



Welcome to 2015 Nicole Wilkins Fitness Championships!

Nicole Wilkins

www.nicolewilkinschampionships.com



4-time IFBB Figure Olympia Champion Nicole Wilkins and the Organizing Committee of Nordic Fitness Expo are proud to host the second Nicole Wilkins Fitness Championships in Lahti, Finland October 9 and 10, 2015.

Nicole Wilkins Fitness Championships is an officially IFBB sanctioned Amateur Invitational Competition for Body Fitness and Bikini Fitness. The Overall Winners of Body Fitness and Bikini Fitness will receive the IFBB Pro Card.

LOCATION AND VENUE

Lahti is a very famous winter sports city in Finland but the last four years it has gained a worldwide reputation as bodybuilding and fitness sports city. Lahti is located 100 km North of the Finnish Capital City, Helsinki.

Nicole Wilkins Fitness Championships will be held at the Nordic Fitness Expo, Lahti Fair Centre, a modern exhibition centre located one kilometer from the Lahti City Centre

Nordic Fitness Expo is the largest bodybuilding and fitness event in Northern Europe with expected 20.000 visitors. With one Main Stage and two large Expo Stages it will offer whole weekend full of fitness sports competitions and other sports events.

AIRPORT & TRANSPORTATION

The official airport for arrivals is the Helsinki International Airport. The Organizing Committee will pick you up at the airport upon arrival and take you safely to the bus only on Friday October 9. Drive to Lahti takes 75 to 90 minutes with a bus. The Airport Pickup Service by the Organizing Committee is only available on Friday, October 9. The cost of Airport Bus ticket is about 15 € (one direction).

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).



OFFICIAL HOTELS

Make your hotel room reservation as soon as possible, because all the hotels will be booked up. Check out the official hotels: www.nordicfitnessexpo.com/en/hotels/

HOTEL SECURITY DEPOSIT

A hotel security deposit of Euro €100.00 PER PERSON is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, room service, laundry - i.e. soiled sheets or towels with tan, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any members of his or her team.

VISAS

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

REGISTRATION

The official arrival day is Friday, October 9, 2015. The registration will be conducted on Friday at Cumulus Lahti Hotel from 16:00 to 20:00. IFBB Registration fee of 150 EUROS will have to be paid at the time of registration.

The registration fee includes a ticket for the Nicole Wilkins Fitness Championships finals and the IFBB Nordic Pro Championships (value of 50 €) and daily admission to the Nordic Fitness Expo in both days!

Registration of athletes will only be considered if they are recommended or entered by the National Federation. The entry form has been emailed directly to the IFBB General Secretary, IFBB Head Office in Madrid and Organizing Committee of the Nordic Fitness Expo.

We strongly encourage you to register early and make the appropriate arrangements to compete in Lahti, Finland. Hotels will be booked up quickly as this is a very, very popular event.



DOPING CONTROL

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.

IMPORTANT NOTICES TO COMPETITORS

All the costs for traveling, hotel accommodations, transportation to and from the airport, as well as meals, are the responsibilities of the National Federations or individual athletes.

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.

CONTACT DETAILS

The last date for submitting the entry forms is October 1, 2015. IFBB National Federations are informed that participation in to this championship is unlimited. Remember that all athletes will have to produce their IFBB International Card at the registration.

Any athlete who has not yet purchase this IFBB International card will have to buy one at registration. IFBB Cards are 30 Euros per year and are mandatory from 2011.

JUDGES

In order to assist the IFBB Judges Committee in their selection of judges for these Championships, please forward your nomination for judges from your National Federation as soon as possible but no later than October 1, 2015 to: **Pawel Filleborn**, Chairman, IFBB Judges Committee, E-mail: pawelfilleborn@gmail.com

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 50.00 for 2015. This fee may be paid at the Championships. Test judges should pay a test fee of EUR 50.00. This fee may be paid at the Championships.

All judges must attend the Judges/Team Manager meeting held at Hotel Cumulus Lahti at 21:00 on Friday, October 9.

If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.

GREEN CARDS

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

Five (5) or more competitors - two (2) green cards

Less than five (5) competitors - one (1) green card

Green Card have authorized entry only to back stage area, not auditorium at the Main Stage (NWFC finals).

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.

TIME DIFFERENCE

GMT +2 hours

CURRENCY

The national currency in Finland is the EURO. All major credit cards are widely accepted at most major hotels, department stores and restaurants.



CLIMATE

During the month of October, the average temperature is + 1-10 °C.

ELECTRICAL CURRENT

The electrical outlet is 220 Volt.

LANGUAGE

The official language in Finland is Finnish. English is widely spoken in hotels, restaurants and shopping malls.

TRAINING FACILITY

The official training facility is Gym K&M, website:

www.kuntokeskuskm.fi

Phone +358 45 276 4990. Email: info@kuntokeskuskm.fi

FRIDAY OCTOBER 9

15:00 Nicole Wilkins posing practice lesson for the competitors

16:00-20:00 Registration at Hotel Cumulus Lahti

SATURDAY OCTOBER 10

09:00 Nicole Wilkins Fitness Championships Pre-Judging, Expo Stage

15:00 Nicole Wilkins Fitness Championships Finals & IFBB Nordic Pro, Main Stage

SUNDAY OCTOBER 11

Official departure dates for all participants.

Bus leaves every hour from 4:15 to midnight.

ENTRY FORM CONTACT DETAILS:

The last date for submitting the entry forms is October 1, 2014.

Please copy all correspondence to:

IFBB Head Office

Email: headquarters@ifbb.com

Internet: www.ifbb.com

And **IFBB Technical Committee**

Email: wanda.tierney@ifbb-uk.com

And **Nordic Fitness Expo**

Email: kp.ourama@kpfitness.fi

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TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change. Please check regularly for updates: www.nicolewilkinschampionships.com

CATEGORIES

Categories for the Nicole Wilkins Fitness Championships are as follows:

Body Fitness - 158 cm, - 163 cm, - 168 cm, + 168 cm

Bikini Fitness - 160 cm, - 163 cm, - 168 cm, + 168 cm

NOTE: The Overall Winners of Body Fitness and Bikini Fitness will receive the IFBB Pro Card.

KP Ourama, Organizer



Nicole Wilkins Fitness Championships

P.O. Box 158, 15101 Lahti FINLAND

Email: kp.ourama@kpfitness.fi

www.nordicfitnessexpo.com

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INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS

Dublin 39/I – Europolis – Las Rozas - Madrid – 28232 – Spain

Tel: (34) 5352819 Fax: (34) 5351518

ENTRY FORM

Deadline date to send the Entry Form is OCTOBER 1st, 2015.

NICOLE WILKINS FITNESS CHAMPIONSHIPS 9TH TO 11TH OCTOBER 2015. LAHTI, FINLAND

COUNTRY	PRESIDENT NAME	FEDERATION NAME
CONTACT No FEDERATION (OFFICE OR CELL PHONE)		EMAIL FEDERATION
If applicable: Responsible Delegate(s) name at this event	Cell phone	Passport NR
1		

ENTRY TO THIS EVENT IS UNLIMITED, BUT HAS TO BE APPROVED BY THE NATIONAL FEDERATION

	Competitor NAME:	CATEGORY	IFBB IC or PASSPORT NR
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IF YOU HAVE MORE ATHLETES AND/OR DELEGATES, PLEASE ADD THEM ON A SEPERATE PAGE OR COPY THE PAGE ABOVE.



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ALL THE COSTS FOR TRAVELLING, HOTEL ACCOMMODATIONS AND MEALS (AND TRANSPORT FROM AND TO THE AIRPORT) MUST BE COVERED BY THE NATIONAL FEDERATIONS. HOTEL RESERVATION MUST BE DONE BY DIRECT COMMUNICATION BETWEEN WITH THE OFFICIAL HOTELS. THE ORGANIZING COMMITTEE OR IFBB WILL NOT BE RESPONSIBLE FOR ANY RESERVATION OR PAYMENT OF HOTEL ACCOMMODATIONS, TRAVELING ARRANGEMENTS AND MEALS.

IMPORTANT NOTES:

The Organizer of the event in LAHTI, FINLAND will not accept any direct registration from athletes.

Entry Forms from athletes will only be considered if they are sent by the National Federation of the athlete and directly to IFBB Headquarters in Madrid and IFBB Technical Committee Mrs. Wanda Tierney (see email addresses below). The final decision to allow an athlete to compete in this event rests with the IFBB.

Registration fee is 150 EUROS per athlete and will have to be paid at the registration desk on the arrival day.

The categories accepted for the above mentioned championships are:

WOMEN'S BODYFITNESS	WOMEN'S BIKINI FITNESS
UP TO 158 cm	UP TO 160 cm
UP TO 163 cm	UP TO 163 cm
UP TO 168 cm	UP TO 168 cm
OVER 168 cm	OVER 168 cm

Registration will start on Thursday from 10am till 8pm.

<p>Please send Entry Form no later than October 1ST, 2015 to: (Preferably by email) IFBB HEAD OFFICE Email: headquarters@ifbb.com Web: www.ifbb.com And IFBB Technical Committee Email: wanda.tierney@ifbb-uk.com</p>	<p>Please Send a copy to: KP Ourama, Organizer of NWFC Nordic Fitness Expo Email: kp.ourama@kpfitness.fi</p>
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ARRIVAL DATE	AIRLINE	FLIGHT No	TIME	DEPARTURE DATE	AIRLINE	FLIGHT No	TIME