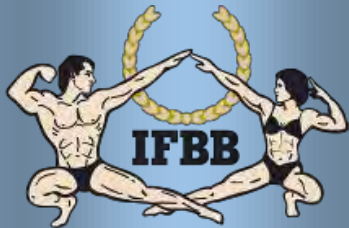


**69<sup>th</sup> IFBB Men's World Amateur  
Bodybuilding Championships &  
10<sup>th</sup> World Amateur Classic Bodybuilding  
Championships  
and  
IFBB International Congress**



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS



**5<sup>th</sup> to 9<sup>th</sup> November 2015  
Benidorm, Alicante,  
Spain**

**INSPECTION REPORT**

## WELCOME:

The Organizing Committee of the International Bodybuilding & Fitness Federation I.F.B.B. and Spanish Bodybuilding & Fitness Federation F.E.F.F., takes this opportunity to welcome all National Federations of the world to participate in the 69th IFBB Men's World Amateur Bodybuilding Championships, 10th World Classic Bodybuilding and International Congress in Benidor, Alicante, Spain, Thursday 5th to Monday 9th November 2015.

## ABOUT BENIDORM:

*Benidorm*, is a coastal town in Alicante, Spain, on the Western Mediterranean.

Until the 1960s, Benidorm was a small fishing village; today it is known for its hotel industry, beaches and skyscrapers. According to the 2014 census, Benidorm has a permanent population of 69,010 inhabitants, making it the fifth most populous town in the Alicante province. Benidorm has the most high-rise buildings per capita in the world



far back as 3000 BC, including evidence of [Roman](#) and [Punic](#) remains. However, settlements in the area were small and it was not until the arrival of the Moors (from whom the town derived its Arabic origin name) that the local population began to grow. The Christian King James I of Aragon reconquered the region in 1245 and Benidorm first officially became known in 1325, when Admiral Bernat de Sarrià of Polop awarded it a town charter as a way of removing the Moors and allowing Christians to inhabit the area. Benidorm's history for the next few centuries was plagued by attacks from the sea by Ottoman and Barbary pirates.

The 17th century saw conditions improve for Benidorm and its people, most notably with the construction of an advanced irrigation system in 1666 to channel water to the region. By the 18th century Benidorm fishermen had become famous and sought after all over Spain and beyond. Tuna was their main catch and they perfected the ancient almadraba technique passed down from the Arabs. The success of the fishing industry, together with improved local agriculture, helped to fuel a strong local economy.

Coastal traffic increased too, bringing more wealth to the region with the town becoming a base for sea captains and the building of their vessels.

In 1952 Benidorm's fishing industry went into decline; a factor in encouraging the town council to approve many new development plans aimed at the tourist market. Today the town is Europe and Spain's biggest holiday resort and responsible for a significant chunk of Spain's large tourist industry, with five million tourist arrivals per year

**GEOGRAPHY**, the town is divided into five parts, *Poniente* (*Ponent* or 'sun setting') and *Levante* (*Llevant* or 'sun rising'), each fronted by a beach of the same name, the old town (also called *El Castell*), *La Cala* situated to the west side of Poniente and *El Rincón de Loix* (or *El Racó de l'Oix*) situated to the east side of Levante. Between the two beaches lies a rocky promontory and the port. The old city occupies the promontory and the area immediately inland, while most of the hotels occupy the more recently developed sections inland from the two beaches. A few miles from shore is an uninhabited island which provides a dramatic centrepiece to the seascape.

In 1954 Pedro Zaragoza Orts, the then young Mayor of Benidorm, created the *Plan General de Ordenación* (city building plan) that ensured, via a complex construction formula, every building would have an area of leisure land, guaranteeing a future free of the excesses of cramped construction seen in other areas of Spain. It is the only city in Spain that still adheres to this rigid rule. Most of the streets in the city are named after places such as Avenida de Uruguay, Avenida del Mediterráneo, Calle Pekín, etc. Avenida del Mediterráneo is a wide avenue that crosses Levante and links the old town with Rincón. Avenida Europa crosses Levante at right angles linking the western city limits with the Levante beach. Climb to the top of the Sierra Helada, the promontory at the end of El Rincón de Loix, for a view of how green the city is and just how close it is to the mountains.

Benidorm is connected to the FGV railway line between Alicante (*Alacant*) and Dénia. The section to Alicante is now converted to tram operation and trams run at least every half an hour between Benidorm and Alicante. Trains run (now hourly) from Benidorm to Dénia (via Altea and Calpe) in connection with the trams.



round, due to the night-life based around the central concentration of bars and clubs. The large number of free cabaret acts that start around 9:00 and continue into the early hours set Benidorm apart from other similar cities.

The author and *Guardian* journalist Giles Tremlett identified the city as the birthplace of package tourism in the book *Ghosts of Spain: Travels Through a Country's Hidden Past* and remarked that culturally the city contradicted conservative notions of National Catholicism that General Franco had espoused. The accessibility of Benidorm to a wider social strata made the town into an ever so easy target for highbrow sarcasm, as by Jani Allan *Sunday Times* in 1990: "These days you just have to look at the numbers of wide-bodied jets bearing wide-bodied holidaymakers to Benidorm to realise that package holidays and airborne cattle trucks make fun in the sun accessible to everyone."



**VENUE :**  
**BENIDORM PALACE**



Since the very first night, that unforgettable 12<sup>th</sup> of July 1977, more than 5.0001 nights have passed. After the first few years full of glory and success Benidorm Palace had made its mark as one of the most prestigious night spots in Spain. The show where varied and many great names national and international graced this stage.

In August 1990, Benidorm Palace changed ownership and direction, with the phenomenal appearance of Rudolph Nureyev on the stage. The new great productions of Benidorm Palace began to emerge. Many visitors during the last 12 years will remember shows such as “beautiful girls”, “Like the wind” or “imagination”. In the words of our Managing Director Vicente Climent:

“When we took over this unique venue 12 years ago, we knew there was a lot of hard work ahead of us. We needed to update a whole new formula to keep Benidorm Palace as successful as it had been in previous years, by creating our own productions such as “Hurray for Hollywood”, “Picasso, The colour of music” or “Mediterraneum”, Benidorm Palace was firmly back on the map, not only in Spain but throughout Europe.

With the updating of the light, sound and special effects systems the show have grown bigger and better with each passing year. With the incorporation of the kitchen facilities a whole new infrastructure was born in being able to offer our guests an excellent dinner – show experience.

This factor also gave way to the hosting of congresses, television shows and many cultural events. Benidorm Palace is the ideal framing for congress social events organization.



Benidorm Palace offers businesses and institutions a distinguished room for professional events and business organizations.

Services available for costumers and business

**Capacity:** 1.660 people with total visibility from anywhere. Optimum capacity for congress organization, banquets, conventions, presentations and enterprise meetings.

**Parking:** 500 car parking, 12 parking and access for buses.

**Facilities:** Maximum for road traffic to enter in the complex.

**Security:** Emergency plan an fire prevention. Totally adapted fireproof materials.

**Air conditioning:** Air conditioned cold and hot.

**Technical and scene:** 1.500 lighting channels, 15.000 watts sound power, 52 sound channels, 250.000 watts lighting LCD projection with 4.700 LUX, animated laser show, motorized stairways aside as well as in scene opening. Mobile central track and foldaway above and hydraulic elevator.

Other services: Coat room, telephone, photographer, taxi.

## OFFICIALS HOTELS:

### **MELIA BENIDORM**

The exclusive Melia Benidorm hotel is located in the Rincon de Loix set in a garden measuring 9.500 m<sup>2</sup> with two spectacular lagoon-style swimming pools. The hotel provides 526 rooms in two magnificent 23- floor towers, connected by a spacious hall-reception area with indoor gardens and lifts with panoramic views. There is also a Convention Centre with outdoor terraces, Health and Beauty Centre, comfortable cafeteria with a pianist in the afternoon, WiFi Internet access and an endless range of services and facilities to ensure your stay is as comfortable as possible. All of the rooms enjoy modern equipment and facilities and face towards the sea, with spacious terraces to enjoy the sunshine and views over the pool. More luxury than ever to enjoy your stay more than ever. You only have to ask.

Hotel Meliá Benidorm is located in Benidorm, 45 Km. from Alicante and 65 Km from Elche. The hotel stands 600 metres away from Levante beach and surrounded by 6.500 metres<sup>2</sup> of green area with gardens and swimming pools.

Dirección: Avenida Severo Ochoa, 1, 03500 Benidorm, Alicante Teléfono: 966 81 37 10



## EXECUTIVE OFFICIAL HOTEL & INTERNATIONAL CONGRES

### BARCELO ASIA GARDEN HOTEL

Glorieta del Fuego s/n Área del Parque Temático | Terra Mítica | 03502 Alicante | Spain

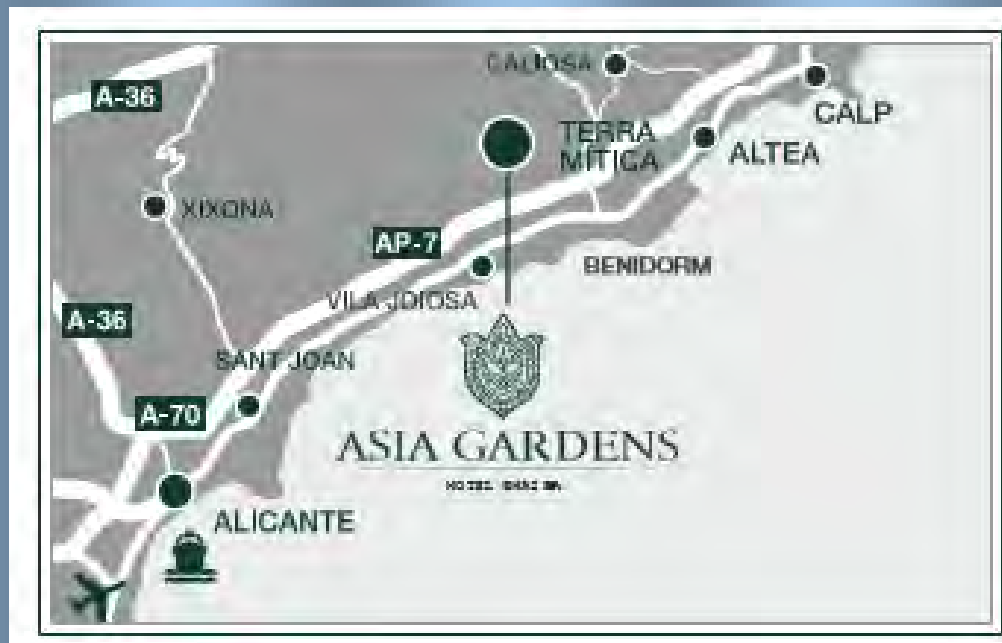
Teléfono: (+34) 96 681 84 00 Fax: (+34) 96 688 97 62



#### **LOCATION (Km.)**

Barceló Asia Gardens Hotel lies on the slopes of the Sierra Cortina range of foothills, 150 metres above sea level, offering fantastic views over the Costa Blanca. It is next to two 18-hole golf courses and three leisure parks: Terra Mítica, Terra Natura and Aqua

Natura. It is 2 km from the beach and 6 minutes from Campomanes marina. Alicante airport (El Altet) is 30 minutes away and it is about an hour from Valencia on the A7 motorway, coming off at exit 65-A. Airport Name: El Altet (Alicante Airport)





## **IFBB INTERNATIONAL CONGRESS**

### **5-STAR CONFERENCE CENTRE HOTEL IN SPAIN - ASIA GARDENS: SHANGAI ROOM**

The Shanghai Room, with a floor area of 1.000 m<sup>2</sup> and a height of 6.5 metres, can be panelled off into six different rooms, all with a separate entrance and natural lighting. This room is one of the best conference centres among all 5 star hotels in Spain.



### **ACCOMMODATIONS:**

The Organizing Committee will provide free-of-charge accommodations for four (4) nights and three (3) meals per day for all official participants (athletes & delegates) from National Federations according to the following IFBB rules:

- Three or more competitors: two delegates permitted.
- Two competitors or less: only one delegate is permitted.

National Federations with no competitors may send one (1) delegate who will be responsible for all of his or her own expenses.

The term "Official Participant" means 1) an Athlete who is duly authorized by his National Federation and who is registered by the IFBB to compete in the Championships, and 2) a Delegate who is duly authorized by his National Federation and who is registered by the IFBB to participate in the Championships pursuant to the IFBB Rules.

**Official arrival date is November 5<sup>th</sup>, 2015 (Thursday) and the official departure date is November 9<sup>th</sup> 2015 (Monday).**

**IFBB Executive Council Members: official arrival date is November 4<sup>th</sup>, 2015 (Wednesday) and the official departure date is November 9<sup>th</sup>, 2015, (Monday).**

**IMPORTANT NOTICE:** All National Team Official Participants (athletes and delegates) must check in **BEFORE** the start of the Technical Meeting. Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all his/her expenses.

Any judge, coach, or trainer who is not an Official Participant will be responsible for all his expenses. If your National Federation wishes to bring a judge, a coach or a trainer, it is recommended that your Federation nominate this individual to be an Official participant for your Federation; otherwise, these individuals will be responsible for all their own expenses. The same rule applies for family members. **NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.**

#### **HOTEL SECURITY DEPOSIT:**

A hotel security deposit of 100 Euros per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted.

In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any member of his/her team.

#### **IMPORTANT NOTICE:**

You must pay the Hotel Security Deposit and IFBB Registration Fee **BEFORE** your team members are provided accommodations. If any of your athletes or delegates arrives to Benidorm without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and the IFBB Registration Fee **BEFORE** a room can be assigned.

#### **SPECIAL PACKAGES RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA & OTHERS:**

The Organizing Committee has established a full special package rate, which includes four (4) nights' accommodation, with three (3) meals per day (breakfast, lunch & dinner), tickets to the prejudging & finals, tickets to the farewell banquet, and onsite transportation at a special cost.

- For single room €550.00
- For Double room €300.00 per person

#### **IFBB REGISTRATION FEES:**

Each athlete (both A and B team) and Official Delegate must pay the IFBB registration fee of €300.00 each (Three or more competitors: two Official Delegates allowed. Two competitors or less: only one Official Delegate is allowed). This fee is payable to the IFBB upon arrival at the official Hotel in Benidorm. The IFBB registration fee is completely separate from the hotel security deposit. Athletes who have not yet obtained the IFBB International Card will have to pay €330.00, which includes the International Card (€30.00) and the registration fee (€300.00).

### **PAYMENT OF IFBB REGISTRATION FEE AND IFBB INTERNATIONAL CARD**

Payment of the IFBB Registration Fee and IFBB International Card (Blue Book) should preferably be made in advance online.

Follow the link <http://www.ifbb.com/competition-registration/> and click on the championships you want to pay for.

**PLEASE NOTE!!! When paying in cash at arrival in the hotel, ONE official delegate per National Federation will have to take the responsibility for payment of the IFBB Registration Fee and IFBB International Card (Blue Book) for the entire team. No individual payments will be taken. Please have the right amount with you.**

### **AIRPORT:**

The official arrival airport is Airport Alicante Elche – International Airport (ALC). The Organizing Committee will pick you up at the international airport on arrival and transport you to the official hotels. It is very important that every National Federation provides to the Organizing Committee the complete arrival & departure details of its team, including the number of people in each delegation. Your cooperation is essential to ensure adequate transportation for your team.

The Organizing Committee will pick you up at the airport on the Official Arrival Day (Thursday) and drive you to the official hotel and back to Alicante Airport on the official Departure Day (Monday) for € 40 per person (€20 each way per person).

It is very important that every National Federation provides to the Organizing Committee the complete information on its team, including the number of persons and the arrival/departure details in time.

**Early arrivals & late departures: any National Federation, including any of its individual team members, arriving before the official arrival date of November 5th and/or staying after the official departure date of November 9th, 2015 will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel. You must notify the Organizing Committee of any early arrivals.**

### **FLIGHT RECONFIRMATION:**

To reconfirm your flight from Alicante to your country, please contact the secretariat within 24 hours before your departure.

## CATEGORIES OPEN FOR COMPETITION SENIORS

	DISCIPLINE	CATEGORY	A-TEAM	B-TEAM
1	Men Bodybuilding	Up to & incl. 65 kg	9	9
2	Men Bodybuilding	Up to & incl. 70 kg		
3	Men Bodybuilding	Up to & incl. 75 kg		
4	Men Bodybuilding	Up to & incl. 80 kg		
5	Men Bodybuilding	Up to & incl. 85 kg		
6	Men Bodybuilding	Up to & incl. 90 kg		
7	Men Bodybuilding	Up to & incl. 95 kg		
8	Men Bodybuilding	Up to & incl. 100 kg		
9	Men Bodybuilding	Over 100 kg		
10	Men Classic Bodybuilding *	Up to & incl. 168 cm	5	5
11	Men Classic Bodybuilding *	Up to & incl. 171 cm		
12	Men Classic Bodybuilding *	Up to & incl. 175 cm		
13	Men Classic Bodybuilding *	Up to & incl. 180 cm		
14	Men Classic Bodybuilding *	Over 180 cm (see notes below*)		

- **Notes for Classic Bodybuilding**

The weight to height limits for Seniors and Masters Classic Bodybuilding are as follows

Height	Bodyweight limit [kg]
Up to 168 cm	Athlete's height [in cm] minus 100
Up to 171 cm	Athlete's height [in cm] minus 100) + 2
Up to 175 cm	Athlete's height [in cm] minus 100) + 4
Up to 180 cm	Athlete's height [in cm] minus 100) + 6
Up to 190 cm	Athlete's height [in cm] minus 100) + 8
Up to 198 cm	Athlete's height [in cm] minus 100) + 9
Over 198 cm	Athlete's height [in cm] minus 100) + 10

- example: If athlete is 165 cm tall, his weight should be below and NOT MORE than 65 kg (165 minus 100 is 65)
- example: If athlete is 170,5 cm tall, his weight should be below and NOT MORE than 72,5 kg (170,5 minus 100 is 70,5 plus 2 is 72,5)

- a) National Federations will be permitted to enter an A-team of up to a maximum of fourteen (14) athletes: 9 bodybuilders plus 5 classic bodybuilders, with no more than two (2) athletes in the same category.
- b) Each National Federation may enter a B-team according to the rules specified below. The maximum allowable number of competitors in the B- team is 14.

The National Federation shall be obliged to pay the Extra Package Rate of €300 (in a double room) for each B-team competitor. This package shall comprise of the competitor's accommodation, meals, onsite transportation, and access for Prejudging, Finals and Farewell Banquet.

The B-team competitors shall compete for placing and awards, excluding the Best Team award.

A National Federation must fully declare its B-team competitors on the Final Entry Form and must register the B-team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.

#### **JUDGES AND DELEGATES MEETING:**

There will be an Judges and Delegates Meeting prior to the **Weigh-in on Thursday, November 5<sup>th</sup> at 4:00 pm.** All Judges and Delegates will be obliged to attend this meeting.

#### **SECRETARIAT**

The Organizing Committee will manage a Secretariat at the official hotel from **Wednesday, November 4<sup>th</sup>, 8:00 am to 7:00 pm on Monday, November 9<sup>th</sup>.** You may obtain information and assistance from the Secretariat.

#### **PARADE OF THE NATIONS:**

The mandatory dress code for all delegates participating in the Parade of Nations will be IFBB attire, e.g. black dress shoes, grey dress pants with shirt, IFBB tie and blue blazer with the IFBB crest. No delegates will be permitted in the Parade of Nations wearing sports clothes and sports shoes.

#### **CAMERA / VIDEO TAPE EQUIPMENT:**

Cameras and/or video tape equipments shall be strictly prohibited in the backstage and/or dressing room areas except when used by the IFBB authorized media person and, in any event, these devices shall be strictly prohibited in the dressing room area.

#### **POSING MUSIC:**

All posing music must be on an audio CD only. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification.

**IMPORTANT: THE USE OF PROFANE, VULGAR AND/OR OFFENSIVE LANGUAGE IS STRICTLY PROHIBITED IN POSING MUSIC**

#### **GREEN CARDS:**

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers meetings as follows:

Five (5) or more athletes – two (2) green cards.

Less than (5) athletes – one (1) green card.

## **JUDGES:**

In order to assist the Judges Committee in their selection of the judges at the World Championships, please forward your nominations for judges from your Federation as soon as possible to:

**Mr. Pawel Filleborn - Chairman, IFBB Judges Committee, Email: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)**

The names of those judges submitted in advance will receive priority consideration. All international judges must bring their International Cards to Spain.

### **PLEASE DO NOT FAX YOUR NOMINATIONS TO THE IFBB HEADQUARTERS**

**IMPORTANT NOTICE:** All judges who wish to be included in the judges panels at these championships should be specified on the Final Entry Form. The test judges should also be specified on the Final Entry Form. If any judges do not attend the Judges Meeting, they will not be permitted to judge.

## **DOPING CONTROL:**

Doping control will be conducted by the IFBB Anti-Doping Commission pursuant to the IFBB Anti-Doping rules, using a WADA accredited laboratory. In order to compete in the championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form (**available in the appendix**).

Doping control may be conducted using any of the following methods:

- Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.
- Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.

The IFBB reserves the rights to target test any athlete.

The IFBB is a signatory to the WADA Code. Participating National Federations have a duty and an obligation to ensure that their national team athletes are competing drug-free at IFBB international competitions.

## **VISAS:**

A valid passport is required to enter Spain. Please contact the Spanish Embassy in your country to determine if you need a visa. An official letter of invitation will be made available, if required.

## **CURRENCY:**

The official currency of Spain is the Euro (€)

approx €1,00 = 1,108 US Dollar

## **CREDIT CARDS:**

International credit cards such as Visa, MasterCard and American Express are widely accepted at most major hotels, stores & restaurants. You may be requested to show your passport.

**CLIMATE:**

In November the average dailey temperature is 16,00 °C

**ELECTRICAL CURRENT:**

220 Volts, 50 Hz, socket / plug of type C, plug with two round prongs.

**LANGUAGE:**

The official language is Spanish.

**MEDIA ACCREDITATION:**

All media accreditation, except local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form. You may contact the IFBB Press Commission to obtain this form: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

**ATTENDANCE AT THE IFBB INTERNATIONAL CONGRESS:**

It is the duty and responsibility of each National Federation to ensure that it is represented at the IFBB International Congress meeting. All National Federations officially participating in the championships must also attend the Congress, including National Federations with athletes and no delegates. In this case the athlete must attend and represent his country at the Congress.

**ATHLETES WITHOUT DELEGATES:**

All athletes competing at the IFBB World Championships must be members in good standing of their National Federations. Any athlete who arrives without a delegate must carry an **OFFICIAL LETTER OF PARTICIPATION** from his National Federation, failing which the athlete will not be allowed to participate.

**MISREPRESENTATION:**

Misrepresentation is a serious breach of the **IFBB CODE OF ETHICS** and occurs where an "official" of a National Federation deliberately misrepresents the number of athletes and delegates so as to obtain free of charge accommodations, meals, onsite transportation, access to the prejudging, finals, and farewell banquet, and other amenities at the expense of the Organizer. Part of this misrepresentation may be a false claim that a person is an athlete only to have that so-called athlete fail to officially register as a competitor at the weigh-in or, once having officially registered, fail to compete. Any National Federation found guilty of misrepresentation will be immediately disqualified from the championships and will be fined an amount equal to the Special Package Rate for each person involved.

### **Preliminary Entry Form (PEF)**

The deadline for the Preliminary Entry Form (available in the Appendix) is August 5<sup>th</sup>, 2015. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants (athletes and delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.

### **Final Entry Form (FEF)**

The deadline for the Final Entry Form is **(available in the Appendix)** is Monday, October 26<sup>th</sup>, 2015 . National Federations must submit the actual names of all Official Participants (Athletes by discipline and category, Delegates, including judges). You must also include arrival and departure information. In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

**IF THE FINAL ENTRY FORM RETURNS TO THE ORGANIZING COMMITTEE AFTER 31<sup>st</sup> OCTOBER, THEN THIS NATIONAL FEDERATION WILL HAVE TO PAY THE FULL PACKAGE IN A DOUBLE ROOM OR IN A SINGLE ROOM FOR EACH MEMBER OF ITS NATIONAL TEAM (ATHLETES AND DELEGATES)**

### **MEDICAL WITHDRAWAL:**

Once officially registered, no athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the IFBB chief judge, who has the right to verify the reason for the withdrawal.



**PLEASE SEND ALL CORRESPONDENCE TO:**

**Spanish Bodybuilding and Fitness Federation**

**Co-Organizing Committee**

**Address : c/ Esglesia 357 3º 2ª – Calella – Barcelona - Spain**

**Phone: : +34 766 41 44**

**Email : [secretaria@ifbb-spain.com](mailto:secretaria@ifbb-spain.com).**

**Website : [www.ifbbSpain.com](http://www.ifbbSpain.com)**

**Mr. José Tomás Ramos Muñoz , President**

**copy all correspondence to:**

**IFBB Head Office - Madrid, Spain**

**Phone: +34 91 535 2819**

**Fax: +35 91 535 0320**

**E-mail: [headquarters@ifbb.com](mailto:headquarters@ifbb.com)**

**And:**

**Wanda Tierney**

**IFBB Liverpool Office**

**E-mail: [wanda.tierney@ifbb-uk.com](mailto:wanda.tierney@ifbb-uk.com)**

**It is the responsibility of the President or General-secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report. If any of your athletes and/or delegates are travelling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report**

## Wednesday, November 4<sup>th</sup>, 2015

09:00 am – 05:00 pm	Arrivals of IFBB Executive Council Members	Barcelo Asia Garden Hotel
01:00 pm	Lunch	Barcelo Asia Garden Hotel
08:30 pm	Welcome dinner for the IFBB Executive Council Members	Barcelo Asia Garden Hotel

## Thursday, November 5<sup>th</sup>, 2015

09:00 am – 07:00 pm	Arrivals of IFBB National Delegations	Hotel Melia Benidorm
01:30 pm – 03:30 pm	Lunch	Hotel Melia Benidorm
04:00 pm – 08:00 pm	IFBB Executive Council Meeting	Barcelo Asia Garden Hotel
07:00 pm – 10:00 pm	Dinner	Hotel Melia Benidorm

## Friday, November 6<sup>th</sup>, 2015

07:30 am – 10:30 am	Breakfast	Hotel Melia Benidorm
08:30 am – 11:00 am	IFBB International Congress <i>Please notice this year the IFBB Congress will take place on Friday morning</i>	(Asian Garden Hotel Convention Center)
01:30 pm – 03:30 pm	Lunch	Hotel melia Benidorm
04:00 pm – 05:00 pm	Technical Meeting	Hotel Melia Benidorm
03:30 pm – 09:00 pm	Weigh-in and Official Registration	Hotel Melia Benidorm
07:00 pm – 10:00 pm	Dinner	Hotel Melia Benidorm

## Saturday, November 7<sup>th</sup>, 2015

9:00 am

### Men's Classic Bodybuilding Categories Men's Bodybuilding Categories 65kg-75kg

Grand Palace Benidorm (50 m from Hotel Melia Benidorm)

- Eliminations
- Semifinals
- Finals

## Sunday, November 8<sup>th</sup>, 2015

### 9:00 am - Men's Bodybuilding Categories 80kg - over 100kg

Grand Palace Benidorm (50 m from Hotel Melia Benidorm)

- Eliminations
- Semifinals
- Finals

## Monday, November 9<sup>th</sup>, 2015

07:30 am – 10:30 am

Breakfast

Hotel Melia Benidorm

**DEPARTURES**