

OCTOBER 20



STOCKHOLM



**Tyngre Classic 2018**  
**INVITATION**

**tyngre** 

## Tyngre Classic

This is the 7th edition of Tyngre Classic. This event is intended to emphasize the fun, the passion and the sheer joy that the various fitness sports can deliver. "A personal and relaxed feeling with an effective organization and a good sense for details. ..." are common opinions on the previous events. We try to focus on the athletes, to make their experience memorable and extremely rewarding.

## About the Venue / The Hotel

Kistamässan is situated 33 km from Arlanda Airport, 15 km from the Stockholm city center. The official hotel, *Scandic Victoria Tower*, is immediately adjacent to the venue, which makes transportation a non-issue.

When arriving, the commuter train will take you just 20 minutes to get there from Arlanda Airport. If you choose to use a taxi from the airport, you will likely to arrive within 30 minutes.

For more information, see the website of the hotel [here](#)

## Categories

Women's Physique, Open class

Classic Bodybuilding, -180 cm

Classic Bodybuilding, +180 cm

Bodybuilding, -80 kg

Bodybuilding, +80 kg

Mixed Pairs

Bodyfitness, -163 cm

Bodyfitness, +163 cm

Bodyfitness, Juniors – Open class

Bodyfitness, Masters – Open class

Men's Physique, -174 cm

Men's Physique, -178 cm

Men's Physique, -182 cm

Men's Physique, +182 cm

Men's Physique, Juniors – Open class

Men's Physique, Masters – Open class

Bikini Fitness, -163 cm

Bikini Fitness, -166 cm

Bikini Fitness, -169 cm

Bikini Fitness, -172 cm

Bikini Fitness, +172 cm

Bikini Fitness, Juniors – Open Class

Bikini Fitness, Masters – Open Class

Wellness Fitness, -163 cm

Wellness Fitness, +163 cm

## Prize Money

The winner in each class gets EUR €100 in prize money.

## Sanction

Tyngre Classic is sanctioned by the SBBF and the IFBB.

## Eligibility

Tyngre Classic is open for the IFBB-affiliated National Federations from Denmark, Estonia, Finland, Iceland, Norway and Sweden. Last day for registration is Friday, 12th of October 2018.

Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending an e-mail with their names to the Organizing Committee Officer at

[info@tyngre.se](mailto:info@tyngre.se) with a copy to the Swedish Federation: [niclas@ifbbsweden.se](mailto:niclas@ifbbsweden.se)

Swedish athletes sign up directly through <https://tyngre7.tyngre.se/Classic>

## Official Athlete Registration

Date: Friday October 19th

Time: 19.00

Place: Hotel Scandic Victoria Tower

All athletes will have to bring their passports or ID document with date of birth together with their primary competition suit including shoes at the Registration.

## Registration Fee

The registration fee for this event is SEK 500 per athlete per category for Swedish athletes, and EUR €50 per athlete per category for foreign athletes. To be paid in cash at the registration.

## Posing Music

All posing music must be in high quality mp3-format, or lossless FLAC/AAC and sent to the Organizing Committee Officer at [info@tyngre.se](mailto:info@tyngre.se) no later than Friday, 12th of October 2018. Excessive profanity, vulgar and offensive language is strictly prohibited in the posing music.

## Rules

Tyngre Classic is run in accordance to the current SKKF/IFBB Rules.

## Judges

National Federations are reminded that their nominations of the IFBB international judges must also be included in the entry mail sent to the Organizing Committee Officer at [info@tyngre.se](mailto:info@tyngre.se). For more information, please contact Mr. Pawel Filleborn at [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com).

## IFBB Judges Meeting

Date: Saturday October 20th

Time: 08.00

Place: Hotel Scandic Victoria Tower

## Schedule (tentative)

*Saturday, October 20th, starting at 09.00:*

- Women's Physique
- Classic Bodybuilding
- Bodybuilding
- Body Fitness
- Men's Physique
- Wellness Fitness
- Bikini Fitness

## Athlete on-site Services

Tanning services will be offered at a special rate by external part (Team Ironsport). For reservations, please contact: [info@onsitespraytan.se](mailto:info@onsitespraytan.se) +46 21 130 550 – For more information: [www.onsitespraytan.se](http://www.onsitespraytan.se)

**Hair and makeup** – free for all athletes! Our team of makeup-artists will cater to athlete's basic hair & makeup needs back stage. No reservation needed.

**Loading table** – free for all athletes! A vast variety of sweets, cookies, buns, cakes and such products are supplied to all athletes backstage.

## **Other activities**

Tyngre Classic is an integral part of the event Tyngre VII, aimed to cover every possible expression of weight training there is. During the weekend of 20-21st October, the following competitions will be held:

- Tyngre Classic (Saturday, October 20th)
- Nordic Championships 2018 – Bodybuilding & Fitness (Sunday, October 21st)
- Sweden's Strongest Man – Finals (Sunday, October 21st)
- Sweden's Strongest Woman – Finals (Sunday, October 21st)
- Tyngre Tango – Elite CrossFit Competition (Saturday, October 20th)
- Tyngre WL Invitational – Weightlifting (Saturday, October 20th)
- Tyngre PL Invitational – Powerlifting (Sunday, October 21st)
- Tyngre HeatoN Open – e-sports (Saturday 20th-Sunday October 21st)

## **Vendors**

There will be a number of vendors represented on site.

## **Additional information**

For more information, don't hesitate to contact [info@tyngre.se](mailto:info@tyngre.se) or to call the head promoter Alex Danielsson at +46 706 969748.

## **WELCOME!**