

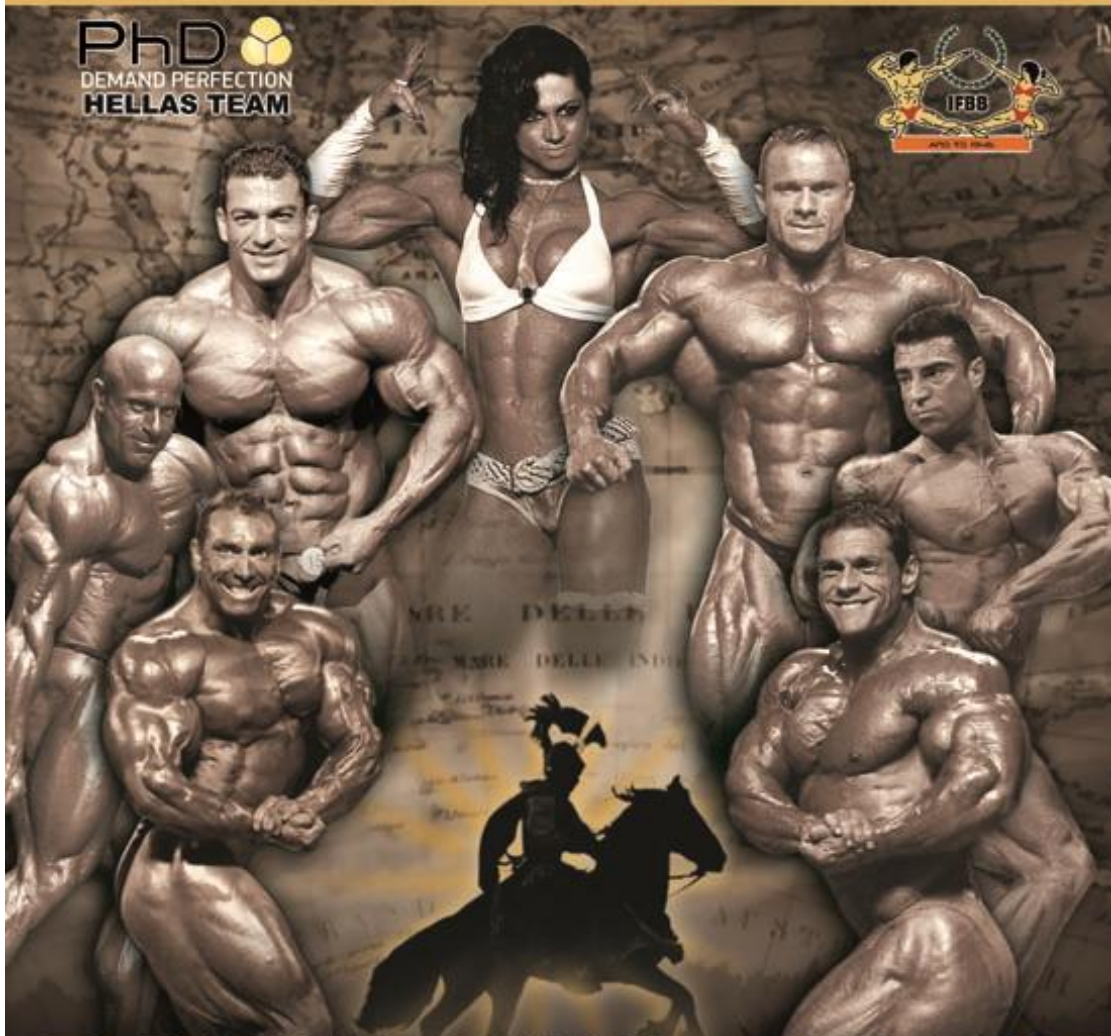
ALEXANDER the GREAT 2011

I.F.B.B. ELITE PRO TOUR

REPORT

ALEXANDER THE GREAT
IFBB ELIT PRO

PhD
 DEMAND PERFECTION
HELLAS TEAM



THESSALONIKI - GREECE
 IN COOPERATION WITH A.S.POLINIKIS

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4-5 JUNE
2011

HELEXPO - IOANNIS VELLIDIS
CONGRESS CENTER

THE CITY OF THESSALONIKI

Thessaloniki, Thessalonica or Salonica is the second-largest city in Greece and the capital of the periphery of Central Macedonia as well as the Greek region of Macedonia. Its honorific title is "co-capital", a reference to its historical status as the "co-reigning" city of the Byzantine Empire, alongside Constantinople. According to the 2001 census, the municipality of Thessaloniki had a population of 363,987, while its Urban Area had a population of 773,180. The Larger Urban Zone (LUZ) of Thessaloniki has an estimated 995,766 residents (2004).

Thessaloniki is Greece's second major economic, industrial, commercial and political center, and a major transportation hub for the rest of southeastern Europe; its commercial port is also of great importance for Greece and the southeastern European hinterland. The city is renowned for its events and festivals, the most famous of which include the annual International Trade Fair, the Thessaloniki International Film Festival, and the largest bi-annual meeting of the Greek diaspora.

Thessaloniki is considered northern Greece's cultural and educational center. It is home to numerous notable Byzantine monuments, including the Paleochristian and Byzantine monuments of Thessalonika, a UNESCO World Heritage Site, as well as several Ottoman and Sephardic Jewish structures. The city's main university, Aristotle University, is the largest in Greece and ranked among the best 250 universities in Europe.



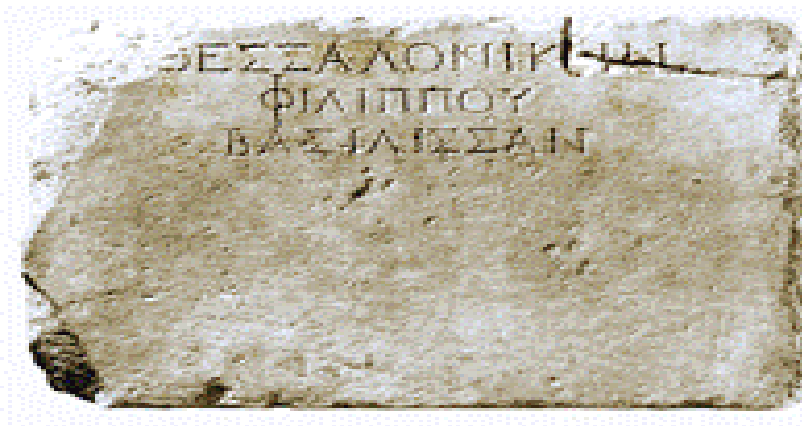
<http://www.youtube.com/watch?v=yCEaLx3SkFE&feature=fvwrel>
<http://www.youtube.com/watch?v=ve8WFz-maTg&feature=related>
<http://www.youtube.com/watch?v=JZKHziYVe-w&feature=related>

THESSALONIKI “THE CITY OF GREAT ALEXANDER”

The city was founded around 315 BC by the King Kassandros of Macedon, on or near the site of the ancient town of Therma and 26 other local villages. He named it after his wife Thessalonike, a half-sister of Alexander the Great (Thessalo-nikē means the "Thessalian victory"). It was an autonomous part of the Kingdom of Macedon. After the fall of the kingdom of Macedon in 168 BC, Thessalonica became a city of the Roman Republic. It grew to be an important trade-hub located on the Via Egnatia, the road connecting Dyrrhachium and Constantinople; it facilitated trade between Europe and Asia. The city became the capital of one of the four Roman districts of Macedonia.

When in 379 the Roman Prefecture of Illyricum was divided between East and West Roman Empires, Thessaloniki became the capital of the new Prefecture of Illyricum.

Ancient Greek inscription reading "Thessaloniki Queen of Phillip".



It is here that the Apostle Paul first brought the message of Christianity (50 A.D.) and that Demetrius, a Roman officer died in martyrdom (303 A.D.), thus becoming the holy patron of the city.

Thessaloniki was the second most important city of the Byzantine Empire, next to Constantinople, and is full of beautiful examples of Byzantine art and architecture. In the 15th Century Thessaloniki became a haven for Jews exiled from Spain, who became an important part of the culture, until they were sent to the concentration camps during the Nazi occupation, thus ending a period of four hundred years of Jewish influence both socially and economically. This period roughly corresponds with the occupation of Greece by the Ottoman Turks. See A Short history of the Jews in Greece.

<http://www.youtube.com/watch?v=5DrRV4JkBPY&feature=related>



ALEXANDER THE GREAT

Alexander III of Macedon (20/21 July 356 – 10/11 June 323 BC), commonly known as Alexander the Great (Greek: Μέγας Αλέξανδρος, *Mégas Aléxandros*), was a king of Macedon (Greek: Βασιλεύς Μακεδόνων), a state in the north eastern region of Greece, and by the age of thirty was the creator of one of the largest empires in ancient history, stretching from the Ionian sea to the Himalaya. He was undefeated in battle and is considered one of the most successful commanders of all time,[1] Born in Pella in 356 BC, Alexander was tutored by the famed philosopher Aristotle. In 336 BC he succeeded his father Philip II of Macedon to the throne after Philip was assassinated. Philip had brought most of the city-states of mainland Greece under Macedonian hegemony, using both military and diplomatic means.

Upon Philip's death, Alexander inherited a strong kingdom and an experienced army. He succeeded in being awarded the generalship of Greece and, with his authority firmly established, launched the military plans for expansion left by his father. In 334 BC he invaded Persian-ruled Asia Minor and began a series of campaigns lasting ten years. Alexander broke the power of Persia in a series of decisive battles, most notably the battles of Issus and Gaugamela. Subsequently he overthrew the Persian king Darius III and conquered the entirety of the Persian Empire. The Macedonian Empire now stretched from the Adriatic sea to the Indus River.

Following his desire to reach the "ends of the world and the Great Outer Sea", he invaded India in 326 BC, but was eventually forced to turn back by the near-mutiny of his troops. Alexander died in Babylon in 323 BC, without realizing a series of planned campaigns that would have begun with an invasion of Arabia. In the years following Alexander's death a series of civil wars tore his empire apart which resulted in the formation of a number of states ruled by the Diadochi - Alexander's surviving generals. Although he is mostly remembered for his vast conquests, Alexander's lasting legacy was not his reign, but the cultural diffusion his conquests engendered.

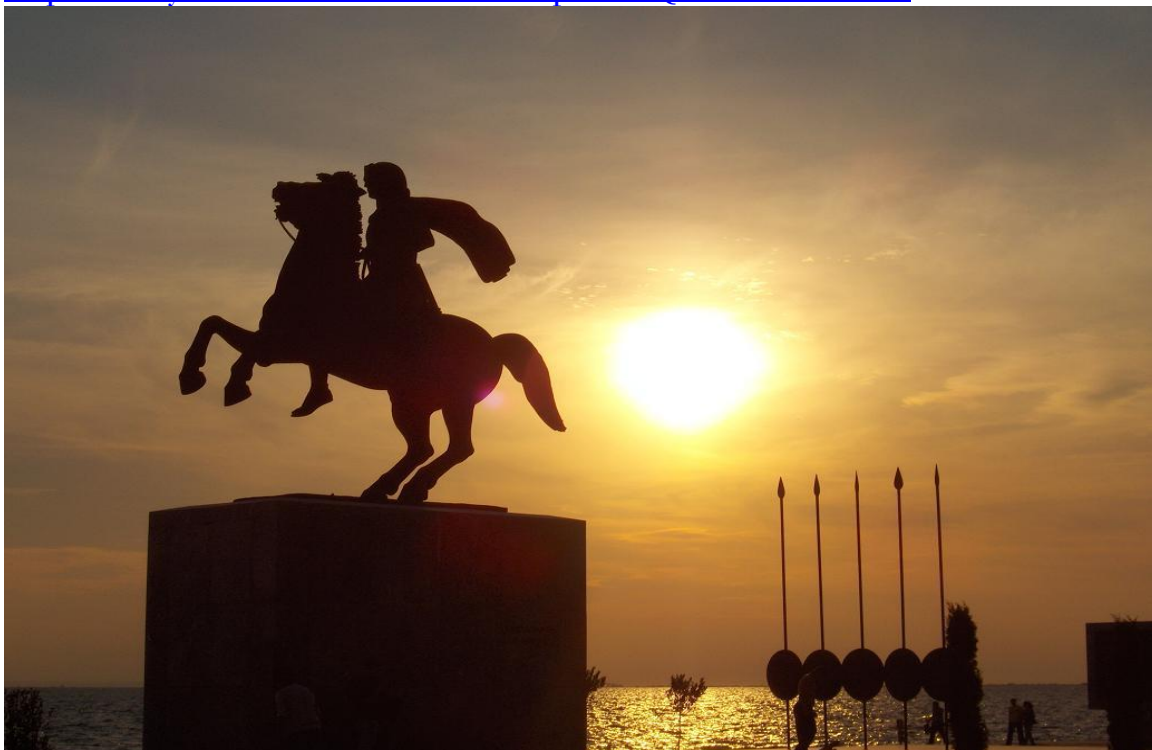
Alexander's settlement of Greek colonists and culture in the east resulted in a new Hellenistic culture, aspects of which were still evident in the traditions of the Byzantine Empire until the mid-15th century. Alexander became legendary as a classical hero in the mold of Achilles, and features prominently in the history and myth of Greek and non-Greek cultures. He became the measure against which generals, even to this day, compare themselves and military academies throughout the world still teach his tactical exploits.

In Bible we find a direct reference to Alexander the Great, in prophet Daniel book, chapter 8 and versus 20, 21, 22:"20. The ram that you saw possessing the two horns stands for the kings of Mirdia and Persia. 21. And the hairy he-goat stands for the king of Greece; and as for the great horn that was between its eyes, its stands for the first king. 22. And that one having been broken, so that there were four that finally stood up instead of it, there are four kingdoms from his nation that will stand up, but not with his power"

http://en.wikipedia.org/wiki/Alexander_the_Great

<http://www.youtube.com/watch?v=aro-lzSXliI&NR=1>

<http://www.youtube.com/watch?v=T9cxp240N2Q&feature=related>





THE MUSEUM

The museum is once again opening its doors to the public following an extended period of renovation work required for the reorganization of the spaces used for exhibits, storage, conservation, and administration. During this period, apart from the extension of the museum building itself, the most significant and essential part of our efforts was completed: the new exhibition of the museum's collections was planned and carried out in a way that responds to the needs of the modern-day visitor.

Our aim is to illuminate various aspects of the culture which developed in Macedonia, primarily in the Thessaloniki area and neighboring prefectures, over a long chronological period: from the dawn of prehistory until late antiquity, i.e., until the first Christian centuries.

And so, we invite you to visit the Museum. Come and listen closely to the histories it has to tell, to see and hear how the objects "write" history. Moreover, we invite you to come to experience and enjoy everything a modern museum has to offer the public: educational programs, exhibitions dealing with both ancient and modern civilization, workshops, lectures, seminars, and recreational events.

The Museum of Thessaloniki is a place of culture and learning, open to everyone!

<http://www.amth.gr/>



THESSALONIKI, GREECE, JUNE 5TH, 2011.

ALEXANDER THE GREAT 2011

I.F.B.B. ELITE PRO TOUR'

BODYBUILDING GRAND-PRIX

VENUE SITE

HELEXPO - IOANNIS VELLIDIS Congress Centre

154 Egnatia Street, Thessaloniki, Greece.

<http://www.helexpo.gr/default.aspx?lang=en-US&loc=1&page=608>

PRIZE MONEY

10.000,00 Euro

– Points for 6 first to the rank for win a Professional IFBB card.

PRESS ACCREDITATION

Those who wish to obtain media accreditation for this event must be registered by completing and signing Media Accreditation Form: this form must be remitted by e-mail to internacional@santonja.com and to papantonisd@yahoo.com from Greece no later than April 30th, 2011.

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

Access to the backstage area and/or dressing room area is strictly limited to essential personnel only.

OFFICIAL ACCOMMODATION FOR ATHLETES AND SUPPORTERS

A special package has been arranged by the organizing committee in a five stars hotel, as follows: 2 night hotel accommodation, including breakfast and two more meals, Dinner Party Sunday night 5th June, Museum Tour at Saturday 4th June and transportation. Inside the hotel a small wellness center with sauna and mini pool are also included in this package. Price for this package until May10th is:

- 240 € - single room
- 340 € - per double room

For reservations made after May 10th, prices will be 300 € per individual room and 400 € per double room.

Also if someone wants to book more days, either before or either after the event, we can arrange special price.



CAMERA/VIDEOTAPE EQUIPMENT

Camera and videotape equipment is strictly prohibited in the backstage area and/or dressing room area.

TICKETS

Prejudging and Finals: 30€ (general), 60€ (VIP)

- With this ticket you can also attend the **24th Greek National Championship** on Saturday, June 4th which will take place in same venue site.

IMPORTANT NOTE: For **VIP tickets** first come first served. Anyone interested please contact

CONTACT INFORMATION

- Mr. Dimitris Papantonis

E-mail: papantonisd@yahoo.com

- Mr. Nikolaos Papageorgiou

E-mail: nicknios@yahoo.com

TENTATIVE SCHEDULE

Saturday, June 4th 2011

08:00-13:00 Arrivals and registration at the Hotel.
14:00-15:00 Lunch at the hotel restaurant.
16:00-19:00 Museum Tour.
20:00-22:00 Dinner at the hotel restaurant.

Sunday, June 5th 2011

06:30-09:00 Breakfast.
10:00-11:00 Competitors Meeting.
11:00-12:00 Judges Meeting.
14:00-15:00 Lunch at the hotel restaurant.
15:30-16:00 Bus transfer from hotel to the place of competition.
17:00-20:00 Prejudging and finals **ALEXANDER THE GREAT-I.F.B.B. ELITE PRO TOUR.**
20:15-20:00 Bus transfer from hotel to the place of competition.
22:00-24:00 Dinner Party.

Monday, June 6th 2011

06:30-09:00 Breakfast.
Check-out and Departures.

NOTE:-Upon arrival you will receive the final schedule.

SECRETARIAT

The Organizing Committee will have a secretariat desk in the lobby of HOTEL from June 4th at 8 a.m. to June 6th 2011. You can obtain information and assistance from Secretariat when required.

POSING MUSIC

All posing music must be on a CD. The music must be at the start of the CD. Each competitor must affix his/her name on the CD for easy identification. All CDs must be given at the secretariat desk upon arrival on the hotel.

COMPETITOR INFORMATION FORM

Fill in this Form for each competitor prior to your departure Thessaloniki and include as many information as possible. This information is used to promote your competitors in press, TV, website and other media. Each athlete should have the Competitor Information Form with her/him at the Registration of competitors (weigh-in) in the hotel.

OTHER VITAL INFORMATION

- **TIME DIFFERENCE: GMT +2**
- **CLIMATE:** http://www.meteo.gr/cf.asp?city_id=1
- **CURRENCY:** The national currency is **EURO**. All major credit cards are accepted in hotels, restaurants and most of the shops.

OFFICIAL PACKAGE FOR ATHLETES AND SUPPORTS

A SPECIAL PACKAGE HAS BEEN ARRANGED BY ORGANIZING COMMITTEE IN A FIVE STARS HOTEL, AS FOLLOWS:
2 NIGHTS HOTEL ACCOMMODATION, INCLUDING BREAKFAST-2 MORE MEALS, DINNER PARTY, MUSEUM TOUR-
TRANSPORTATION HOTEL-VENUE SITE-HOTEL

PRICES FOR THE PACKAGE UNTIL MAY 10TH

240 € - per single room

340 € - per double room

AFTER MAY 10TH

300 € per single room

400 € per double room

RESERVATION FORM

FIRST PERSON

Last name:			First name:		
Passport number:			Country/issue:		
Street/apt:					
City: state:		zip/postal code:		Country:	
Phone(home):			fax:		
E-mail address:					

SECOND PERSON

Last name:			First name:		
Passport number:			Country/issue:		
Street/apt:					
City: state:		zip/postal code:		Country:	
Phone(home):			fax:		
E-mail address:					

PRICES FOR THE PACKAGE UNTIL MAY 10TH

NUMBER:	SINGLE ROOM: 240€	DOUBLE ROOM: 340€	TOTAL: €
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PRICES FOR THE PACKAGE AFTER MAY 10TH

NUMBER:	SINGLE ROOM: 300€	DOUBLE ROOM: 400€	TOTAL: €
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COMPETITOR INFORMATION FORM

ALEXANDER THE GREAT- I.F.B.B. ELITE PRO TOURNAMENT

THESSALONIKI JUNE 5TH, 2011

FIRST NAME:.....**LAST NAME:**.....

COUNTRY:.....**DATE OF BIRTH:**.....

CONTEST BODYWEIGHT:.....**HEIGHT:**.....

OFF-SEASON BODYWEIGHT:.....

OCCUPATION EDUCATED:.....

CURRENTLY PERFORMED JOB:.....

GYM (STUDIO, CLUB):.....**CITY:**.....

TRAINERS:.....

HOBBY:.....

NEXT CONTEST(PLANNED):.....

SPORT ACHIEVEMENTS:.....

.....

.....

.....

HOME ADDRESS:.....

CONTACT PHONE/FAX:.....

E-MAIL ADDRESS(in block letters):.....

YOUR PERSONAL WEBSITE ADDRESS:.....

.....

Signature



<http://www.youtube.com/watch?v=y89vfNpxbW0>

<http://www.youtube.com/watch?v=aro-lzSXlil&feature=related>