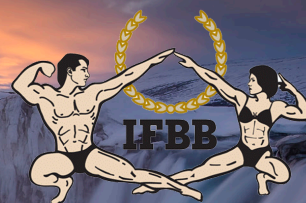


NORDIC CHAMPIONSHIPS 2014 IN ICELAND



Icelandic Bodybuilding
and Fitness Federation

Email: ifbb@fitness.is

AMATEUR COMPETITION – Reykjavík, Iceland, November 1st.

- MEN'S BODYBUILDING
- MEN'S CLASSIC BODYBUILDING
- WOMEN'S BODY FITNESS
- WOMEN'S BIKINI FITNESS
- MEN AND WOMEN'S PHYSIQUE

Welcome to the Nordic Championships 2014 - Amateur competition in Bodybuilding, Body Fitness, Bikini Fitness and Classic Bodybuilding. The competition is arranged by The Icelandic Bodybuilding and Fitness Federation (www.fitness.is).

LOCATION:

The competition will be held at Háskólabíó (www.haskolabio.is) which is located at Hagatorg in Reykjavik. The large hall takes 970 seats, has a sloping floor and 100 m² platform on two levels.

The 4-star Radisson SAS Saga Hotel is just across the street, with 209 rooms and suites, restaurants, bars and lounges. There are many more first-class hotels in the city centre. The University Cinema has hosted regular domestic and international events for many years, for the medical and pharmaceutical sector, the industrial and technical sector, public and international institutions, advertising and marketing and many more. This is the arena where most IFBB championships have been held.

CATEGORIES:

There is no limitation in the number of athletes. Each Federation decide if their competitors have the standard to be qualified.

Bodybuilding Men: -80, -90, -100, +100 kg

Classic Bodybuilding Men: -180, +180 cm

Women's Physique: one open category

Men's Physique: one open category

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

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

If a class has less than 3 athletes, the competitors will be transferred to the next class.

TENTATIVE SCHEDULE:

Friday 31st of October

- 18.00 Registration/Weigh-in for male categories
- 19.00 Registration/measurement for women categories.
- 20.00 Judges/Delegates meeting.
- 20.30 Nordic Congress

Saturday 1st of November:

- 9.00 Prejudging
- 18.00 Finals



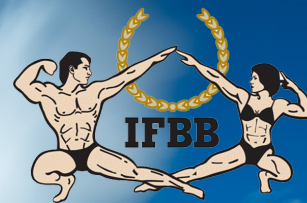
WEIGH-IN/REGISTRATION

The weigh-in for bodybuilders and the registration for fitness athletes will be held at Háskólabíó, Hagatorg, 107 Reykjavík. Same location as the competition will take place. Please be there in time. Competitors should show up in posing trunks/bikinis at the weigh in.

ENTRY FORM

Deadline for final entry form is friday, 17th of october. The entry form is a online entry form which will be sent to each federation. Registration will open in june.

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HOTEL

We have made arrangements at the **Radisson Saga Hotel** for a good price.

<http://www.saga.reykjavik.radissonsas.com/>

It is located 100 m from the competition house. Great location.

Single room 106 € with breakfast

Double room 126 € with breakfast

Reference: 141031HBIO

Send hotel bookings to k.thors@radissonblu.com

The Icelandic Federation will provide one free double room for each federation for two nights.

TICKETS

Tickets will be available at the venue and at the door.

Prices: Sunday Prejudging ISK 1.500,- (10 Euro) / Finals ISK 3500,- (22 Euro)

RULES

The competition is arranged according to the rules set by IFBB/EFBB.

FAREWELL BANQUET

Information about the Farewell banquet will be available shortly before the championships.

PASSPORT/MUSIC

All competitors must provide their PASSPORT and POSING MUSIC at the registration. The posing music must be presented on CD, covering only the posing music. The athlete's name and country must be labeled on the CD for identification purposes.

JUDGES

Nominations for judges can be forwarded to Einar Gudmann, einar@fitness.is no later than 1st of October. International judges preferred.



JUDGES/DELEGATES MEETING:

Please make arrangements so that the nominated judges, including test judges, chief official and/or team manager attends the Judges/Team Managers Meeting.

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

Pursuant to IFBB Rules, access to the backstage area and/or dressing room area is strictly limited to essential personnel only.

NORDIC CONGRESS

A meeting of the Nordic countries will be held after the Weigh-in on Friday. The meeting is attended by the presidents of the Nordic Federations participating in the Championships. Suggestions for the agenda is well appreciated.

MORE INFO:

Visit our website at www.fitness.is or send email to ifbb@fitness.is