



ExCel Centre, ICC Auditorium, London, 18-20 March, 2010



# 1st IFBB Amateur Mr. Olympia & International Cup

**1<sup>st</sup> IFBB Amateur Mr. Olympia and IFBB International Cup  
And IFBB Pro British Grand Prix & Fitness Expo Weekend**

Things are well underway for the first IFBB Mr Olympia Amateur Bodybuilding Championship and the prestigious IFBB International Cup 2011, which will feature the best physiques from across the world on 19<sup>th</sup> and 20<sup>th</sup> March 2011.

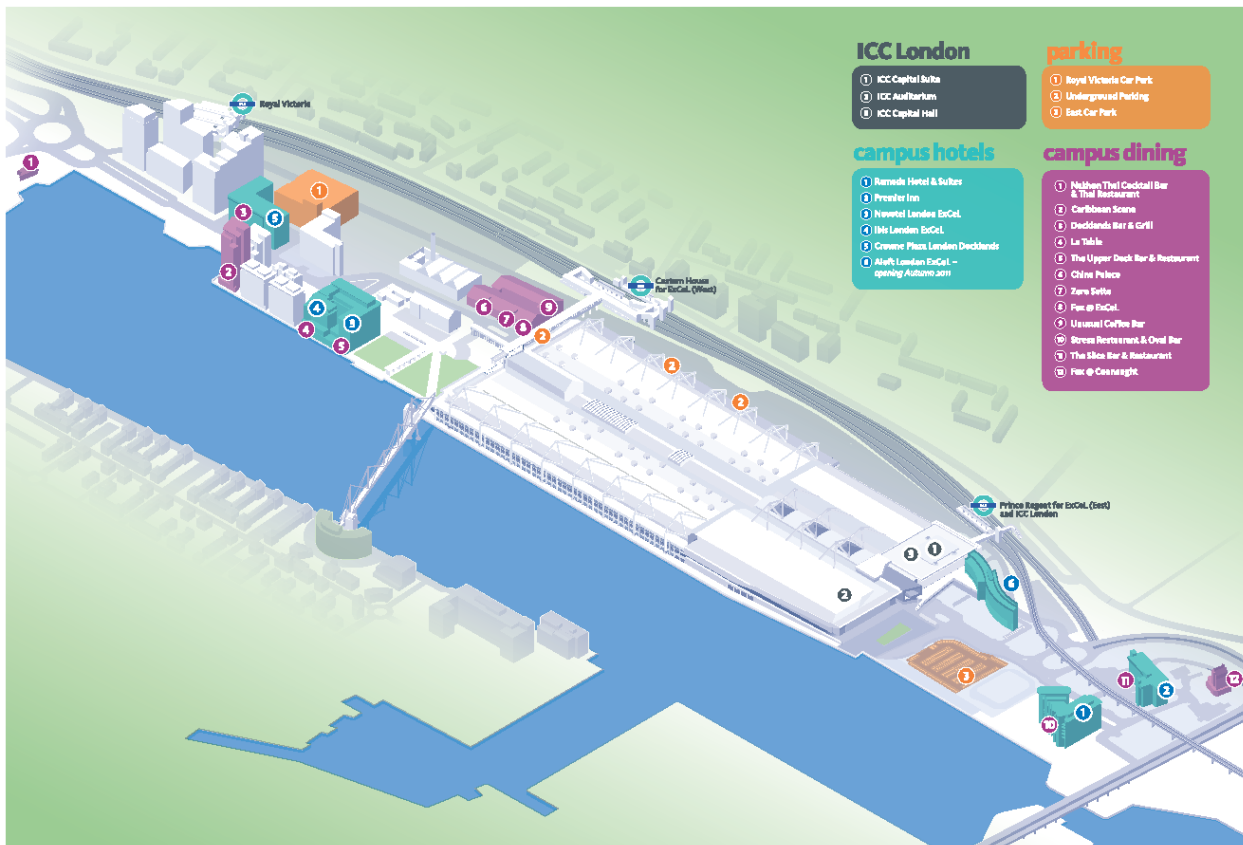
## VENUE

The venue for the Amateur Mr. Olympia will be the ICC Auditorium. The ICC Auditorium is part of the ExCel Centre London which is one of the largest complete convention and expo centres in the UK and has hotels, restaurants, train stations and parking facilities in the area.

The venue is part of a 100 acre campus, including 3 onsite DLR stations, easy access to the Jubilee Line and London City Airport, parking for 3,700 cars, 5 on-site hotels and numerous on-site bars and restaurants.

## HOTELS

There are several hotels in the ExCel Centre area. They range from budget hotels to five star hotels. Please go to [www.excel-london.co.uk](http://www.excel-london.co.uk) and see all the hotels and restaurants connected to the ExCel Centre. You can book your team in any of the hotels. (Attached list with hotels and airports)



Plan of the ExCel ICC Campus

## **REGISTRATION FEE**

Registration fee is €150 per athlete and will have to be paid to the IFBB official when registering.

## **The categories accepted for the Amateur Mr. Olympia are:**

### **Men's Bodybuilding:**

Lightweight: Up to and incl. 70 kg (154 lbs)  
Welterweight: Up to and incl. 75 kg (165 lbs)  
Light-Middleweight: Up to and incl. 80 kg (176 lbs)  
Middleweight: Up to and incl. 85 kg (187 lbs)  
Light-Heavyweight: Up to and incl. 90 kg (198 lbs)  
Heavyweight: Up to and incl. 100 kg (220 lbs)  
Super-Heavyweight: Over 100 kg (220 lbs)

## **The categories open for the IFBB International Cup are:**

### **Women's Bodybuilding:**

Open category

### **Women's Fitness:**

Short: Up to and including 163 cm (5'4")  
Tall: Over 163 cm (over 5'4")

### **Women's Bodyfitness (Figure):**

A: Up to and including 163 cm (5'4")  
B: Over 163 cm (Over 5'4")

### **Women's Bikini**

A: Up to and including 163 cm (5'4")  
B: Over 163 cm (Over 5'4")

### **Men's Classic Bodybuilding\* (see height/weight tolerance list below):**

A: Up to and including 175 cm (5'9")  
B: Over 175 cm (over 5'9")

**The weight/height limits tolerance of the Men's Classic has the following criteria:**

Height	Bodyweight limit
Up to and incl 168 cm	Height -100
Over 168 cm Up to and incl 171 cm	(Height -100) + 2 kg
Over 171 cm Up to and incl 175 cm	(Height -100) + 4 kg
Over 175 cm Up to and incl 180 cm	(Height -100) + 6 kg
Over 180 cm Up to and incl 190 cm	(Height -100) + 8 kg
Over 190cm Up to and incl 198 cm	(Height -100) + 9 kg
Over 198 cm	(Height -100) + 10 kg

**ALL THE COSTS FOR TRAVELING, 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 THE NATIONAL FEDERATION AND THE HOTELS (List of recommended hotels and contacts are provided on [www.excel-london.co.uk](http://www.excel-london.co.uk) ). THE ORGANIZING COMMITTEE OR IFBB WILL NOT BE RESPONSIBLE FOR ANY RESERVATION OR PAYMENT OF HOTEL ACCOMMODATIONS, TRAVELING ARRANGEMENTS AND MEALS.**

## **IMPORTANT NOTES:**

**Entry Forms from athletes will only be considered if they are sent by the National Federation of the athlete and directly to IFBB General Secretary William Tierney with copy to the IFBB Headquarters in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB.**

## **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. Judges will be chosen by the IFBB. The names of those judges submitted in advance will receive priority consideration. All international judges must bring their international judge's cards.

Send your nominations to:

Pawel Filleborn

Chairman

IFBB Judges Committee

Fax: +48 22 642 73 51

E-mail: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)

### **TENTATIVE SCHEDULE**

(The following schedule is subject to changes)

#### **FRIDAY, 18<sup>TH</sup> March**

Registration and Weigh-in from 14:00pm till 20:00pm

At the ICC Auditorium

#### **SATURDAY, 19<sup>th</sup> March ICC Auditorium**

**All Men's Bodybuilding categories**

PRE-JUDGING 10:00am

FINALS 15:00pm

#### **SUNDAY, 20<sup>th</sup> March ICC Auditorium**

**Men's Classic Bodybuilding, Women's Bodybuilding, Bodyfitness, Fitness and Bikini categories**

PRE-JUDGING 10:00am

FINALS 15:00pm

### **CONTACT DETAILS**

**Please send Entry Form no later than March 7<sup>th</sup> 2011 to:**

**IFBB General Secretary**

**William Tierney**

Phone: +44 151 9314090

Fax: +44 151 9314090

E-mail: [w.tierney@ifbb-uk.com](mailto:w.tierney@ifbb-uk.com)

**Please Send a copy to:**

**International Federation of Bodybuilding and Fitness**

**Dr. Rafael Santonja**

**IFBB President**

Phone: +34 91 535 2819

Fax: +34 91 535 0320

E-mail: [internacional@santonja.com](mailto:internacional@santonja.com)

### **Hotels near London Docklands**

#### **Hilton London Docklands Riverside (2.6 MILES FROM ExCel)**

265 Rotherhithe Street, London, SE16 5HW United Kingdom

+44(0)20 3 027 8143

[www.hilton.co.uk/docklands](http://www.hilton.co.uk/docklands)

#### **Ibis London Docklands**

9 Western Gateway, Royal Victoria Dock, E16 1AB London

Tel. : +44(0)207/5171100

[www.ibishotel.com](http://www.ibishotel.com)

#### **Novatel London Docklands**

7 Western Gateway Royal Victoria Dock, , E16 1AA London Tel

+44(0)207/5409700

[www.novatel.com](http://www.novatel.com)

#### **Custom House Hotel**

272 - 283 Victoria Dock Road, E16 3BY London

+44 (0) 20 7474 0011

[www.customhouse-hotel.co.uk](http://www.customhouse-hotel.co.uk)

#### **Holiday Inn Express London Docklands**

1 Silvertown Way, Canning Town, E16 1EA London

+44(0)844 826 6519

[www.holidayinn.com](http://www.holidayinn.com)

#### **Britannia International hotel (2.2 miles from ExCel)**

163 Marsh Wall, Docklands,, E14 9SJ London

[www.britanniahotels.com](http://www.britanniahotels.com)

#### **Crowne Plaza**

Royal Victoria Dock, Western Gateway, E16 1AL London

+44(0)207 055 2000

[www.crowneplazadocklands.co.uk](http://www.crowneplazadocklands.co.uk)

#### **Premier Inn, Docklands**

Excel East, Royal Victoria Dock, Tower Hamlets, E16 1SL London

0871 527 8650

[www.premierinn.com](http://www.premierinn.com)

#### **Ramada Hotels and Suites**

Excel, 2 Festoon Way, Royal Victoria Dock, E16 1RH London

+44(0)207 540 4820

[www.ramadadocklands.co.uk](http://www.ramadadocklands.co.uk)

## Airports

### Heathrow Airport

[www.heathrowairport.com](http://www.heathrowairport.com)

Heathrow Airport Limited, The Compass Centre,  
Nelson Road,  
Hounslow,  
Middlesex  
+44(0)844 335 1801

### London City Airport

E16 2PX

[www.londoncityairport.com](http://www.londoncityairport.com)

+44 (0)20 7646 0088

### Gatwick Airport

[www.gatwickairport.com](http://www.gatwickairport.com)

Gatwick Airport,  
West Sussex  
RH6 0NP  
+44 (0)844 335 1802

### London Stanstead Airport

[www.stanstedairport.com](http://www.stanstedairport.com)

Stansted Airport Limited,  
Enterprise House, Bassingbourn Road,  
Essex, United Kingdom  
CM24 1QW  
+44(0)844 335 1803  
London Luton Airport

[www.london-luton.co.uk](http://www.london-luton.co.uk)

London Luton Airport  
Navigation House  
Airport Way  
Luton, Bedfordshire  
LU2 9LY  
+44(0)1582 405100

## **IFBB BRITISH PRO GRAND PRIX & FITNESS EXPO WEEKEND**

The ExCel Centre, London will also feature the UK's only IFBB professional bodybuilding show, the IFBB British Grand Prix & Fitness Expo Weekend!

During this Fitness Expo weekend there are going to be a range of other strength and extreme sports:

- Giant's Live Strongman British Grand Prix: [www.giantslive.net](http://www.giantslive.net)
- Explosive freestyle BMX & skateboarding demos from Team Extreme: [www.teamextreme.co.uk](http://www.teamextreme.co.uk)
- World record attempts by top Powerlifters
- Arm Wrestling British Grand Prix & the world's only grappler machine: [www.armedcombat.co.uk](http://www.armedcombat.co.uk)
- Male & female fitness model search

The Expo will feature supplement and nutrition brands from the biggest names in the industry. Many stands will be interactive and fun, and there will be a range of discounted designer gym clothing available and gym equipment companies will be present. In addition there will be seminars on nutrition, exercise therapy, personal training from leading specialists.

All IFBB Pro athletes can enter by contacting the Promoter Neil Hill. E-mail: [neilhill69@btinternet.com](mailto:neilhill69@btinternet.com)

For more information about the British Grand Prix or Fitness Expo see [www.grandprixexpo.co.uk](http://www.grandprixexpo.co.uk)