



IFBB Pro Nordic Championships - Event of the decade!

IFBB Pro Nordic Championships will be held in Sibelius Hall, Lahti, Finland at 31 March 2012. The event is organized by KP Fitness Productions Ltd. co-operation with the IFBB Professional League and IFBB Finland. [1100-seat Sibelius Hall](#) is a perfect place to have a professional-level event.

The IFBB Professional League has given the rights to KP Fitness Productions to organize men's professional bodybuilding 202 class championships and figure.

All Scandinavian IFBB Professional Bodybuilders 202 and Professional Figure athletes are invited by the organizer to get:

- Two nights stay at the competition hotel (double bed room)
- Flight from their home country to Helsinki Airport.
- Transportation from Helsinki Airport to Lahti and back to Helsinki Airport

NOTE: to get above mentioned you must contact KP Fitness Productions not later than 30th August 2011.

Scandinavian Amateur Bodybuilding Grand Prix and Body Fitness Cup

Before the IFBB Pro Nordic Championships there will be a high level bodybuilding and body fitness competition - Scandinavian Amateur Grand Prix Bodybuilding and Body Fitness Cup.

Scandinavian Amateur Bodybuilding Grand Prix will be for Scandinavian bodybuilders under 202 pounds, which is 90,9 kg. Scandinavian Body Fitness Cup is open class contest for body fitness competitors.

Winners of Scandinavian Amateur Bodybuilding Grand Prix and Body Fitness Cup will get a chance to compete in professional competition later the evening PLUS they will also receive an IFBB Professional League Professional Card. Their National Federation should agree if their competitor win his or hers class they can turn pro later that evening. KP Fitness Productions will handle all the technical matters with the IFBB professional league.

Scandinavian Amateur Grand Prix Bodybuilding and Body Fitness Cup is a professional qualifier which brings an appreciation of all the Nordic countries.

Qualifications requirements

To meet the qualifications requirements for Scandinavian Amateur Bodybuilding Grand Prix and Body Fitness Cup, the athletes must at least have qualified for the finals in their national championship within the last three years. Only four (4) competitors / each sport from each country will get invitation (4 bodybuilders and 4 body fitness competitors). Two delegates (at least one delegate as a judge) will be get invitation.

Team (maximum 8 athletes and 2 delegates) will get:

- Two nights stay at the competition hotel (double bed room)
- Transportation from Helsinki Airport to Lahti and back to Helsinki Airport

NOTE: Teams must

Schedule

30th March	time 18.00	Competitors meeting and weight in
31th March	time 14.00	Scandinavian Amateur Bodybuilding Grand Prix and Body Fitness Cup
	time 17.00	IFBB Pro Nordic Championships

Welcome to Event of the Decade!

Additional information:

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