



LATVIAN BODYBUILDING, FITNESS AND BODYFITNESS FEDERATION

Invite to participate in

IFBB OPEN LATVIAN CHAMPIONSHIPS 2015

**May 3rd, 2015
RIGA, LATVIA**

Dear Friends,

On behalf of the Latvian Bodybuilding, fitness and bodyfitness federation I have the great pleasure of inviting You to participate in IFBB Open Latvian Championships 2015 which will be held on 3rd May, 2015 in Riga, the capital of Latvia.

Please find enclosed the regulations of the competitions and the other necessary information.

We look forward to welcome Your delegation in Riga!

Yours Sincerely,

Christina Vedernikova
President
Latvian Bodybuilding, fitness and bodyfitness federation

DATE AND TIME

DATE: May 3rd (Sunday)

REGISTRATION: 10:30-11:30

COMPETITION: 13:00

ABOUT RIGA

The competition will be held in the capital city of Latvia. Riga is the gem of the Baltics. It is situated at the mouth of the Daugava, on the shores of the Gulf of Riga on the Baltic Sea.

Climate in Riga is influenced by its proximity to the sea; therefore it is moderately warm and humid. The average temperature in May is +15 C.

IMPORTANT INFORMATION

All the costs for travelling, accomodations and meals are the responsibilities of the athletes and delegates themselves.

ACCOMMODATION/ RECOMMENDED HOTELS

Organizing Committee of the Latvian Bodybuilding, fitness and bodyfitness federation will help all the National teams with the hotel reservations and suggest the best available hotels.

VISAS

A valid passport is required to entry into Latvian Republic. Please consult the Latvian Embassy in your country to determine if you need a visa. The Organizing Committee of the Latvian Bodybuilding, fitness and bodyfitness federation will help to arrange the visas for all the athletes and officials.

CURRENCY

The national currency in Latvian Republic is Euro. All major credit cards are accepted in hotels, restaurants and most of the shops.

VENUE SITE

Royal Casino SPA & Hotel Resort

Terbatas street 73, LV-1001, Riga (Tērbatas iela 73, LV-1001, Rīga)

www.royalhotel.lv



Concert Hall Studio 69 is located in the city centre of Riga. Entertainment centre is only 15 minutes walk from the Old Riga, 20 minutes from the central train station.

Royal Casino SPA & Hotel Resort is a unique luxury five star hotel and entertainment centre that offer the highest class services to satisfy all your needs and wishes. Royal Casino SPA & Hotel Resort offers to stay in the highest class suites and experience the unforgettable feeling of different world cities and styles just in one place. Centre proposes to relax in the Season SPA beauty salon and feel fit in the Global fitness centre. Sense the atmosphere of Riga nightlife in our nightclubs Studio 69 and get inspired in the Royal Casino. You can fulfil all your culinary wishes by visiting prestige restaurant Le Bouquet, cosy and light café Bellagio, and Lobby bar.

REGISTRATION FEE FOR LATVIAN CHAMPIONSHIPS

All the foreign athletes nominated by their IFBB National Federations to participate in IFBB LATVIAN CHAMPIONSHIPS **have to pay the Registration Fee 15 EUR.**

The fee must be payed at the weigh-in/registration.

The cost of entrance ticket to the venue site for supporters and other members of the team is 15 EUR.

Two delegates (one judge and one coach) per country are invited to the venue site without entrance tickets.

CATEGORIES OPEN FOR IFBB LATVIAN CHAMPIONSHIPS

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

- 1) **Children's Fitness:** up to 7 years of age (born 2008 and over)
- 2) **Children's Fitness:** 8 up to 9 years of age (born 2006-2007)
- 3) **Children's Fitness:** 10 up to 11 years of age (born 2004-2005)
- 4) **Children's Fitness:** 12 up to 13 years of age (born 2002-2003)
- 5) **Children's Fitness:** 14 up to 15 years of age (born 2000-2001)

- 6) **Women's Fitness:** open
- 7) **Women's Bodyfitness:** open
- 8) **Women's Bikini Fitness Juniors** (from 16 – up to 23 years): open
- 9) **Women's Bikini Fitness:** up to 163cm
- 10) **Women's Bikini Fitness:** up to 169cm
- 11) **Women's Bikini Fitness:** over 169cm
- 12) **Miss Bikini Fitness project**
- 13) **Men's Bodybuilding:** open
- 14) **Men's Physique:** up to 178cm
- 15) **Men's Physique:** over 178cm

TANNING NEEDS

The IFBB has banned all tans and bronzers that can be wiped off. An official will check the tan of all athletes backstage. If the tan comes off by simply wiping, the athlete will be told to remove it.

AWARDS

Trophies and medals will be presented for 1-6 places.

PASSPORT / MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh-in/height measurement, failing which the competitor will not be registered. The music must be on CD, at the start of the CD. The athlete's name must be affixed on the CD for identification purposes. The use of profane, vulgar and/or offensive language is strictly prohibited in posing music.

JUDGES

Team of judges will consist of seven judges. All IFBB International Amateur Judges must be in possession of a valid Judging Card.

COMPETITOR ENTRY FORM

This form must be completed by each competitor BEFORE the weigh-in/height measurement and must be given to the LBFBB Registrar. This information is used to promote the competitor during the competition on the stage.

FINAL ENTRY FORMS

Please confirm your participation not later than **April 12th, 2015** to ifbb@ifbb.lv with copy to christinaifbb@inbox.lv

National Federations must submit the actual names of all Official Participants (Athletes by category, judge and official) in the Final Entry Form. Please also include approximate time of arrival at the venue site.

CONTACT INFORMATION

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