



WELCOME TO 2015 NORDIC CHAMPIONSHIPS



**Welcome to 2015 Nordic Championships
and the Nordic Fitness Expo!**

www.nordicfitnessexpo.com





NORDIC FITNESS EXPO



2015 NORDIC CHAMPIONSHIPS

LOCATION AND VENUE:

Lahti is located 100 km North of the Finnish Capital City, Helsinki. Lahti Fair Centre is located only 1 km from the Lahti City Centre. Nordic Fitness Expo is the largest bodybuilding and fitness event in Northern Europe with expected 20.000 visitors.

CATEGORIES:

There is no limitation in the number of athletes. Each Federation decides if their competitors have the standard to be qualified.

Bodybuilding Men:	-80, -90, +90 kg
Classic Bodybuilding Men:	-180, +180 cm
Women's Physique:	one open category
Men's Physique:	- 178, + 178 cm
Body Fitness:	- 158, -163, -168, +168 cm
Bikini Fitness:	- 160, -163, -168, +168 cm

If a class has less than 3 athletes, the competitors will be transferred to the next class.

BIKINI FITNESS AND BODY FITNESS

At the Nordic Championships the bikini fitness and body fitness categories are combined with Nicole Wilkins Fitness Championships. The Pre-Judging is run by normal way. At Nicole Wilkins Fitness Championships finals only top six will do their walk and second round. There are no separate finals for the Nordic Championships in bikini fitness and body fitness categories.

If there are Nordic Championships athletes on top 6, they will compete at the finals. If not the Nordic Bikini and body fitness athletes will get their placement depending how they place at the Nicole Wilkins Fitness Championships Pre-Judging. That is saying some athletes will get their placements by the first round results.

TENTATIVE SCHEDULE:

Friday, October 9

16:00-20:00 Registration / Weight in at Hotel Cumulus Lahti

Saturday, October 10

09:00 Pre-Judging: NWFC / Nordic Championships (bikini fitness & body fitness) at Expo Stage 1
13:00 Prejudging and finals: Classic bodybuilding, men's physique, women's physique at Expo Stage 1
15:00 Finals: NWFC / Nordic Championships (bikini fitness & body fitness) at Main Stage

Sunday, October 11

09:00 Pre-judging & finals:
Nordic men's amateur bodybuilding at Expo Stage 1
13:30 Nordic Championships ends

WEIGH-IN/REGISTRATION

The weigh-in for bodybuilders and the registration for fitness athletes will be held at Hotel Cumulus Lahti, second floor conference room from 16:00 to 20:00.

Competitors should show up in posing trunks/ bikinis at the weigh-in. Please be there in time!

All competitors must provide their PASSPORT and POSING MUSIC at the registration. The posing music must be presented on CD, covering only the posing music. The athlete's name and country must be labeled on the CD for identification purposes.

ENTRY FORM

Deadline for final entry form is Thursday, October 1.

HOTELS

All the hotels are full booked for the Nordic Fitness Expo and there are no "special rooms" for Nordics. We suggest all the teams to make the hotel room reservation IMMEDIATELY to any hotel that has rooms left! In case you are not be able to find any hotel rooms from the City we recommend you to book hotel room from those hotels who out of town like Hotel Tallukka (23 km), Liikuntakeskus Pajulahti (20 km) and Scandic Vierumäki (18 km). See all our 8 hotels from this link: www.nordicfitnessexpo.com/en/hotels/

TRANSPORTATION FROM HELSINKI AIRPORT

There is an Airport Bus going to Lahti every hour (like 12:00, 13:00, 14:00...) from dock 13 and 14 (only 30 m from the Airport Entrance). It takes 1 hour and 20 minutes by bus to Lahti. Ask bus driver to drop you at the City Centre Bus Stop which is in front of Sokos Hotel Seurahuone and which is only 150 m away from Hotel Cumulus.

NORDIC CHAMPIONSHIPS DEPARTURES

All other sports are being held on Saturday except bodybuilding, which is scheduled to on Sunday from 09:00 to 13:30. It takes 1 hour and 30 minutes to Helsinki Airport from Lahti Bus Station, which is only one kilometer from Nordic Fitness Expo.

The Organizer has minibuses driving teams to Lahti Bus Station on Sunday.
Airport Bus leaves every hour like 14:15, 15:15, 16:15, 17:15, 18:15, 19:15.



RENT-A-CAR

Hertz offers special rates in Finland. For reservations click on the Hertz logo (the discount code (CDP) 814681 is prepopulated). Remember to click leisure trip when asked.



Method of payment is by credit card (Visa, Master Card, Amex or Diners Club).

TICKETS

Expo tickets 20 € one-day-ticket.

All delegates, judges, competitors and coaches must use the NFE Badge all weekend to have a free entry for Saturday and Sunday to Nordic Fitness Expo!

NOTE: Competitions like Finnish National Championships, Nicole Wilkins Fitness Championships finals + Nordic's bikini fitness and body fitness and Nordic Pro are not included the Expo ticket price.

See ticket prices: www.nordicfitnessexpo.com/en/tickets/

RULES

The competition is arranged according to the rules set by IFBB/ EFBB.

JUDGES/DELEGATES MEETING:

Please make arrangements so that the nominated judges, including test judges, chief official and/or team manager attends the Judges/Team Managers Meeting which is scheduled to be held at 21:00 on Friday October 9 at Sokos Hotel Seurahuone (two blocks away from Hotel Cumulus).

At Nicole Wilkins Fitness Championships / Nordic Championships we have IFBB Professional Judges in the panel as the

overall winners will get the IFBB Pro Card and can compete in the evening as a Pro!

For other sports we have Nordic Judges at the panel.

IMPORTANT: We need only one judging panel for Saturday as there are only CBB, men's and women's physique categories and the same with bodybuilding competition on Sunday, only one panel.

REGISTRATION FEE

For bodybuilding, classic bodybuilding, men's physique and women's physique registration is FREE.

For bikini fitness and body fitness registration fee is 150 euro / competitor as this is the official IFBB Pro Qualifier like Olympia Amateur or Arnold Amateur.

All Nicole Wilkins Fitness Championships competitor will get a ticket to NWFC finals and the Nordic Pro!

BACKSTAGE ACCESS/ DRESSING ROOM ACCESS

Pursuant to IFBB Rules, access to the backstage area and/ or dressing room area is strictly limited to essential personnel only.

JUDGES

Nominations for judges can be forwarded to Nordic Championships Head Judge Kenneth Johansson, kenneth.johansson@skkf.org no later than October 1. International judges preferred or national seasoned judges.

MORE INFORMATION

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Visit our website at
www.nordicfitnessexpo.com

