



Invitation

October 15th-16th, Solnahallen, Stockholm, Sweden

tyngre[©]
Classic
VI

Tyngre Classic IV

As can be gathered by the name, this is the fourth (4th) edition of Tyngre Classic. This event is intended to emphasize the fun, the passion and the sheer joy that the various fitness sports can deliver. "A personal and relaxed feeling with an effective organization and a good sense for details..." are common opinions on the previous events. We try to focus on the athletes, to make their experience memorable and extremely rewarding.

Categories

Women's Physique, open class

Classic Bodybuilding, -180 cm & +180 cm

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

Men's Physique, juniors: open class, seniors: -178 cm, -182 cm & +182 cm

Athletic Fitness, ladies: open class, men's: -180 cm & +180 cm

Bodybuilding, -85 kg & +85 kg

Mixed Pairs

Bikini Fitness, juniors: open class, seniors: -163 cm, -168 cm & +168 cm

Price Money

Winner in each class gets 100€ in price money.

Sanction

Tyngre Classic IV is sanctioned by SKKF and IFBB.

Eligibility

Tyngre Classic IV is open for athletes from Sweden, Norway, Denmark, Finland, Iceland and Estonia.



Entry Fee

The entry fee is 500 SEK per category for Swedish athletes, 50€ per category for foreign athletes.
To be paid in cash at registration.

Rules

Tyngre Classic IV is run using the current rules set by the SKKF/IFBB.

Coach

All athletes are allowed one (1) coach backstage.



Schedule (preliminary)

Saturday, October 15th

10.00 Arena and venue open for guests

12.00 Tyngre Classic IV starts in the following order (A-hall)

- Women's Physique
- Classic Bodybuilding
- Body Fitness
- Men's Physique

Sunday, October 16th

10.00 Arena and venue open for guests

12.00 Tyngre Classic IV starts in the following order (A-hall)

- Athletic Fitness
- Bodybuilding
- Mixed Pairs
- Bikini Fitness

Weigh-in & Registration

All registering is done at Hotell Park Inn by Radisson, Solna, in the following order:

* Athletes competing in Women's Physique, Classic Bodybuilding, Body Fitness & Men's Physique:

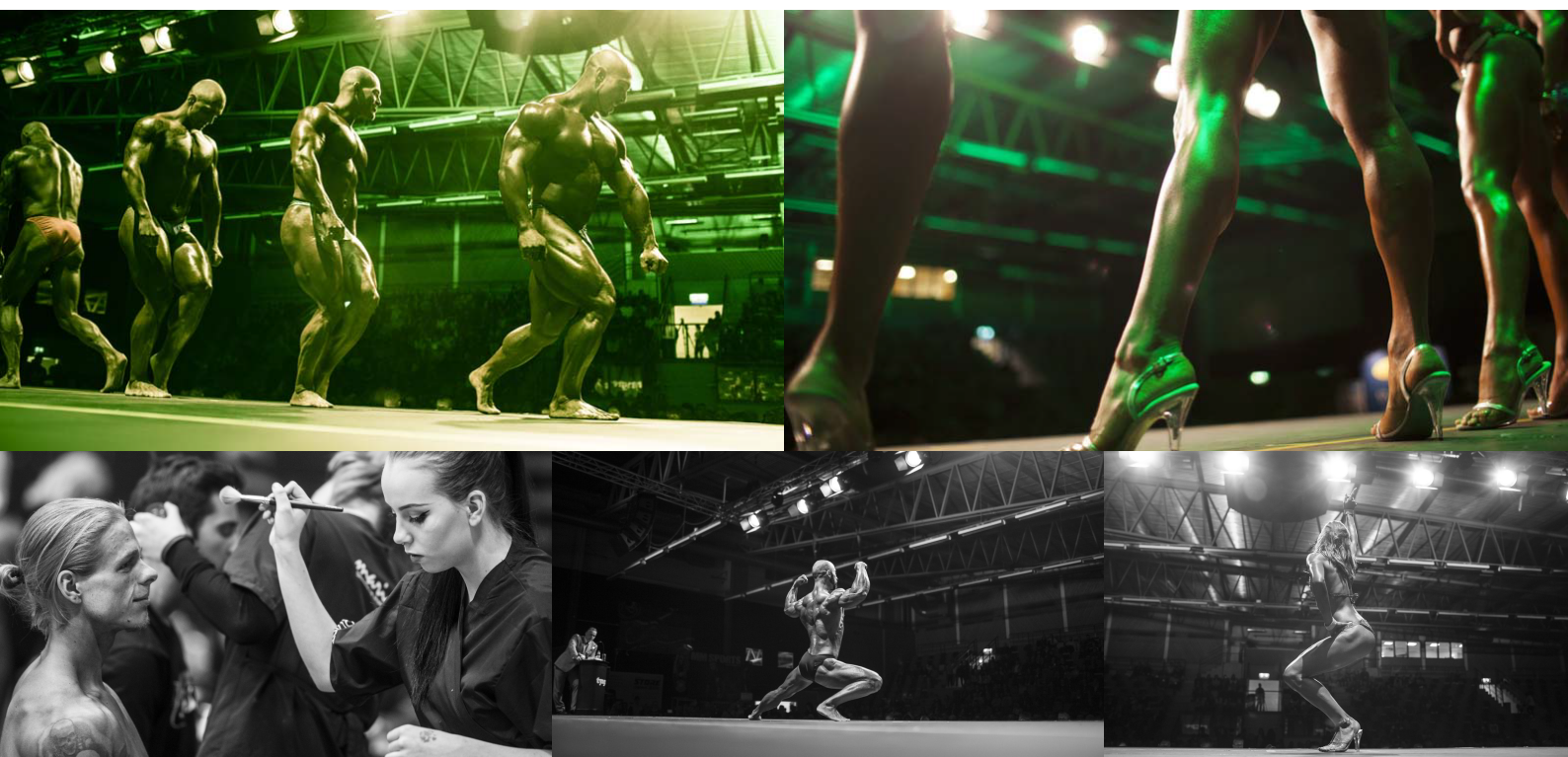
Friday October 14th, at kl 19.00

* Athletes competing in i Athletic Fitness, Bodybuilding (including pairs) and Bikini Fitness:

Saturday October 15th, at kl 20.00

Official Hotel

The official hotel is Park Inn by Radisson, Solna, Hotellgatan 11, 171 25 Solna, Sweden. For reservation, call: +46 8-470 91 00 or send email to info.solna@rezidorparkinn.com – use the code "SOLNAHALLEN" for a special rate.



Athlete Services on site

* Tanning is offered at specific rate by external part (Team Ironsport). Reservation and more information can be found at: <https://www.bokamera.se/OnSiteSprayTanning/BookTime?Event=61921&date=2016-10-14>

* Hair and makeup – free for all athletes! Our team of makeup-artists will cater to athlete's basic hair & makeup needs backstage. No reservation needed.

* Loading table – free for all athletes! A vast variety of sweets, cookies, buns, cakes and such are supplied to all athletes backstage.

The Venue

Solnahallen is a classic sports hall in Solna, just north of the Stockholm city center (on the way from Arlanda Airport). Solnahallen have been an integral part of the Swedish bodybuilding history and has hosted a number of both Swedish and international competitions. For Tyngre Classic IV the venue is set up for just about 1300 seated spectators per day.

To get there: <https://www.google.se/maps/place/Solnahallen/@59.3589391,17.9865316,17z/data=!3m1!4b1!4m5!3m4!1s0x465f9de97d699aeb:0x8f5fd2d99561b199!8m2!3d59.3589391!4d17.9887256>

Other activities

With Tyngre Classic IV there's a lot of other activities scheduled within the premises. On the Saturday, we'll run both *Fitness Five* (a specific strength contest) and *Tyngre Tango* (a crossfit-competition featuring the best athletes in Sweden). On Sunday we'll get to see performances and the first *Tyngre Giants Live Qualifier* (a strongman contest with a spot in the upcoming *Giants Live* on the line).

Sponsors

Main sponsors of the event: NOCCO, MM SPORTS, Better Bodies / GASP & Svenskt Kosttillskott



Entry

Athletes from non-Swedish countries register via your local IFBB-representative through email to info@tyngre.se – no later than October 3rd. Swedish athletes sign up directly through <http://www.tyngre.se/tyngre-classic-iv/>

Vendors

There will be a number of vendors represented on site.

Additional information

For more information, don't hesitate to contact info@tyngre.se or to call the head promoter Alex Danielsson at +46 706 969748.

WELCOME!





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