

INSPECTIONS REPORT
IFBB GRAND PRIX OPEN
MAN'S PHYSIQUE AND BIKINI FITNESS CONTEST
“KING AND QUEEN OF THE BEACH 2015“

CROATIAN NATIONAL
CHAMPIONSHIP

&

KING & QUEEN

of the Beach
2015



WELCOME

The Organizing Committee of the Bodybuilding club „Veli Jože“ Poreč, City of Poreč and caffe “del Mar” take this opportunity to welcome all National Federations to participate in the **IFBB GRAND PRIX OPEN MAN'S PHYSIQUE AND BIKINI FITNESS CONTEST “KING AND QUEEN OF THE BEACH 2014”**, which is going to happen on 7th of June 2015 in city Porec, Croatia, under the supervision of Croatian bodybuilding union (in short: HBBS).



LOCATION: CITY OF POREC

By different actions, which have been organized for several years in a row by the Croatian media and National Tourist Organization there is no one else but Porec when it comes to taking first place. Porec in Istria have so many rewards and certificates which no other Croatian tourist city has. The hotels, restaurants, tourist offices and travel agencies are almost universally staffed with multilingual people who make an effort to welcome visitors.

The city of Porec has extremely interesting history because it is almost 2,000 years old, and is set around a harbor protected from the sea by the small island of St. Nicholas. Today, tourist infrastructure is intentionally dispersed along the 37 km long coastline, between the Mirna River and the deep Lim valley. Poreč's heritage can be seen in the historic town centre, in museums and galleries hosted in houses and palaces, many of them still private homes as they have been for centuries.



- **Euphrasian Basilica** - The most valuable cultural monument in Porec. It was built on the remains of an earlier tri-portal basilica, in the first half of the 6th century, during the period of Bishop Euphrasius, whose name it bears. Visitors' tours are possible everyday except during religious rituals. It is possible to climb up to the steeple and view Porec and its surroundings. The complex of the Euphrasian Basilica represents a significant global monument acknowledged by UNESCO organization in the year 1997.

Porec has one more feature - sports. Many individuals, teams and selections of different sports choose Porec for training. The sports offer satisfies even those most demanding tourist amateurs. Ever since the 1970s, the coast of Porec has been the most visited tourist destination in Croatia.

VENUE SITE:

The IFBB GRAND PRIX OPEN MAN'S PHYSIQUE AND BIKINI FITNESS CONTEST “KING AND QUEEN OF THE BEACH 2015“ will take place at caffe and lounge bar “del Mar” in Porec.



Caffe Del Mar:

On the west side of the main promenade in Porec is located caffe del Mar. Open during the day it's a great chill out place. It offers many interesting coffe drinks and top desserts. A special offer is also available in the VIP zone, with guaranteed discretion and excellent service. In this beautiful bar you can listen all kind of music and enjoy a fantastic view of the island of St. Nikola and boats that constantly pass through there. Every weekend at the late evening hours, the innocence of the day turns into superior energy of the nightlife parties, with the ever-present various DJs and carefully picked events and concerts.

ACCOMMODATION/ RECOMMENDED HOTELS

All the costs for travelling, hotel accommodations and meals are the responsibilities of the athletes and delegates themselves, but organizing Committee of the Bodybuilding and fitness club „Veli Jože“ Porec will help all teams with the special offer in hotel Palazzo.

SPECIAL OFFER

Hotel Grand Palazzo

For foreign competitors and their delegate price for 2 nights with full board (meals -BB approved) is only **99€**. Registration fee is included in price. For all others who don't want to use this offer registration fee cost **20€**.

Last reservation and booking is **May 10th**.

All costs about this offer (99€) is payable at this account:

PBZ Bank Zagreb

2340009 -1110571051

- BBK Veli Joze, Vukovarska 4, 52440 Porec



Hotel Palazzo * * * *

Situated near the beach in the city center the Grand Hotel Palazzo offers you the latest comfort after its refurbishment in 2009.

The wellness centre on site includes a hot tub offering wonderful views of the sea and you can select from elegantly furnished and air-conditioned rooms and large suites.

Refined local and international cuisine is served in the restaurant.

You enjoy superb views of the historic monuments of the Old Town or of the Sveti Nikola island and the sea on the other side. The scent of the sea and of the pine trees in the nearby park combine to a truly Mediterranean experience.

Wireless internet access is available for free in the entire Grand Hotel Palazzo.

Parking is possible at a secured parking space nearby with free shuttle service.

More info and photos on: www.hotel-palazzo.hr and www.fatours.com



ARRIVALS

All national federation arrivals are day before the competition, or on day of the competition. The most suitable arrival day is Friday, June 5h. Porec is placed 77 km away from Trieste (IT), 100km from Rijeka, 250 km from Zagreb. You can get to the Porec coast by taking a automobile, bus or boat. The nearest airports are in Pula cca 50 km and in Ronchi (Trieste) cca 110km. If you come with a plane the Organizing Committee will arrange transport for all the National teams from/to the airport.

VISAS

All citizens of EU may enter with valid ID. If you are not from EU please consult the Croatian Embassy to determine if you need a passport or visa.

CURRENCY

The national currency in Republic Croatia is the KUNA (KN). One Euro is approximately 7,5 Kuna. Foreign currencies can be exchanged in banks, exchange offices, post offices and in most tourist agencies, hotels and camps where are the all major credit cards also accepted.

OFFICIAL LANGUAGE

The official language is Croatian, but English is widely used in hotels, shopping and tourist areas.

TIME DIFFERENCE

The time in Porec is in CEST+1.

CLIMATE

Mediterranean climate (warm and dry summers, mild and pleasant winters). During the month of June, the average temperature is about 23°C.

NATIONAL TEAM

All national team federations are free to send as many competitors as they have, ready to compete, who are not on any sanction what so ever.

CATEGORIES OPEN FOR COMPETITION

The competition is held according to the rules of the IFBB and will include the following categories:

Man's physique: two categories depends on height

Women bikini fitness: two categories depends on height

We ask all competitors to send us on e-mail their exactly height as soon as possible so we can classify you.

E-mail: kingqueenbeach@gmail.com

GRAND FINALE

Grand finale goes after selection of Top 4 from low and Top 4 from high category depends on height.

REGISTRATION FEE

Each foreign athletes and delegate participating will be obligated to pay a participation fee of **20 €**. This fee is payable to the Organizing Committee during registration, upon arrival in Porec.

Each club may enter not limited number of athletes.

TANNING NEEDS

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.

The Organizing Committee of IFBB „IFBB GRAND PRIX OPEN MAN'S PHYSIQUE AND BIKINI FITNESS CONTEST “KING AND QUEEN OF THE BEACH 2015“ 2015 has aranged for all athletes officialy Jan Tana airbrush tanning service on the venue.

All athletes will be able to get full service of airbrush tanning for only 40 euro.

BACKSTAGE/DRESSING ROOM ACCES

Access to the backstage area and dressing room area shall be strictly limited to essential personnel **ONLY**. Coaches and trainers who assist athletes in the dressing room **MUST BE OF THE SAME SEX AS THE ATHLETE THEY ARE ASSISTING**.

PASSPORT

Competitors must provide their **PASSPORT**.

FINAL ENTRY FORMS

Please confirm your participation not later than May 15st, on e-mail:

- kingqueenbeach@gmail.com
- crobbf@gmail.com

National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including judges) in the Final Entry Form. Also include arrival and departure information.

KING&QUEEN OF THE BEACH 2015

Friday, June 5th 2015 - Arrival competitors and delegates
16:00 – 20:00 - Registration of athletes

Sunday, June 7th 2015

13:30 – 15:00 - Semifinals
15:00 – 15:30 - Sponsors presentation
15:30 - Finals and after party

CROATIAN NATIONAL CHAMPIONSHIP 2015

Friday, June 5th 2015 - **16:00 – 20:00**
- registration of competitors

Saturday, June 6th 2015 - **11:00 – 18:00**
- Croatian Championship 2015
(bodybuilding i classic bodybuilding, physique, body fitness)

Sunday, June 7th 2015 - **11:00 – 13:00**
- Croatian Championship 2015
(men's physique and bikini fitness)

AWARDS - KING&QUEEN OF THE BEACH 2105

Trophies, medals, diplomas and sponsor gifts will be presented for all competitors.
Athletes will be rewarded accordingly:

MAN'S PHYSIQUE :

1st position: 1500,00 kn (200,00 €)

- Special gifts

2nd position: 1000,00 kn (133,00 €)

- Special gifts

3rd position: 500,00 kn (66,00 €)

- Spacial gifts

BIKINI FITNESS:

1st position: 1500,00 kn (200,00 €)

- Special gifts

2nd position: 1000,00 kn (133,00 €)

- Special gifts

3rd position: 500,00 kn (66,00 €)

- Special gifts

Currency Converter Euro to Kuna. 1.00 EUR = 7.5 kuna

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CONTACT INFORMATION:

Veli Joze Gym

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