

# **BETTER BODIES** **CHALLENGE**

**BODYBUILDING & FITNESS COMPETITION**

**Most welcome to the first edition of Better Bodies Challenge.**

**The competition is only open to Swedish & Nordic athletes that are members in a National Federation affiliated to the IFBB.**

**Date:**

Saturday 5 March starting 09.00  
with running order in blocks.

The venue is Folkets Hus Stockholm City Conference Center and is located at Barnhusgatan 12-14 in Stockholm. Only 5-10 minutes walk from Stockholm Central Station.

**Registration:**

Will be Friday 4th March, Time 19.00 at the competition venue Folkets hus Stockholm City Conference Center.

At the registration/weigh in you must pay your entry fee of 500 SEK or 55€. Only cash is accepted.

You must do the weigh in with your posing suit on.

Competitors may show their attire at the registration but are still responsible for showing up for competition in suits and attire according to the IFBB rules.

At the registration you will receive badges for competitors and coaches (one coach for each competitor).  
**Rules:**

Better Bodies Challenge is arranged according to the rules set by the IFBB, EBFF and SKKF.



**Sign up:**

Last day of entry is 19th Februari.

All Swedish competitors will use entry form at [www.betterbodieschallenge.se](http://www.betterbodieschallenge.se)

All foreign competitors must sign up through their national federation.

The National Federation will send their entry form to [per.sundstrom@skkf.org](mailto:per.sundstrom@skkf.org) at Swedish Bodybuilding & Fitness Federation.

**Posing music:**

All posing music must be send to [info@betterbodieschallenge.se](mailto:info@betterbodieschallenge.se) Use MP3 versions.

The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

The posing time will be 30 seconds for Womens Physique and 60 seconds for Bodybuilding and CBB.

Make a note if you want your music to start when you are on stage or if you will walk into the stage with the music already started.

**Tanning needs:**

There will be Spray Tanning Team reFORM by Ironsport at Delta Gym Hälsingegatan 5 in Stockholm. Do note that this service is not at the competition venue. Only 5 minutes away at Delta Gym.

The service costs Swedish kronor 1100 or 120 euro this includes everything needed to get the best possible color and oil. Pay by cash or Credit Card on the spot!

More information at: [SPRAYTAN@IRONSPORT.SE](mailto:SPRAYTAN@IRONSPORT.SE)

**Categories:**

The organizer will add or remove categories depending if the amount of competitors gets too high or too low in each category.

Bikini Fitness beginners  
 Men's Physique beginners  
 Bikini Fitness Junior  
 Men's Physique Junior  
 Bikini Fitness Masters  
 Men's Physique Masters  
 Bikini Fitness 160cm, -163cm -166cm -169cm, -172cm & +172cm  
 Men's Physique -174, -178cm, -182cm & +182cm  
 Bodyfitness -163cm, -168cm & +168cm  
 Bodybuilding -70kg, -80kg, -90kg & +90kg  
 Classic Bodybuilding -175cm, -180cm & +180cm  
 Women's Physique

**Tickets:**

[www.tickster.com](http://www.tickster.com)

**Hotels close by:**

Scandic Norra Bantorget  
 Wallingatan 15  
 111 24 Stockholm  
 Sverige  
 Telephone: +46 8 517 670 00  
[norrabantorget@scandichotels.com](mailto:norrabantorget@scandichotels.com)  
<http://www.scandichotels.se/Hotels/Sverige/Stockholm/Scandic-Norra-Bantorget>

Radisson Blu Royal Viking Hotel  
 Vasagatan 1  
 101 24 Stockholm  
 Telephone: +46 8 50654000  
[sales.royal.stockholm@radissonblu.com](mailto:sales.royal.stockholm@radissonblu.com)  
<http://www.radissonblu.com/sv/royalvikinghotell-stockholm>

**More information:**

If you have questions about the competition or would like to be an exhibitor please contact

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 phone +46 70 243 02 09

[ulf.bjornfot@betterbodieschallenge.se](mailto:ulf.bjornfot@betterbodieschallenge.se)  
 phone +46 70 698 02 00

[per.sundstrom@betterbodieschallenge.se](mailto:per.sundstrom@betterbodieschallenge.se)  
 phone +46 70 722 62 65

Clarion Sign  
 Östra Järnvägsgatan 35  
 10126 Stockholm  
 Telephone: +46 8 676 98 00  
 E-post [cl.sign@choice.se](mailto:cl.sign@choice.se)  
<https://www.nordicchoicehotels.se/clarion/clarion-hotel-sign/>

Scandic Grand Central  
 Kungsgatan 70  
 111 20 Stockholm  
 Telephone: +46 8 512 520 00  
[grandcentral@scandichotels.com](mailto:grandcentral@scandichotels.com)  
<http://www.scandichotels.se/Hotels/Sverige/Stockholm/Grand-Central>

**DEADLINE FOR SENDING BACK COMPLETED ENTRY FORM IS: 19th Feb, 2016**

**COUNTRY**

**PRESIDENT'S NAME**

**FEDERATION NAME**

competitor name:		category	a/b team	ifbb blue book nr
1 given name + 1 family name				or passport
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				