

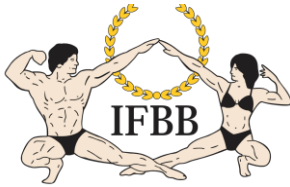
FEDERAȚIA ROMÂNĂ DE
CULTURISM ȘI FITNESS

INSPECTION REPORT



ROMANIA – Cluj Napoca
November 23rd – 25th 2018





FEDERAȚIA ROMÂNĂ DE
CULTURISM ȘI FITNESS

WELCOME

The Organizing Committee of the Romanian Bodybuilding and Fitness Federation together with the County Council, City of Cluj-Napoca and Ministry of Youth and Sports gives a most warm welcome to all the National Federations that will be participating in the first edition of IFBB World Cup in the city of Cluj-Napoca, Romania!

LOCATION: Cluj-Napoca

OFFICIAL DATE: The WORLD CUP event will be held on Saturday – November 24th and Sunday – November 25th.

Official registration: Friday, November 23rd.

VENUE: Polyvalent Sports Hall, Stadionului Street, no.4, Cluj-Napoca city, Cluj county, Romania

OFFICIAL HOTEL: WEST CITY HOTEL

RECOMMENDED HOTELS:

There are numerous recommended hotels in the area, which you can choose from. We have reached agreements with some hotels, such as:

- **GRAND HOTEL ITALIA** - <http://grandhotelitaliacluž.ro>
- **GRAND HOTEL NAPOCA** - <http://hotelnapoca.ro>
- **HAMPTON BY HILTON** - <https://hamptoninn3.hilton.com/en/index.html>
- **HOTEL PAMI** - <http://hotelpami.com>

IMPORTANT NOTICE: REGARDING THE HOTELS



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There are many international conferences and meetings held in Bucharest every weekend, so hotels may be booked up quickly. Please reserve your rooms well in advance to avoid disappointment.

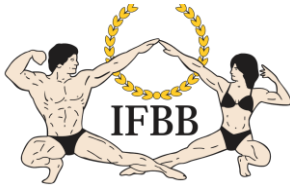
IMPORTANT ARRIVAL AND CHECK-IN NOTICES

The official arrival day is Friday, November 23rd., 2018.

OFFICIAL AIRPORT

The official airport for arrivals is in Cluj Napoca the Avram Iancu International Airport.

Cluj International Airport is the second largest airport in Romania after Bucharest Henri Coanda International Airport. The airport is located across the district Someșeni, in Cluj Napoca.



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REGISTRATION AND REGISTRATION FEE

Registration and weight in will take place Friday, November 23rd, from 12:00 to 20:00 hrs. at Venue location: <http://www.polivalentacluj.ro/contact.html>

All athletes will have to produce their Passports & IFBB International Cards at the registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy one at registration. IFBB Cards are EUR 30 and are mandatory.

At IFBB WORLD CUP event, will not be accepted any direct registration from athletes, as these must be processed by their respective national IFBB federations.

Final Entry Forms from athletes will only be considered if they are sent by the National Federation of the athlete and directly to IFBB Head office in Madrid and IFBB Technical commission. The final decision to allow an athlete to compete in this event rests with the IFBB.

You will receive your tags or wrist band for athletes and coaches at the registration. All athletes must wear their posing attire during weight-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.

The IFBB registration fees are as follows:

Registration fee for each category is € 200. For wishing to compete in the second category, from the same class, the additional fee of € 100 will be charged.

Fees have to be paid in advance by credit/debit card or PayPal at IFBB webpage:

<https://ifbb.com/competition-registration/>, for your best comfort and convenience. Please add your name during online payment and bring a copy of your payment confirmation to the registration.

If paying at the Registration an extra fee of € 50 per participant will be charged.

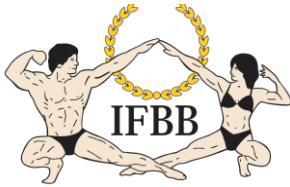
The deadline date to do the online payment is November 4th, 24:00 hrs (midnight- Central European Summer Time, UTC +2) the online payment system will be switched off.

EXPO & CHAMPIONSHIPS SCHEDULE

November 23rd, from 12:00 to 21:00 hrs

EXPO and Championships: Saturday 24.11 , from 10:00 to 19:00 hrs

EXPO and Championships: Sunday 25.11, from 10:00 to 18:00 hrs



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ACCOMMODATION

The Organizing committee will not provide accommodation or meals.

The term “Official Participant” means 1) an Athlete who is duly authorized by his National Federation and who is registered by the IFBB to compete in the Championships, and 2) a Delegate who is duly authorized by his national federation and who is registered by the IFBB to participate in the Championships pursuant to the IFBB rules.

National Federation without athlete can send an official delegate; nevertheless, this delegate will be responsible for all of his or her own expenses.

Date of official arrival: Friday November 23rd 2018.

Date of official departure: Monday November 26th 2018.

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.

LANGUAGE

The official language in Cluj-Napoca is Romanian. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

CURRENCY

The national currency in Romania is the LEU. One Euro is approximately equal to 4,66 LEU (one USD is approximate equal to 3,96 LEU) but the rates can fluctuate. All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

CLIMATE

Cluj-Napoca has a continental climate. The climate is influenced by the city's proximity to the Apuseni Mountains, as well as by urbanisation. Some West-Atlantic influences are present during winter and autumn. Winter temperatures are often below 0 °C (32 °F), even though they rarely drop below -10 °C (14 °F). On average, snow covers the ground for 65 days each winter. In summer, the average temperature is approximately 18 °C (64 °F) (the average for July and August), despite the fact that temperatures sometimes reach 35 °C (95 °F) to 40 °C (104 °F) in mid-summer in the city centre. Although average precipitation and humidity during summer is low, there are infrequent yet heavy and often violent storms. During spring and autumn, temperatures vary between 13 °C (55 °F) to 18 °C (64 °F), and precipitation during this time tends to be higher than in summer, with more frequent yet milder periods of rain.

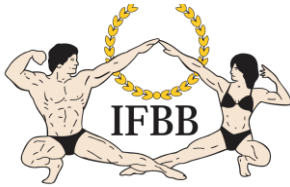
The city has the best air quality in the European Union, according to research published in 2014 by a French magazine and air-quality organization that studied the EU's hundred largest cities.

ELECTRICAL CURRENT

The electrical current is 220 volts.

TIME DIFFERENCE

Bucharest is in the South-Est European Time zone (UTC +2 hour – in summer).



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VISAS

A valid passport is required to enter in Romania. EU-country citizens do not need to obtain a visa. All other countries should consult the Romanian Embassy in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

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 Championships 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 the following information to the IFBB or Championship organizer : - A copy (scan) of passport.

If the visa not granted, the Cancellation Policies for the championship will still apply.

An athlete, who requested and received an invitation from IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

PARTICIPATION

These Championships are open for All the IFBB affiliated national Federations from all over the world. Registration of athletes will only be considered if they are nominated by their IFBB affiliated National Federation.

OFFICIAL ATHLETE REGISTRATION

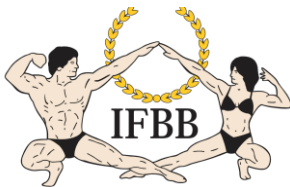
The official arrival day is Friday, November 23rd 2018.

The weight-in and registration of athletes will be conducted on Friday, November 23rd 2018 between 10:00 and 20:00 hrs **in Polyvalent Sports Hall, Cuj-Napoca city.**

IFBB REGISTRATION FEE

Each official participant of the **Junior, Senior or Masters categories**, must pay the Registration Fee of **EUR 200.**

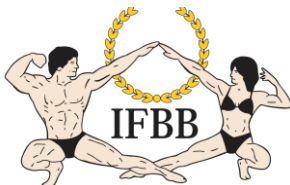
This fee has to be paid to the appointed IFBB official on arrival at the hotel or in advance through the IFBB webpage <http://www.ifbb.com/competition-registration/>.



FEDERAȚIA ROMÂNĂ DE
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CATEGORIES OPEN FOR COMPETITION WORLD CUP
CLUJ NAPOCA – ROMANIA 23-25 NOVEMBER 2018

<i>MEN & WOMEN (SENIORS)</i>		
	<i>DISCIPLINE</i>	<i>CATEGORY</i>
1	Men Bodybuilding	Up to & incl. 70 kg
2	Men Bodybuilding	Up to & incl. 80 kg
3	Men Bodybuilding	Up to & incl. 90 kg
4	Men Bodybuilding	Up to & incl. 100 kg
5	Men Bodybuilding	Over 100 kg
7	Men Classic Bodybuilding*	Up to & incl. 175 cm
8	Men Classic Bodybuilding*	Up to & incl. 180 cm
9	Men Classic Bodybuilding*	Over 180 cm
10	Games Classic Bodybuilding*	Open Class
11	Men Fitness	Open Class
12	Men's Physique	Up to & incl. 173 cm
13	Men's Physique	Up to & incl. 179 cm
14	Men's Physique	Over 179 cm
15	Men's Physique Muscular	Open Class
16	Women Physique	Open Class
17	Women Wellness	Open Class
18	Women Bodyfitness	Open Class
19	Women Bikini Fitness	Uo to & incl. 162 cm
20	Women Bikini Fitness	Uo to & incl. 166cm
21	Women Bikini Fitness	Uo to & incl. 172 cm
22	Women Bikini Fitness	Over 172 cm
23	Women Fitness	Open Class

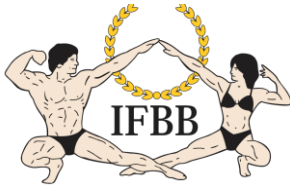


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JUNIORS & MASTERS

	DISCIPLINE	CATEGORY
1	Junior Women Bodyfitness	Open Class
2	Junior Women Fitness	Open Class
3	Junior Women Bikini Fitness	Up to & incl. 166 cm
4	Junior Women Bikini Fitness	Over 166 cm
5	Junior Men Bodybuilding	Up to & incl. 75 kg
6	Junior Men Bodybuilding	Over 75 kg
7	Junior Classic Bodybuilding	Open Class
8	Junior Men Fitness	Open Class
9	Junior Men Physique	174 cm
10	Junior Men Physique	178 cm
11	Junior Men Physique	Over 178 cm
12	Master Women Bikini Fitness	Open Class
13	Master Women Bodyfitness	Open Class
14	Master Men's Physique Age 40-49 yrs.	Open Class
15	Master Men's Physique Age > 50 yrs.	Open Class
16	Master Men Bodybuilding Age 40-49 yrs.	Up to & incl. 70 kg
17	Master Men Bodybuilding Age 40-49 yrs.	Up to & incl. 80 kg
18	Master Men Bodybuilding Age 40-49 yrs.	Up to & incl. 90 kg
20	Master Men Bodybuilding Age 40-49 yrs.	Over 90 kg
19	Master Men Bodybuilding Age 50-54 yrs.	Up to & incl. 80 kg
20	Master Men Bodybuilding Age 50-54 yrs.	Over 80 kg
21	Master Men Classic Bodybuilding	Open Class

Note: A category will be run only if 5 or more athletes are registered. Otherwise, the category will be combined. If less than 5 athletes, no World Ranking points will be awarded.



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Bodyweight Limits:

Junior Men's Fitness bodyweight limits:

- For all body heights: Max. Bodyweight [kg] = Height [cm] - 100 [kg]

Junior Men's Classic Bodybuilding bodyweight limits:

- Up to & incl. 168 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]
- Up to & incl. 171 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 1 [kg]
- Up to & incl. 175 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 2 [kg]
- Up to & incl. 180 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]
- Up to & incl. 190 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 5 [kg]
- Up to & incl. 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]
- Over 198 cm: Max. Bodyweight [kg] = (Height [cm] - 100) + 7 [kg]

Men's Classic Bodybuilding and bodyweight limits:

- Up to & incl. 168 cm: Max Weight [kg] = (Height [cm] - 100) + 0 [kg]
- Up to & incl. 171 cm: Max Weight [kg] = (Height [cm] - 100) + 2 [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) + 7 [kg]
- Over 180 cm: Max Weight [kg] = (Height [cm] - 100) + 9 [kg]
- Up to & incl. 198 cm: Max Weight [kg] = (Height [cm] - 100) + 11 [kg]
- Over 198 cm: Max Weight [kg] = (Height [cm] - 100) + 13 [kg]

AGE LIMITS

JUNIOR <23 years of age

An athlete, male or female, may compete as a JUNIOR competitor up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.

FEMALE MASTERS:

a) May compete as a MASTER competitor in the category 35-44 years of age from January 1st of the year in which the athlete reaches her 35th birthday up to and including December 31st of the year in which the athlete turns 44. From January 1st of the next year, she may compete only in the category over 45 years of age.

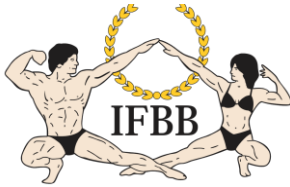
b) May compete as a MASTER competitor in the category over 45 years of age from January 1st of the year in which the athlete reaches her 45th birthday.

MALE MASTERS:

a) May compete as a MASTER competitor in the category 40-44 years of age from January 1st of the year in which the athlete reaches his 40th birthday up to and including December 31st of the year in which the athlete turns 44. From January 1st of the next year, he may compete only in the category 45-49 years of age.

b) May compete as a MASTER competitor in the category 45-49 years of age from January 1st of the year in which the athlete reaches his 45th birthday up to and including December 31st of the year in which the athlete turns 49. From January 1st of the next year, he may compete only in the category over 50 years of age.

c) May compete as a MASTER competitor in the category over 50 years of age from January 1st of the year in which the athlete reaches his 50th birthday.



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PARTICIPATION

These Championships are open for **the IFBB-affiliated National Federations**. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending the Final Entry Form with their names.

The deadline date for submitting the Final Entry Forms is November 4th, 2018.

The final decision to allow an athlete to compete in this event rests with the IFBB.

SECRETARIAT

The Organizing Committee will maintain a Secretariat in the Executive Official Hotel - Grand Hotel Italia, to start from 09:00 am till 19:00 pm from Friday November 23rd on Monday November 26th. You may obtain information and assistance from the Secretariat.

GREEN CARDS

Green Cards are used to limit access to the Weigh-in and backstage area during the Registration, Prejudging and Finals. They will be distributed at the Team Managers and Judges Meeting as follows:

- Eleven (11) or more competitors - three (3) green cards
- From six (6) up to ten (10) competitors - two (2) green cards
- Five (5) or less competitors - one (1) green card

If national federation officials do not attend the team managers and judges meeting, **this federation will not be issued a green card.**

BACKSTAGE ACCESS/DRESSING ROOM 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 they are assisting.

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

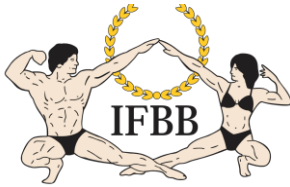
DOPING CONTROLS

Doping controls 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, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form (available in the appendix)

Doping controls may be conducted using any of the following methods:

- Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.
 - Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.
- The IFBB reserves the rights to target test any athlete.

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 international competitions.



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PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh in/ height measurement. The music must be on CD, at the start of the CD/ memory stick, ONLY mp3!

The Athletes' name must be affixed on the CD for identification purposes.

IMPORTANT NOTICE

The use of profane, vulgar and/or offensive language is strictly prohibited in posing music.

NATIONAL FLAG/NACIONAL ANTHEM All the National Federations must bring with them to Cluj-Napoca their National anthem (only brief version) in CD. This has to be on a separated CD with no other type of music on the CD. All the National Federations will have to take with them to Cluj-Napoca its National Flag. The flags must measure not more than 2.5 meters x 1.5 metres.

Please Note For all the European Federations the IFBB already has a copy of all nationals anthems on CD.

PARADE OF NATIONS

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. The dress code for all athletes taking part in the Parade of Nations is posing attire. One (1) delegate per country must take part in the Parade of Nations

JUDGES

To be taken into consideration during selection of judges panels at the Championships, IFBB International Judges (as well as test 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

PLEASE DO NOT FAX YOUR NOMINATIONS OF JUDGES TO THE IFBB HEADQUARTERS.

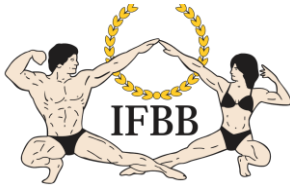
All international judges must bring their international judge's cards to Bistrita.

IMPORTANT NOTICE

All judges who wish to be included in the judges' panels at these Championships should be specified in the Final Entry Form. The test judges should be specified there as well. Judges have to pay the yearly Judges' Licence Fee of EUR €50 for 2017. This fee may be paid at the Championships. Test judges should pay a test fee of EUR €50. This fee may be paid at the Championships. All judges must attend the Team Managers and Judges Meeting. If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.

MEDIA ACCREDITATION

All media accreditation, accept 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, said form which must be remitted to the IFBB by e-mail at info@ifbb.com **no later than November 4th 2017.**



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IFBB COMPETITOR INFORMATION FORM

This form must be completed by each competitor with the weight and/or measurement of the height and should be send to the IFBB Press Commission Andrew Michalak: amichalak5@gmail.com .
This information is used to promote the competition in the press, the television, the IFBB Website and other mass media

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

ATHLETES WITHOUT DELEGATES

All Athletes competing at these World Cup Championships must be affiliated Members in good standing of their National Federations. Any Athlete who arrives without a Delegate must bring an **Official Letter of Authorization of Participation** from his National Federation, failing which the Athlete will not be allowed to participate.

MISREPRESENTATION

Misrepresentation is a serious breach of the *IFBB Code of Ethics* and occurs when an “official” of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals and other amenities at the expense of the Organizer.

Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete.

Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

COMPETITOR INFORMATION FORM

This form must be completed by each competitor BEFORE coming to the weigh-in/height measurement and must be given to the IFBB Registrar at the registration table. This information is used to promote the competitor in the press, on TV, the website and other media.

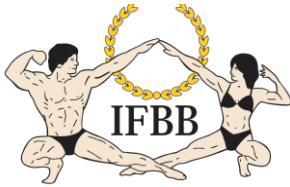
COMPETITOR INFORMATION FORM

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.

Pro Tan® is the Official Contest Preparation and Tanning company for the IFBB Junior, Senior & Master World Cup November 23-25th 2018 Cluj-Napoca, Romania.

Professional tanning services will be offered for a flat rate of 70Euro/80USD.



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Tanning will be professionally applied by our team to guarantee the athlete gets the best color possible. Pro Tan's Professional Tanning Package Includes:

- Professional Application(s) of Pro Tan® Overnight Competition Color Base Coat.
- Professional Application of Pro Tan® Instant Bikini/Physique/Body Builder Bronze® Top Coat (Based on Category).
- Professional Backstage Oiling, Preparation and Touch-Ups.

MEDICAL WITHDRAWAL

Once officially registered, no athlete may withdraw from competition without the prior approval of the IFBB chief judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the IFBB chief judge, who has the right to verify the reason for the withdrawal.

PRELIMINARY ENTRY FORM (PEF)

The final date to send the PEF is **October 28th**. The national federations must email back the PEF to the organizing committee as soon as is possible but before the date limit, which confirms the intention of its federation to participate in the championship.

If at this moment you do not know the names official of the official participants she indicates the total number of athletes who will participate in the championship of their federation.

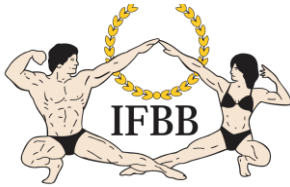
FINAL ENTRY FORM (FEF)

The deadline to send the Final Entry Form is **November 4th**. The National Federations must display the official names of all the participants (athletes by category of weight, the delegates and judges). It also must include the details of flights for arrival and departure.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

IF A NATIONAL FEDERATION FAILS TO SEND THEIR FINAL ENTRY FORM TO THE ORGANIZER AND ARRIVES IN CLUJ-NAPOCA WITHOUT PRIOR NOTICE, THE NATIONAL FEDERATION WILL BE OBLIGED TO PAY A FINE OF EUR €100 PER PERSON. THIS IS IN ADDITION TO THE REGISTRATION FEE.

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 THESE CHAMPIONSHIPS, TO INCLUDE THE STATEMENTS CONTAINED WITHIN THIS INSPECTION REPORT. IF ANY OF YOUR ATHLETES AND/OR 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



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Romania's geographical position in Europe



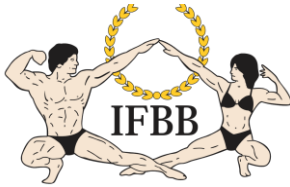
With an area of 238,391 square kilometers (91843 square miles), Romania is located in the SE of Central Europe, more exactly, in the north of Balkan Peninsula. Romania lies between $43^{\circ} 37' 07''$ and $48^{\circ} 15' 06''$ north latitude and $20^{\circ} 15' 44''$ and $29^{\circ} 41' 24''$ east longitude. Parallel 45° (midway between the Equator and North Pole) crosses Romania 70 km north of the capital and meridian 25° east longitude (midway between the Atlantic coast and the Urals) runs 90 km west of Bucharest.

Climate

The climate in Romania's capital is specific, temperate-continental. There are specific seasons, winter, spring, summer and autumn. Winters are relatively mild in Cluj-Napoca with little snow and relatively high temperatures, while in recent years, summers are very hot, very hot (high temperature up to 45 degrees in the shade) and little precipitation. This causes temperature differences winter - summer will be up to 60 degrees.

The landscape

For those that visited Romania, they can say that nature was very generous with this land, giving not only varied landscape but also well distributed, with towering mountains, plains, Black Sea and beyond.



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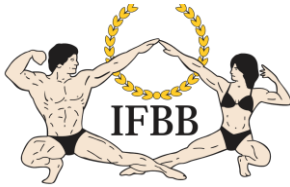
The landscape is arranged in three major levels which are very well-differentiated: the highest representatives are the Carpathian Mountains, the middle are SubCarpathians and hills and plateaus, and the lowest one of the plains are the rivers and Delta.

Cluj - Napoca

Located in the central part of Transylvania, has a surface area of 179.5 square kilometres (69.3 sq mi). The city lies at the confluence of the Apuseni Mountains, the Someș plateau and the Transylvanian plain. It sprawls over the valleys of Someșul Mic and Nadăș, and, to some extent over the secondary valleys of the Popești, Chintău, Borhanci and Popii rivers. The southern part of the city occupies the upper terrace of the northern slope of Feleac Hill, and is surrounded on three sides by hills or mountains with heights between 500 metres (1,600 ft) and 700 metres (2,300 ft). The Someș plateau is situated to the east, while the northern part of town includes Dealurile Clujului ("the Hills of Cluj"), with the peaks, Lombului (684 m), Dealul Melcului (617 m), Techintău (633 m), Hoia (506 m) and Gârbău (570 m). Other hills are located in the western districts, and the hills of Calvaria and Cetățuia (Belvedere) are located near the centre of city.



Built on the banks of Someșul Mic River, the city is also crossed over by brooks or streams such as Pârâul Țiganilor, Pârâul Popești, Pârâul Nădășel, Pârâul Chinteniilor, Pârâul Becaș, Pârâul Murătorii; Canalul Morilor runs through the centre of town.



FEDERAȚIA ROMÂNĂ DE
CULTURISM ȘI FITNESS

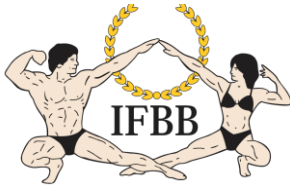
A wide variety of flora grow in the Cluj-Napoca Botanical Garden; some animals have also found refuge there. The city has a number of other parks, of which the largest is the Central Park. This park was founded during the 19th century and includes an artificial lake with an island, as well as the largest casino in the city, Chios. Other notable parks in the city are the Iuliu Hațieganu Park of the Babeș-Bolyai University, which features some sport facilities, the Hașdeu Park, within the eponymous student housing district, the high-elevation Cetățuia, and the Opera Park, behind the building of the Cluj-Napoca Romanian Opera.



TENTATIVE SCHEDULE

- ✓ **November 23rd, 2018 (Friday):** Arrivals;
 - 10:00 – 20:00 Registration & weight-in, at Venue location
 - 13:00 - 15:00 Lunch
 - 20:30 – Team Managers and Judges Meeting, at Venue location

- ✓ **November 24th, 2018 (Saturday):**
 - 10:00 to 13:30 hrs - Prejudging & Finals Part 1
 - 13:30 to 15:00 hrs - Lunch
 - 15:00 to 19:00 hrs - Prejudging & Finals Part 2
 - 20:00 to 22:00 hrs - Dinner



**FEDERAȚIA ROMÂNĂ DE
CULTURISM ȘI FITNESS**

✓ **November 25th, 2018 (Sunday):**

- 10:00 to 10:30 hrs - Official Opening and Parade of Nations
- 10:30 to 13:30 hrs - Prejudging & Finals Part 3
- 13:30 to 15:00 hrs - Lunch
- 15:00 to 19:00 hrs - Prejudging & Finals Part 4
- 20:00 to 22:00 hrs - Dinner

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