



IFBB Amateur Grandprix

WOMENS & MENS BODYBUILDING - BODYBUILDING MASTERS - BODYBUILDING JUNIOR
WOMENS & MENS PHYSIQUE - CLASSIC BODYBUILDING - BODYFITNESS
WOMENS & MENS ATHLETIC FITNESS - BIKINI

RINGSTED KONGRESCENTER

Saturday the 19th of April & Sunday the 20th of April 2014

The DBFF/IFBB, proudly invite you to the LOADED CUP 2014. The competition is open for ALL IFBB athletes with a top 6 placement during the last 5 years, and only for competitors reported and approved by their national IFBB federation.

Venue

Ringsted Kongrescenter, Nørretorv 9, 4100 Ringsted, Denmark

Date

Saturday the 19th of April and Sunday the 20th of April 2014.

Facebook

Join the fansite for the LOADED CUP 2014 to read more, stay updated, and ask questions if you are to attend the competition, visit the expo, or even compete yourself. www.facebook.com/LoadedCup?fref=ts

Weight-in

We will make 2 weight-in's - that means we will do it like this:

Friday the 18th of April at 17.00 the latest - All the Saturday-athletes will have to be in Ringsted Congress Center.

Saturday the 19th of April at 13.30 the latest - All the Sunday-athletes will have to be in Ringsted Congress Center.

Saturday April the 19th of April 2014

Womens Bodybuilding / one open class

The winner's will get...

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Womens Physique / -163cm and +163cm

The number 1 and 2 in each class will go to the overall - so 4 athletes in total in the overall and winner's will get...

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Mens Physique / -170cm -174cm -178cm and +178cm

Only number 1 in each class will go in to the overall and winner's will get...

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Mens Classic Bodybuilding / -180 cm and +180 cm

The number 1 and 2 in each class will go to the overall - so 4 athletes in total in the overall and winner`s will get...

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Mens Bodybuilding / -70kg -80kg -90kg -100kg +100kg and Overall

The number 1 in each class will go to the overall - so 5 athletes in total in the overall and winner`s will get...

1. place 2500 euro
2. place 1500 euro
3. Place 1000 euro
4. Place 750 euro
5. Place 500 euro

Mens Bodybuilding Masters over 40 years / one open class

If more than 6 athletes we will move you into -80kg and +80kg and make a overall and winner`s will get...

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Mens Bodybuilding Junior op till 23 years / one open class

If more than 6 athletes we will move you into -80kg and +80kg and make a overall and winner`s will get...

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Sunday April the 20th of April 2014

Bikini / -160cm -163cm -166cm -169cm -172cm +172cm and Overall

The number 1 in each class will go to the overall - so 6 athletes in total in the overall and winner`s will get...

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Womens Bodyfitness / -158cm -163cm -168cm +168cm and Overall

The number 1 in each class will go to the overall - so 4 athletes in total in the overall and winner`s will get...

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Womens Bodyfitness Masters - over 35 years / one open class

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Mens Athletic Fitness / one open class

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Womens Athletic Fitness / one open class

1. place 500 euro
2. place 250 euro
3. Place 100 euro

TO ENTER LOADED CUP 2014 YOU NEED A TOP 6 PLACEMENT DUING THE LAST 5 YEARS IN A IFBB CONTEST, PLUS A VALID IFBB REGISTRATION.

YOU HAVE TO REGISTER THROUGH YOUR NATIONAL FEDERATION!

WHEN YOU HAVE BEEN APPROVED BY YOUR FEDERATION THEY WILL SIGN YOU UP FOR LOADED CUP 2014.

Rules

The LOADED CUP is arranged according to the rules set by the IFBB.

Fee

The fee is 750,00 Dkr or 100 euro. The 750 Dkr or 100 euro covers one athlete and one coach.

Bodybuilding, Physique and Classic Bodybuilding weight in registration.

At the registration/weigh-in we will check for your payment of the entry fee, and you will present your posing music (BB and CBB). You must do the weigh-in in your posing trunks/suit. You have to have one layer of color on as well - Remember that all kind of sticky cream is not allowed by the IFBB.

Body Fitness - Bikine and Athletic Fitness - Registration

At the registration/weigh-in we will check for your payment of the entry fee, and you will present your posing suit and shoes. You have to have one layer of color on as well - Remember that all kind of sticky cream is not allowed by the IFBB.

IMPORTANT!

All athletes that attend will get a GASP or a BETTER BODIES training bag filled up with goodies from all the sponsors with a value of at least 250€

Competition memo

A detailed memo will be sent to all athletes and federation about one week before the GP.

Date

The contest will take place on **Saturday the 19th of April and Sunday the 20th of April 2014.**

Location

Ringsted Kongerscenter, Nørretorv 22, 4100 Ringsted, Denmark.

Ringsted is based 66 km. from Copenhagen Airport - Highway E20 goes directly from the airport to Ringsted, take exit 36. You can also travel by train directly from the airport to Ringsted by Intercity Train.

If you go by the German/Danish border in Padborg take highway E45/E20 towards Copenhagen, and take exit 36. It is about 250 km. from the German border.

Tickets

All tickets are sold through www.billetnet.dk and www.ticketmaster.com - **FOR THE 2014 SHOW – ALL WEEKEND TICKETS AND SATURDAY TICKETS ARE SOLD OUT!!!!**

For more information please check www.loadedcup.dk or contact info@loaded.dk

Hotel

Scandic Hotel – SOLD OUT!!!

Nørretorv 57, 4100 Ringsted
(+45) 5761 9300
www.scandic-hotels.dk/ringsted

The hotel is located next to the venue site.
The price per night is approx 750,00 DKK(100€) for a room with two beds.

Danhostel

Sct. Bendtsgade18, 4100 Ringsted
(+45) 5761 1526
www.danhostel.dk/ringsted

This is a cheaper solution - the price for a room with two beds is approx 400,00 DKK(60€) per night.

Sorø Store Kro

Abildsvej 100, 4180 Sorø
(+45) 5783 5600
www.comwell.com/hoteller/comwell_soroe_storkro

Postgaarden

Storegade 25, 4180 Sorø
(+45) 5783 2222
www.hotelpostgaarden.dk

Hotel Antvorskov

Trafikcenter Allé - 4200 Slagelse
(+45) 58 50 53 60
info@hotelantvorskov.dk
www.hotelantvorskov.dk

Best Regards

Your LOADED CUP 2014 Team and the DBFF Denmark