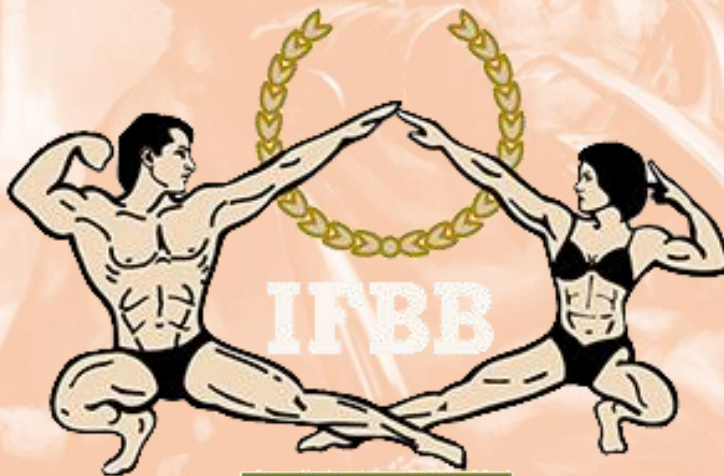


IFBB World Amateur Master Championships & IFBB Junior World Cup

Men's Bodybuilding, Men's Classic Bodybuilding, Men's Physique, Men's Classic Physique
Women's Bikini Fitness, Women's Bodyfitness, Women's Physique, Women's Bikini Wellness



7th 10th December 2018
Tarragona, Spain

INSPECTION REPORT

IFBB RANKING POINT EVENT ELITE PRO QUALIFIER

WELCOME

The Organizing Committee of the International Bodybuilding & Fitness Federation (IFBB) and Spanish Bodybuilding & Fitness Federation (FEFF), take this opportunity to welcome all IFBB-affiliated National Federations of the world to participate in the IFBB World Amateur Master Championships, Tarragona, Spain, Friday 7th to Monday 10th December 2018.

About Tarragona

TARRAGONA :

Tarragona is a port city located in northeast Spain on the Costa Daurada by the Mediterranean Sea. Founded before the 5th century BC, it is the capital of the Province of Tarragona, and part of Tarragonès and Catalonia. Geographically, it is bordered on the north by the Province of Barcelona and the Province of Lleida. The city has a population of 201,199 (2014).





HISTORY:

One Catalan legend holds that it was named for *Tarraho*, eldest son of Tubal in c. 2407 BC; another (derived from Strabo and Megasthenes) attributes the name to 'Tearcon the Ethiopian', a 7th-century BC pharaoh who campaigned in Spain. The real founding date of Tarragona is unknown.

The city may have begun as an Iberic town called *Kesse* or *Kosse*, named for the Iberic tribe of the region, the Cossetans, though the identification of Tarragona with Kesse is not certain. William Smith suggests that the city was probably founded by the Phoenicians, who called it *Tarchon*, which, according to Samuel Bochart, means a citadel. This name was probably derived from its situation on a high rock, between 75–90 m (250–300 ft) above the sea; whence we find it characterised as *arce potens Tarraco*. It was seated on the river Sulcis or Tulcis (modern Francolí), on a bay of the Mare Internum (Mediterranean), between the Pyrenees and the river Iberus (modern Ebro). Livy mentions a *portus Tarraconis* and according to Eratosthenes it had a naval station or roads (Ναύσταθμον); but Artemidorus Ephesius says with more probability that it had none, and scarcely even an anchoring place; and Strabo himself calls it ἀλίμενος. This better reflects its present condition; for though a mole was constructed in the 15th century with the materials of the ancient amphitheatre, and another subsequently by an Irishman named John Smith Sinnot, it still affords but little protection for shipping.



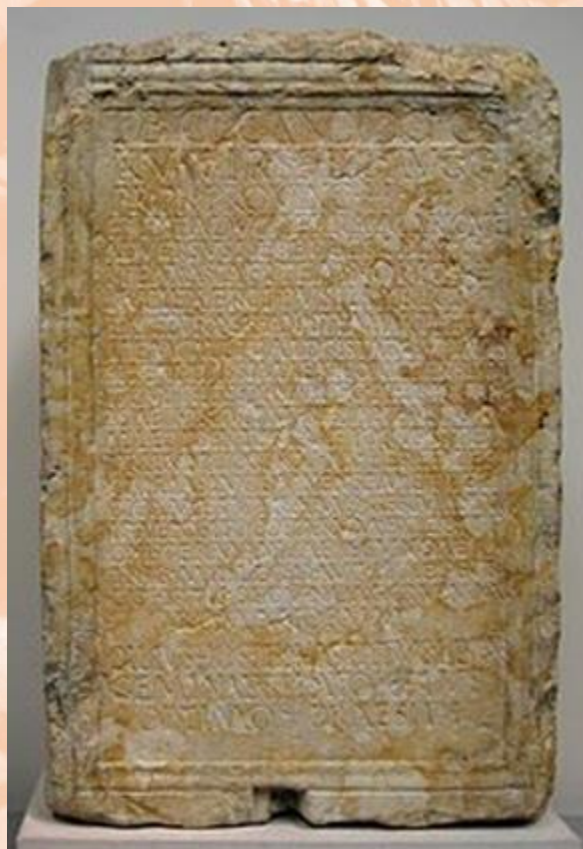
During the Roman Republic, the city was fortified and much enlarged as a Roman colony by the brothers Publius Cornelius Scipio and Gnaeus Cornelius Scipio Calvus, who converted it into a fortress and arsenal against the Carthaginians. The city was first named *Colonia Iulia Urbs Triumphalis Tarraco* and was capital of the province of Hispania Citerior. Subsequently, it became the capital of the province named after it, Hispania Tarraconensis, in the Roman Empire¹ and *conventus iuridicus*.

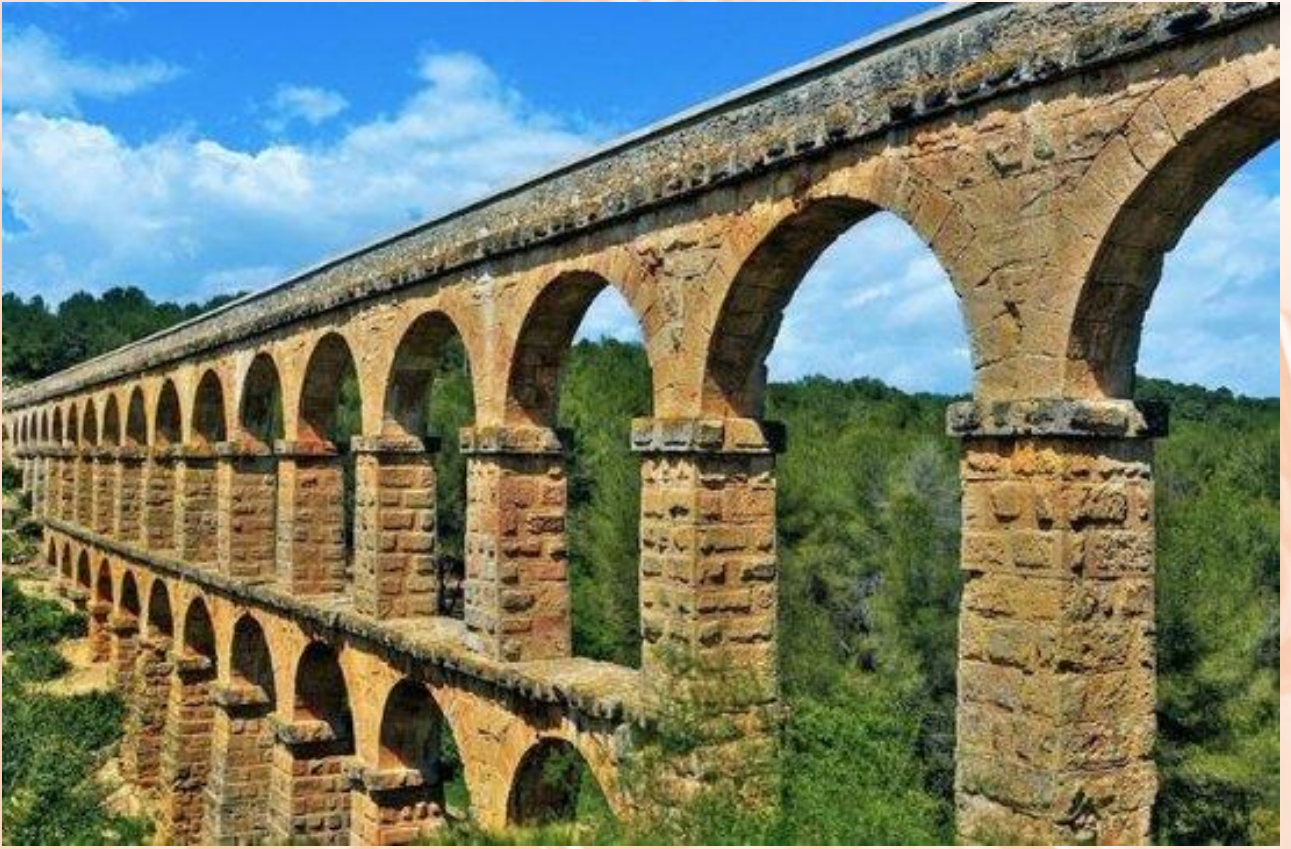
Augustus wintered at Tarraco after his Cantabrian campaign, and bestowed many marks of honour on the city, among which were its honorary titles of *Colonia Victrix Togata* and *Colonia Julia Victrix Tarraconensis*. Tarraco lies on the main road along the southeastern coast of the Iberian Peninsula.

According to Mela it was the richest town on that coast, and Strabo represents its population as equal to that of Carthago Nova (now Cartagena). Its fertile plain and sunny shores are celebrated by Martial and other poets; and its neighbourhood is described as producing good wine and flax. The city also minted coins.^[16]

An inscribed stone base for a now lost statue of Tiberius Claudius Candidus was found in Tarragona during the nineteenth century. The 24-line Latin inscription describes the Governor and Senator's career as an ally of the future Roman emperor Septimius Severus, who fought in the civil war following the assassination of Commodus in 192 AD. This important marble block was purchased by the British Museum in 1994.

Inscribed marble base of the Roman Consul Tiberius Claudius Candidus, unearthed in Tarragona and now in the [British Museum](#), 195-199 AD





FROM THE DEMISE OF THE ROMANS TO THE UNION OF SPAIN:

After the demise of the Western Roman Empire, it was captured first by the Vandals and then by the Visigoths. The Visigothic Kingdom's rule of Tarragona was ended by the Umayyad conquest of Hispania in 714. It was an important border city of the Caliphate of Córdoba between 750 and 1013. After the demise of the Caliphate, it was part of the Taifa of Zaragoza between 1013 and 1110 and under the control of the Almoravid dynasty between 1110 and 1117. It was taken by the County of Barcelona in 1117. After the dynastic union of Aragon and Barcelona, it was part of the Kingdom of Aragon from 1164-1412. After dynastic union of Aragon and the Crown of Castile, it remained a part of Aragon until the foundation of the Spanish Empire in 1516.

During the Catalan revolt, Tarragona was captured by Catalan insurgents with French support in 1641, but it was retaken by Spanish troops in 1644. It was captured by allied Portuguese, Dutch, and British troops in 1705 during the War of the Spanish Succession and remained in their hands until Treaty of Utrecht in 1713. During the war, the Catalans supported the unsuccessful claim of Archduke Charles, Duke of Teschen against the victorious Bourbon Duke of Anjou, became Philip V of Spain. He signed the Nueva Planta decrees, which abolished the Crown of Aragon and all remaining Catalan institutions and prohibited the administrative use of Catalan language on 16 January 1716.



PENINSULAR WAR:

During the Peninsular War, in the first siege of Tarragona from 5 May to 29 June 1811, Louis-Gabriel Suchet's Army of Aragon of the First French Empire laid siege to a Spanish garrison led by Lieutenant general Juan Senen de Contreras. A British naval squadron commanded by Admiral Edward Codrington harassed the French besiegers with cannon fire and transported large numbers of reinforcements into the city by sea. Nevertheless, Suchet's troops stormed into the defenses and killed or captured almost all the defenders. It became a subprefecture center in Bouches-de-l'Èbre department of French empire.

In the second siege of Tarragona (3–11 June 1813), an overwhelming Anglo-Spanish force under the command of Lieutenant General John Murray, 8th Baronet failed to wrest Tarragona from a small Franco-Italian garrison led by Brigadier general Antoine Marc Augustin Bertolletti. Murray was subsequently removed from command for his indecisive and contradictory leadership. The Anglo-Spanish forces finally captured Tarragona on 19 August.

SPANISH CIVIL WAR:

During the Spanish Civil War, Tarragona was in the hands of the Second Spanish Republic until captured by Franco's Nationalist troops on 15 January 1939 during the Catalonia Offensive



ANCIENT REMAINS:

The Roman ruins of Tarraco have been designated a World Heritage Site by UNESCO.

Part of the bases of large Cyclopean walls near the Cuartel de Pilatos are thought to pre-date the Romans. The building just mentioned, a prison in the 19th century, is said to have been the palace of Augustus. The second century Tarragona Amphitheatre near the seashore was extensively used as a quarry after the fall of the Western Roman Empire, and but few vestiges of it now remain. A circus c. 450 metres (1,480 ft) long, was built over in the area now called *Plaça de la Font*, though portions of it are still to be traced. Throughout the town Latin, and even apparently Phoenician, inscriptions on the stones of the houses mark the material used for buildings in the town.

Two ancient monuments, at some little distance from the town, have, however, fared rather better. The first of these is Les Ferreres Aqueduct, which spans a valley about 4 kilometres (2 miles) north of the city. It is 217 m (712 ft) in length, and the loftiest arches, of which there are two tiers, are 26 m (85 ft) high. There is a monument about 6 km (4 mi) along the coast road east of the city, commonly called the "Tower of the Scipios"; but there is no authority for assuming that they were buried here.

Other Roman buildings include:

- The Roman walls
- The capitol, or citadel
- The Amphitheatre
- The Roman circus
- The Pretorium - Tower
- The Provincial and Colonial fora
- The Necropolis
- The palace of Augustus, called the house of Pilate
- The so-called tower, or sepulchre, of the Scipios
- Arch of Sura, or of Bara
- The Aurelian Way.

The city is also home to the National Archaeological Museum of Tarragona.

How to get to Tarragona from Barcelona Airport



You have two transport options to travel to Tarragona from Barcelona airport: train or taxi.



The fastest and most expensive is the taxi. The price is calculated with a taximeter. The trip takes 1 hour and 10 minutes.



The cheapest option is the train. As there are no direct trains, the journey takes 1 hour and 30 minute

Official Hotel

4R GRAN REGINA



C/ Joan Fuster, 3
43840 Salou (Tarragona)
T. +34 977 353 533
F. +34 977 388 878

Gran Regina is located next to the Port Aventura Theme Park just 200 m from the center of Salou and about 700m from the beach. The high quality and variety of services will make you enjoy your holiday in the heart of the Costa Dorada.

The hotel has 294 rooms, all with terrace and equipped with air conditioning (del 15/06 al 15/09), heating, bathroom with hairdryer, satellite TV with music channel, telephone, safe (€) and fridge (€).

The facilities include Internet corner (€), restaurant (buffet service, “show cooking”), pool bar, sun terrace, 2 swimming pools (adults and children), SPA (€), parking (€), playground, mini club, games room, access adapted for disabled people and daytime and





Competition venue

Palau Firal i de Congressos de Tarragona Arquitecte Rovira, 2, 43001 Tarragona

Tarragona Trade Fair and Congress Centre

The Tarragona Trade Fair and Congress Centre, in the heart of the city, is close to the main shopping area, known as Rambla Nova, the main hotels and the train station.

One of the Congress Centre's defining features is the natural stone wall which can be seen on each of the floors of the building.

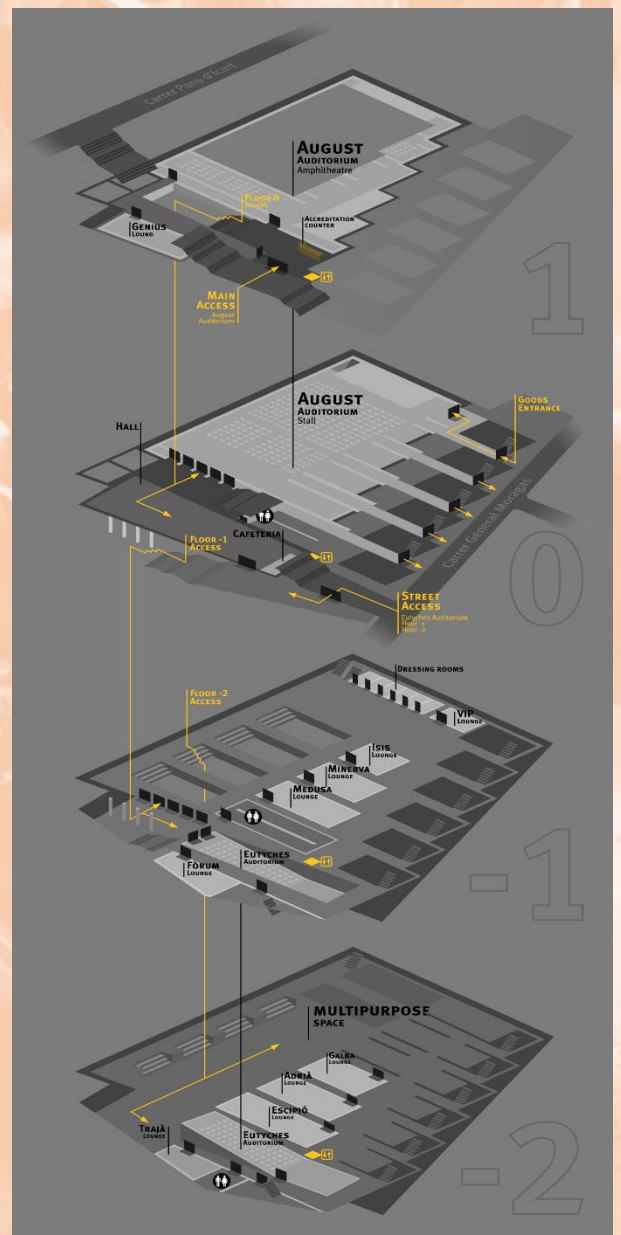
The Exhibition building, next to the Congress Centre, is an ideal place to hold trade fairs, shows and banquets. It is surrounded by 3000 m2 open-air esplanade, which can be used either as a parking facility or as a fair space.

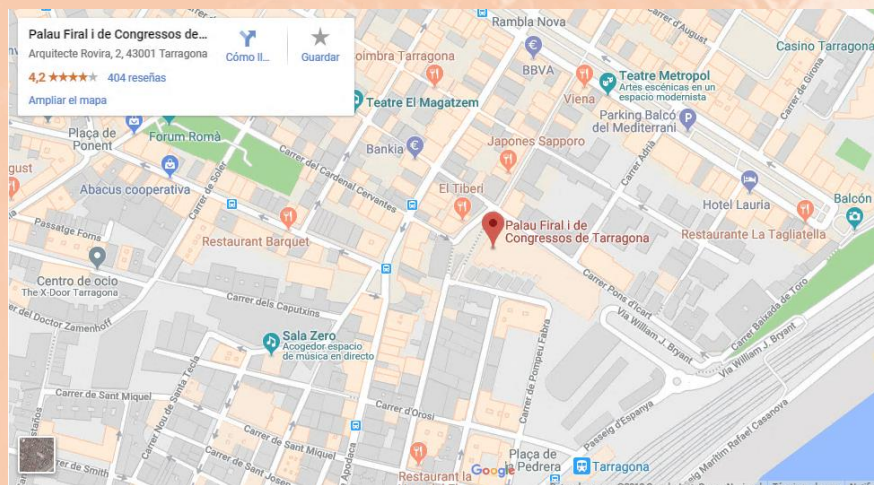
Infinite Possibilities

The Centre has 10 rooms fitted with the latest technology to satisfy even the most demanding customer. The building is a suitable venue for local, national and international events of all kinds: congresses, conventions, meetings and trade fairs.

The Congress Centre's two main auditoria, called August and Eutyches, offer excellent acoustics for major concerts and large-scale events.

On the -2 floor of the centre is a multipurpose space, covering an area of 3000 m2, ideal for commercial exhibitions and banquets.





tarragona film office - © txell roig

Airport

The official arrival airport is the **Barcelona International Airport “El Prat”**.

The Organizing Committee will pick you up at the airport on the Official Arrival Day (Friday) and drive you to the official hotel and back to the Barcelona Airport on the official Departure Day (Monday) for EUR €40 per person (EUR €20 each way per person). On December 7th buses will leave from the airport to the hotel every hour (0:00) from 8:00 till the last flight arrival.

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.

Your cooperation is essential to ensure adequate transportation for your team.

Early arrivals & late departures: any National Federation, including any of its individual team members, arriving before the official arrival date of December 7th and/or staying after the official departure date of December 10th, 2018 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 Barcelona to your country, please contact the secretariat within 24 hours before your departure



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 December 7th, 2018 (Friday) and the official departure date is December 10th, 2018 (Monday).

IFBB Executive Council Members: official arrival date is December 6th, 2018 (Thursday) and the official departure date is December 12th, 2018 (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, and onsite transportation at a special cost.

- **For single room EUR €475.00**
- **For Double room EUR €350.00 per person**

Participation

The IFBB World Bodybuilding Championships are open to all IFBB-affiliated National Federations worldwide. Competitors must be current members of their IFBB-affiliated National Federation at the time of competition to be eligible.

Registration of international athletes will only be considered if they are nominated by their IFBB- affiliated National Federation. Entry Forms will only be considered if they are e-mailed by the National Federation of the athlete to:

- Organizing Committee office at: secretaria@ifbb-spain.com
- IFBB Head Office at: officemanager@ifbb.com
- IFBB Press Commission at: amichalak5@gmail.com

The deadline for submitting the Final Entry Forms is Ober 24th, 2018.
The final decision to allow an athlete to compete in this event rests with the IFBB.

IFBB registration and accommodation

Registration will take place in the Hotel 4R Gran Regina, Calle Joan Fuster 3, 43840 Salou, Tarragona, Friday 7th December from 10:00 till 20:00 h.

IFBB registration fees

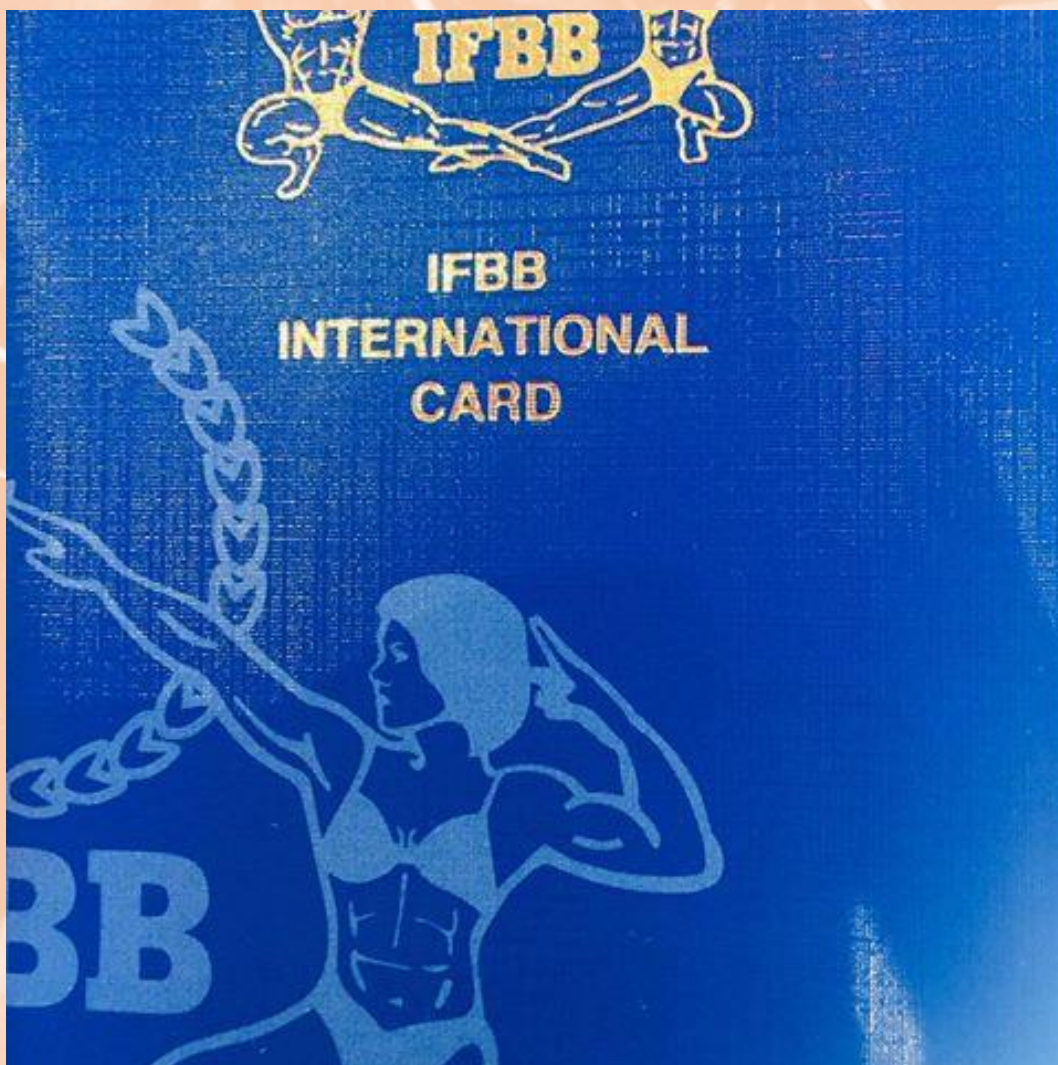
Each athlete (both A and B team) and Official Delegate must pay the IFBB registration fee of EUR

€350.00 each (Three or more competitors: two Official Delegates allowed. Two competitors or less: only one Official Delegate is allowed). The IFBB registration fee is completely separate from the hotel security deposit. Athletes who have not yet obtained the IFBB International Card or need to renew his Card will have to pay **EUR €380.00, which includes the International Card (EUR €30.00) and the registration fee (EUR €350.00).**

Payment of IFBB registration fee and IFBB International card

**!!! THE REGISTRATION FEE AND PACKAGES SHOULD BE PAID
BEFOREHAND ONLINE
www.ifbb.com/registration.**

**!!!! IF YOU HAVE NOT PAID BEFORE THE CHAMPIONSHIPS,
AND YOU PAY THE REGISTRATION FEE AT ARRIVAL, THE
REGISTRATION FEE WILL BE €50.00 PER PERSON MORE.**



2018 IFBB MASTERS CATEGORIES

1	Master Women Bikini-Fitness	Age 35-39 yrs	Up to 163 cm
2	Master Women Bikini Fitness	Age 35-39 yrs	Over 163 cm
3	Master Women Bikini Fitness	Age 40-44 yrs	Open
4	Master Women Bikini Fitness	Age ≥45 yrs	Open
5	Master Women Bodyfitness	Age 35-39 yrs	Open
6	Master Women Bodyfitness	Age 40-44 yrs	Open
7	Master Women Bodyfitness	Age ≥45 yrs	Open
8	Master Women Physique	Age ≥35 yrs	Open
9	Master Men's Physique	Age 40-44 yrs	Open
10	Master Men's Physique	Age 45-49 yrs	Open
11	Master Men's Physique	Age ≥50 yrs	Open
12	Master Men's Classic Physique	Age 40-44 yrs	Open
13	Master Men's Classic Physique	Age 45-49 yrs	Open
14	Master Men's Classic Physique	Age ≥50 yrs	Open
15	Master Men Bodybuilding	Age 40-44 yrs	Up to 70 kg
16	Master Men Bodybuilding	Age 40-44 yrs	Up to 80 kg
17	Master Men Bodybuilding	Age 40-44 yrs	Up to 90 kg
18	Master Men Bodybuilding	Age 40-44 yrs	Over 90 kg
19	Master Men Bodybuilding	Age 45-49 yrs	Up to 70 kg
20	Master Men Bodybuilding	Age 45-49 yrs	Up to 80 kg
21	Master Men Bodybuilding	Age 45-49 yrs	Up to 90 kg
22	Master Men Bodybuilding	Age 45-49 yrs	Over 90 kg
23	Master Men Bodybuilding	Age 50-54 yrs	Up to 80 kg
24	Master Men Bodybuilding	Age 50-54 yrs	Over 80 kg
25	Master Men Bodybuilding	Age 55 & over	Up to 75 kg
26	Master Men Bodybuilding	Age 55 & over	Over 75 kg
27	Master Men Classic BB	Age 40-44 yrs	Open Class
28	Master Men Classic BB	Age 45-49 yrs	Open Class
29	Master Men Classic BB	Age >50 yrs*	Open Class

Junior World Cup Categories

JUNIORS (AGE LIMIT: 16-23 YEARS)

	DISCIPLINE	CATEGORY
1	Junior Women Bodyfitness	Open Class
2	Junior Women Fitness	Up to & incl. 163 cm
3	Junior Women Fitness	Over 163 cm
4	Junior Women Bikini-Fitness	Up to & incl. 160 cm
5	Junior Women Bikini-Fitness	Up to & incl. 166 cm
6	Junior Women Bikini-Fitness	Over 166 cm
7	Junior Men Bodybuilding	Up to & incl. 75 kg
8	Junior Men Bodybuilding	Over 75 kg
9	Junior Men Classic Bodybuilding **	Open Class
10	Junior Men Fitness	Open Class
11	Junior Men Physique	Up to & incl. 174 cm
12	Junior Men Physique	Up to & incl. 178 cm
13	Junior Men Physique	Over 178 cm

Judges and delegates meeting

There will be a Team Managers and Judges Meeting prior to the **official athlete registration (weigh-in) on Friday, December 7th at 18:00 hrs.** All Judges and Delegates will be obliged to attend this meeting

Secretariat

The Organizing Committee will manage a Secretariat at the official hotel from **Thursday, December 6th, until Monday, December 10th, from 08:00 till 20:00 (on Monday till 11:00).** You may obtain information and assistance from the Secretariat.

Parade of nations

The mandatory dress code for all delegates participating in the Parade of Nations (one delegate per country) will be IFBB attire, 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 equipment 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.

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.

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 but no later than **November 22th, 2018 (deadline for sending the Final Entry Forms)** to:

Mr. Pawel Filleborn - Chairman, IFBB Judges Committee, Email:
pawelfilleborn@gmail.com

The names of those judges submitted in advance will receive priority consideration. All

IMPORTANT NOTICE

All judges who wish to be included in the judge 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.

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

Visas

A valid passport is required to enter Spain (Schengen Zone). Citizens of 55 countries don't need a visa coming for a short period (up to 90 days). Detailed information at:

https://en.wikipedia.org/wiki/Visa_policy_of_the_Schengen_Area

Please contact the Spanish Embassy in your country to determine if you need a visa. It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation letter either to the Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendant's visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer:

A copy of Passport. Where the attendant will have his or her accommodation

If the visa is not granted, the Cancellation Policies for the championship will still apply. An athlete, who requested and received an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

Currency

The official currency of Spain is the Euro (€). Approx. €1,00 = 1,12 US Dollar.
Current rates at: <http://www.xe.com/currencyconverter/>

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.

Time difference

GMT / UTC +1.

Climate

In December the average daily temperature is 15°C.

Electrical current

220 Volts, 50 Hz, socket / plug of type C, plug with two round prongs. Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

Language

The official language is Spanish and Catalan

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 not later than November 27th, 2018. You may contact the IFBB Press Commission to obtain this form: amichalak5@gmail.com

Athletes without delegate

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 be nominated by his National Federation by sending the Final Entry Form, failing which the athlete will not be allowed to participate.

Misrepresentation

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.

Medical withdrawal

Misrepresentation is a serious breach of the **IFBB CODE OF ETHICS** and occurs when 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) October 31th, 2018. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline, 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 Tuesday, November 27th, 2018. 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. 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 DECEMBER 27th, 2017 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).

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.

CORRESPONDENCE AND ENTRY FORM SENDING DETAILS

PLEASE SEND YOUR ENTRY FORM TO:

**Spanish Bodybuilding and Fitness Federation
Co-Organizing Committee**

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

Phone: +34 766 41 44

Email : secretaria@ifbb-spain.com

Website : www.ifbbSpain.com

Mr. José Tomás Ramos Muñoz, President

COPY ALL CORRESPONDENCE TO:

IFBB Head Office - Madrid, Spain

Celia de la Rosa

Phone: +34 91 535 2819

E-mail: headquarters@ifbb.com

And: EBFF Bodybuilding Committee

Andrew Michalak

E-mail: amichalak5@gmail.com

THURSDAY, DECEMBER 6th, 2018

09:00 – 17:00	Arrivals of IFBB Executive Council Members	Hotel 4R GRAN REGINA
13:00	Lunch	Hotel 4R GRAN REGINA
20:30	Welcome dinner for the IFBB Executive Council Members	Hotel 4R GRAN REGINA

FRIDAY, DECEMBER 7th, 2018

09:00 – 19:00	Arrivals of IFBB National Delegations, REGISTRATION	Hotel 4R GRAN REGINA
13:30 – 15:30	Lunch	Hotel 4R GRAN REGINA
16:00 – 16:30	Team Managers and Judges Meeting	Hotel 4R GRAN REGINA
16:00 – 21:00	Official Registration and Weigh-in. Each competitor must provide his PASSPORT, IFBB INTERNATIONAL CARD and MUSIC at Registration.	Hotel 4R GRAN REGINA
19:00 – 22:00	Dinner	Hotel 4R GRAN REGINA

SATURDAY, DECEMBER 8th, 2018

09:00 – 21:00	ELIMINATIOS , SEMIFINALS AND FINALS	
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SUNDAY, DECEMBER 9th, 2018

09:00 – 21:00	ELIMINATIOS , SEMIFINALS AND FINALS	
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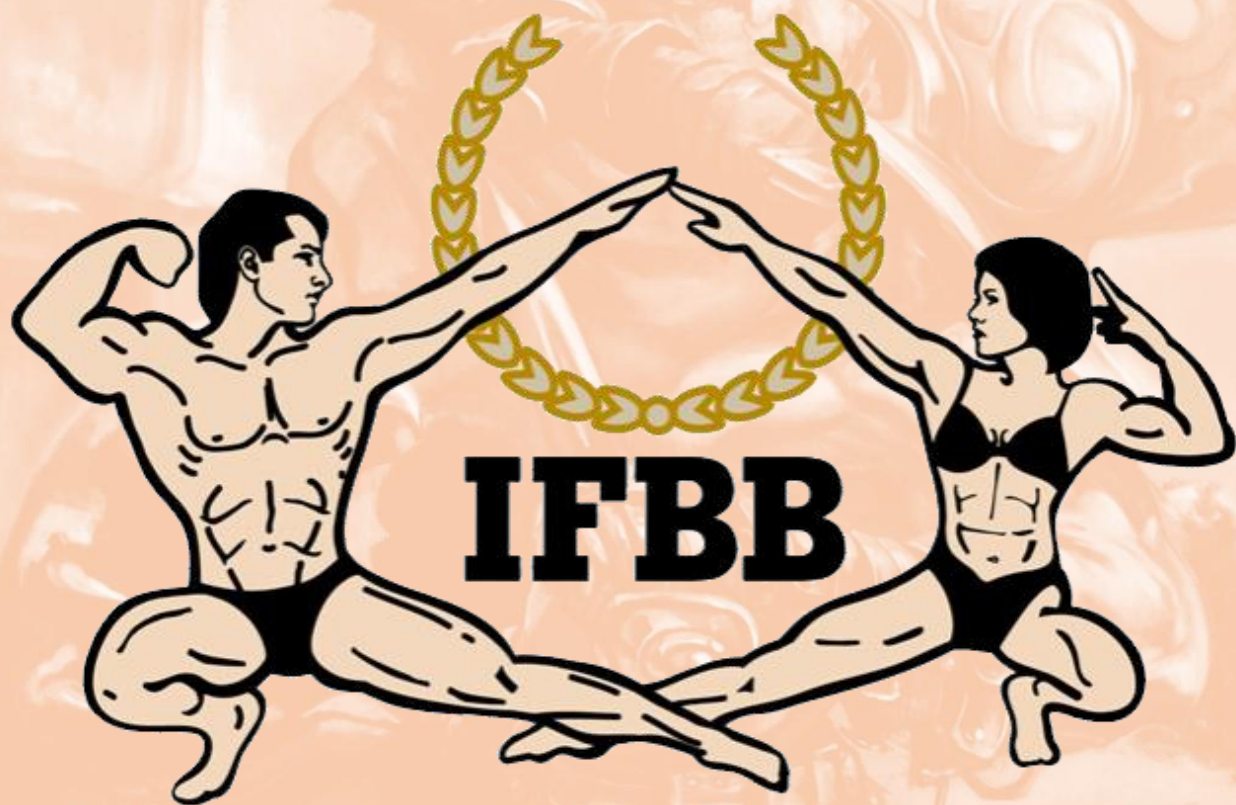
MONDAY, DECEMBER 10th, 2018

07:30 – 10:30	Breakfast	At the corresponding host hotel
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DEPARTURES







IFBB

