылку для скачивания (Dropbox), где вы можете загрузить все фотографии в цифровом формате.