



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS



AJUNTAMENT DE
TARRAGONA



EL PALAU
Palau Firal i de Congressos de Tarragona



1 - 4 NOVEMBER

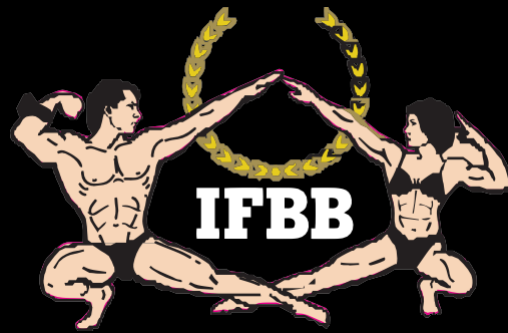
TARRAGONA (SPAIN)

PALAU FIRAL I DE CONGRESSOS



**IFBB AMATEUR
WORLD CUP
2019**

Plus an
**amazing
Rookies
event**



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS

2019 IFBB WORLDCUP

**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
ROOKIES**

INSPECTION REPORT



**1- 4 November 2019
TARRAGONA (SPAIN)**

IFBB RANKING POINT EVENT ELITE PRO QUALIFIER

LOCATION



TOURISM

Tarragona is a surprising and amazing city full of beautiful places to visit. This city, also known as Tarraco, was a Roman City. After the demise of the Western Roman Empire, it was captured first by the Vandals and then by the Visigoths. The Visigothic Kingdom's disappearance in 714 with the conquest of Umayyad. It is Roman heritage, protected by UNESCO since 2000.

Some Roman buildings to visit: 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 sepulcher, of the Scipios; Arch of Sura, or of Bara; or The Aurelian Way.



BEACHES

El miracle

This is the main beach of Tarragona, so to get there you only have to follow the Rafael de Casanova promenade. From the Balcony of the Mediterranean we will enjoy panoramic views of the El Miracle beach and its calm waters, which extends along 500 meters long and 75 meters wide.

L'Arrabassada

Not far from the center of Tarragona we find the beach of L'Arrabassada, the best beach in Tarragona to enjoy with the family. The atmosphere of this beach is very relaxed, its waters are clean and calm and its golden and soft sands. L'Arrabassada has a blue flag and is cleaned daily. It extends for 550 meters long and 65 wide and has all the facilities, including showers, beach bars and restaurants.



FUN AND ENTERTAINMENT

In Avinguda del Batlle Pere Molas, km 2, 43840 Vila-seca, Tarragona.

PortAventura World is a leisure complex, located in the municipalities of Vilaseca and Salou in Tarragona. With 4.7 million visitors during the year 2017, it is one of the main attractions of the Costa Dorada, with PortAventura Park, the most visited theme park in Spain and the sixth in Europe.

HOW TO GET THERE



COSTA DAURADA

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



BY TAXI

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



BY TRAIN

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



AIRPORT

- The official arrival airport is the Barcelona International Airport "El Prat".

ACCOMMODATIONS



OFFICIAL HOTEL:

MEDPLAYA HOTEL CALYPSO

C/ Pompeu Fabra 54-62
43840 Salou (Tarragona)
T. +34 977 38 49 00
calypso@medplaya.com

The modern resort, located opposite a couple of buildings east of Salou, is a 10-minute walk from Capellans Beach, 3.5 km from Aquopolis WaterPark and 7 km from PortAventura.

The bright and spacious rooms have flat-screen TVs and Wi-Fi (for a fee), as well as desks. All have balconies or terraces.

The hotel has a buffet restaurant, an open-air restaurant (open seasonally) and a bar, as well as 2 lagoon-style outdoor pools with waterfalls, a solarium and a pool bar. It also has children's pools, playground, bowling and games room, as well as live entertainment and business center.

IMPORTANT!

Supporters and coaches, can book the hotel by themselves contacting directly with the hotel. Each participant will be responsible of their own expenses about accommodations and transport.

COMPETITION VENUE



TARRAGONA TRADE FAIR AND CONGRESS CENTRE

Arquitecte Rovira, 2, 43001 Tarragona.

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

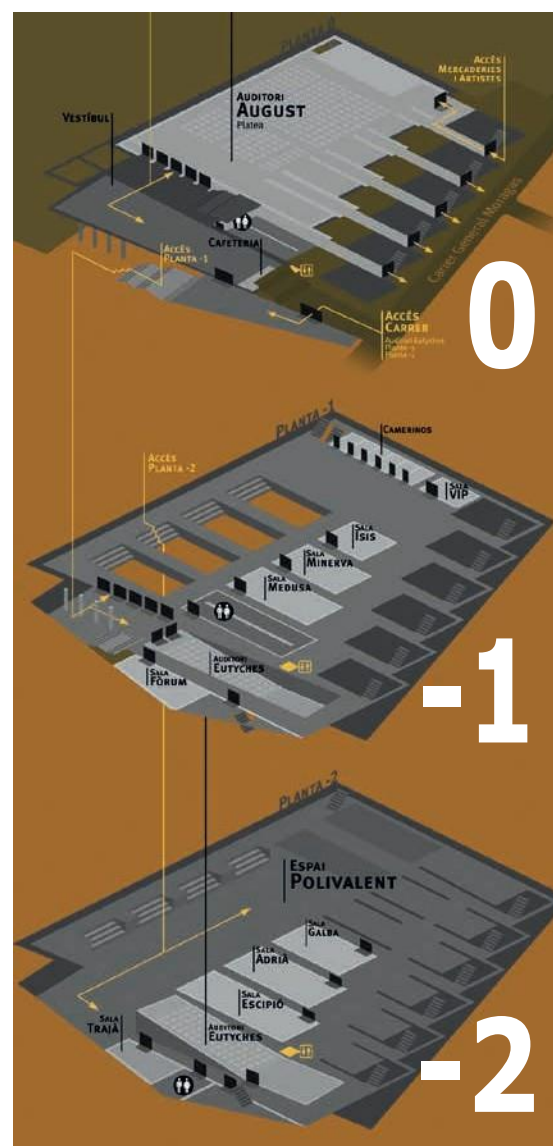
Next to the Congress Centre, is an ideal place to hold trade fairs, shows and banquets. It is surrounded by 3000 m2 open-air esplanade, which can be used either as a parking facility or as a fair space.

Infinite Possibilities

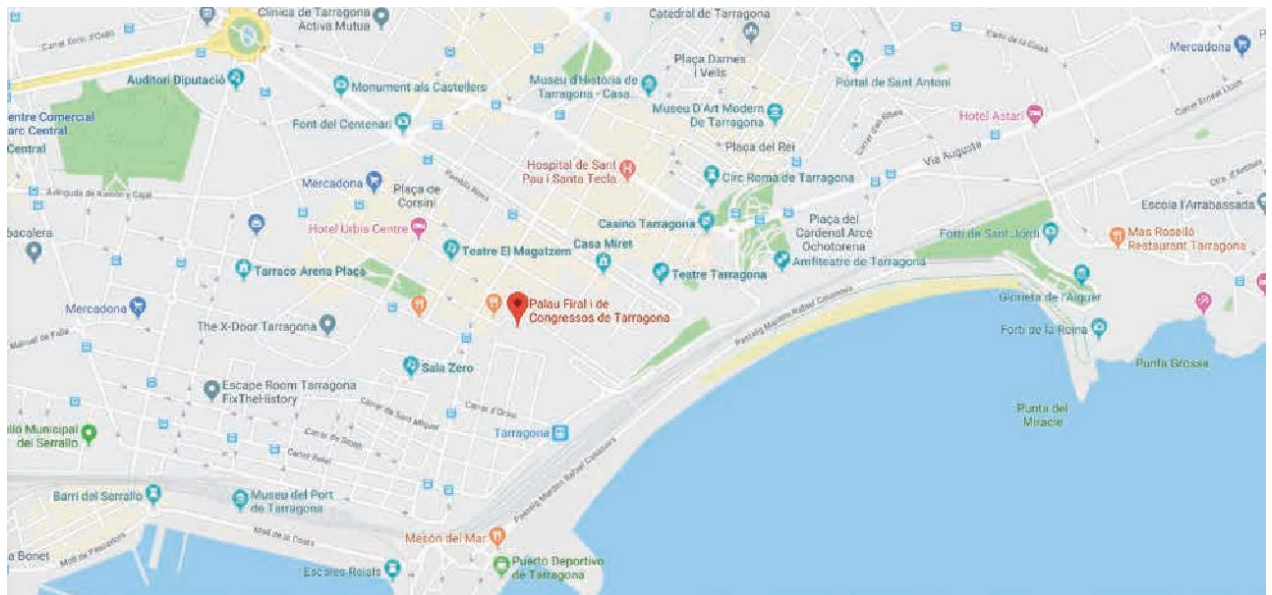
The Centre has 10 rooms fitted with the latest technology to satisfy even the most demanding customer. The building is a suitable venue for local, national and international events of all kinds: congresses, conventions, meetings and trade fairs.

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.



COMPETITION VENUE





PARTICIPATION

The IFBB World Cup is 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: info@ifbb.com
- IFBB Press Commission at: amichalak5@gmail.com

IFBB REGISTRATION

Registration will take place in venue site:

Palau Firal de Congressos de Tarragona
c/Arquitecte Rovira, 2
43001 Tarragona.

Friday 1st November from 10:00h to 20:00 h.

PAYMENT OF IFBB REGISTRATION FEE AND IFBB INTERNATIONAL CARD

Registration fee for athletes to enter this competition is EUR €300,00 which have to be paid in advance by credit/debit card or PayPal at IFBB webpage:
<http://www.ifbb.com/competition-registration>

Please add your name during online payment and bring a copy of your payment confirmation to the registration.

The deadline date to do the online payment is Friday, October 25th, 2019, 24:00 hrs (midnight - Central European Time, UTC +2) the online payment system will be switched off.

If paying at the Registration on November 1st, 2019, an extra fee of EUR €100 per participant will be charged.

If an athlete wants to participate in the second category (like a master or junior in the senior class also), the registration fee for this second category is additional EUR €100.

Athletes will have to produce their Passports and IFBB International Cards at the Registration. Any athlete who has not purchased yet or renewed his/her IFBB International Card will have to buy one at registration. IFBB Cards are €35 and are mandatory.

IFBB WORLD CUP CATEGORIES

MEN & WOMEN		
	DISCIPLINE	CATEGORY
1	Men Bodybuilding	Up to & incl. 75 kg
2	Men Bodybuilding	Up to & incl. 80 kg
3	Men Bodybuilding	Up to & incl. 85 kg
4	Men Bodybuilding	Up to & incl. 90 kg
5	Men Bodybuilding	Up to & incl. 100 kg
6	Men Bodybuilding	Over 100 kg
7	Men Classic Bodybuilding *	Up to & incl. 171 cm
8	Men Classic Bodybuilding *	Up to & incl. 175 cm
9	Men Classic Bodybuilding *	Up to & incl. 180 cm
11	Men Classic Bodybuilding *	Over 180 cm (see notes below*)
11	Men's Classic Physique	Up to & incl. 171 cm
12	Men's Classic Physique	Up to & incl. 175 cm
13	Men's Classic Physique	Over 175 cm (see notes below*)
14	Women's Physique (60 s routine)	Open Class
15	Women Bodyfitness	Up to & incl. 163 cm
16	Women Bodyfitness	Up to & incl. 168 cm
17	Women Bodyfitness	Over 168 cm
18	Women Bikini-Fitness	Up to & incl. 158 cm
19	Women Bikini-Fitness	Up to & incl. 160 cm
20	Women Bikini-Fitness	Up to & incl. 162 cm
21	Women Bikini-Fitness	Up to & incl. 164 cm
22	Women Bikini-Fitness	Up to & incl. 166 cm
23	Women Bikini-Fitness	Up to & incl. 169 cm
24	Women Bikini-Fitness	Up to & incl. 172 cm
25	Women Bikini-Fitness	Over 172 cm
26	Women Wellness Fitness	Up to & incl. 163 cm
27	Women Wellness Fitness	Over & incl. 163 cm
28	Fit Model	Up to & incl. 168 cm
29	Fit Model	Over 168 cm
30	Men's Physique	Up to & incl. 170 cm
31	Men's Physique	Up to & incl. 173 cm
32	Men's Physique	Up to & incl. 176 cm
33	Men's Physique	Up to & incl. 179 cm
34	Men's Physique	Over 179 cm
35	Muscular Men's Physique	Open Class
36	Junior Women Bikini-Fitness	Open Class
37	Junior Men Bodybuilding	Open Class
38	Junior Men's Physique	Open Class
39	Master Women Bikini-Fitness	Open Class
40	Master Women Bodyfitness	Open Class
41	Master Women's Physique	Open Class
42	Master Men's Physique	Open Class
43	Master Men Bodybuilding	Up to & incl. 70 kg
44	Master Men Bodybuilding	Up to & incl. 80 kg
45	Master Men Bodybuilding	Up to & incl. 90 kg
46	Master Men Bodybuilding	Over 90 kg
47	Master Men Classic BB	Open Class
46	Men's Classic Physique	Open Class

*- categories with weight/height limits

OPEN NEW CATEGORIES INTERNATIONAL ROOKIES

In these new rookie categories may participate, all athletes who have not been ranked in the top six in the world or continental championships.

Category:

	DISCIPLINE	CATEGORY
1	Men Bodybuilding	Open Class
2	Men Classic Bodybuilding *	Open Class
3	Men 's ClassicPhysique	Open Class
4	Women's Physique (60 s routine)	Open Class
5	Women Bodyfitness	Open Class
6	Women Bikini-Fitness	Open Class
7	Women Wellness Fitness	Open Class
8	Men's Physique	Open Class
9	Muscular Men's Physique	Open Class



2019 IFBB WEIGHT/HEIGHT LIMITS

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 0 [kg]
 Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 1 [kg]
 Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 2 [kg]
 Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]
 Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 5 [kg]
 Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]
 Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 7 [kg]

JUNIOR CLASSIC BODYBUILDING (16-23 years old)

*example: if athlete is 168 cm tall, his weight should be below and NOT MORE than 68 kg (168 minus 100 is 68).

*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 71,5kg (170,5 minus 100 is 70,5 plus 1 is 71,5)

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 0 [kg]
 Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 2 [kg]
 Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]
 Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 7 [kg]
 Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 9 [kg]
 Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 11 [kg]
 Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 13 [kg]

MEN MASTERS CLASSIC BODYBUILDING

*example: if athlete is 168 cm tall, his weight should be below and NOT MORE than 68 kg (168 minus 100 is 68).

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

Up to 162 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) - 3 [kg]
 Up to 165 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) - 2 [kg]
 Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) - 1 [kg]
 Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 0 [kg]
 Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 1 [kg]
 Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 3 [kg]
 Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]
 Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 5 [kg]
 Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]

JUNIOR GAMES CLASSIC BODYBUILDING (16-23 YEARS OLD)

*example: if athlete is 162 cm tall, his weight should be below and NOT MORE than 59 kg (162 minus 100 is 62, minus -3 is 62).

*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 70,5kg (170,5 minus 100 is 70,5)

Up to 162 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) - 2 [kg]
 Up to 165 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) - 1 [kg]
 Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 0 [kg]
 Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 1 [kg]
 Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 2 [kg]
 Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]
 Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 5 [kg]
 Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]
 Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 7 [kg]

MEN GAMES CLASSIC BODYBUILDING

*example: if athlete is 162 cm tall, his weight should be below and NOT MORE than 60 kg (162 minus 100 is 62, minus -2 is 60).

*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 71,5kg (170,5 minus 100 is 70,5 plus 1 is 71,5)

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 2 [kg]
 Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 3 [kg]
 Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]
 Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]
 Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 7 [kg]
 Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 8 [kg]
 Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 9 [kg]

JUNIOR CLASSIC PHYSIQUE (16-23 YEARS OLD)

*example: if athlete is 168 cm tall, his weight should be below and NOT MORE than 70 kg (168 minus 100 is 68 plus +2 is 70).

*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 73,5kg (170,5 minus 100 is 70,5 plus 3 is 73,5)

Up to 168 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 4 [kg]
 Up to 171 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 6 [kg]
 Up to 175 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 8 [kg]
 Up to 180 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 11 [kg]
 Up to 188 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 13 [kg]
 Up to 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 15 [kg]
 Over 196 cm: Athletes bodyweight [kg] = (Athletes height [cm] - 100) + 17 [kg]

MEN MASTERS CLASSIC PHYSIQUE

*example: if athlete is 168 cm tall, his weight should be below and NOT MORE than 72 kg (168 minus 100 is 68 plus 4 is 72).

*example: if athlete is 170,5cm tall, his weight should be below and NOT MORE than 76,5kg (170,5 minus 100 is 70,5 plus 6 is 76,5)

A category can only be run if there are not less than 5 athletes. If less than 5 athletes, the categories will be combined with the next heavier/taller class, wherever possible.

If less than 5 athletes in the heaviest or tallest class, it will be combined with the closest lighter or shorter category. If still less than 5 athletes, more categories will be combined or, eventually, one open class will be run. In case of categories with less than 5 competitors, no titles will be awarded and no points to the IFBB World Ranking will be counted.

Age divisions will not be combined; however, categories inside the same age division may be combined, if less than 5 athletes per category

JUNIOR

If not enough athletes in a category (5 as per rules applicable to official events) The category may be combined in one, 16-23

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 October 24 th, 2019 (deadline for sending the Final Entry Forms) to:

IFBB JUDGESCOMMITTEE

Mr. Pawel Filleborn (Chairman)

Email: 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.

IMPORTANT

All judges who wish to be included in the judges' panels at these Championships should be specified in the Final Entry Form. The test judges should be specified there as well. If any judges do not attend the Judges Meeting, they will not be permitted to judge.

Judges have to pay the yearly Judges' Licence fee of **EUR €50** for 2019. This fee may be paid at the Championships. Test judges should pay a test fee of EUR €50. This fee may be paid at the Championships.

All judges must attend the Judges/Team Manager meeting.

If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.

PLEASE DO NOT FAX YOUR NOMINATIONS TO IFBB HEADQUARTERS

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 October 22th, 2019.

You may contact the IFBB PRESS COMMISSION to obtain this form:

amichalak5@gmail.com

JUDGES AND DELEGATES MEETING

There will be a Team Managers and Judges Meeting prior to the official athlete registration (weigh-in) on Friday, November 1st at 18:00 hrs. In the venue site.

All Judges and Delegates will be obliged to attend this meeting.

POSING MUSIC

All posing music must be on an audio CD only. The posing 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.

CAMERA/VIDEOTAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

TIME DIFFERENCE

GMT (Greenwich Mean Time) / UTC +1 hour (CEST-Central European Summer Time Zone).

CURRENCY

The national currency in Spain is EURO. Exchange rates to other currencies may be found at:

<http://www.xe.com/currency/eur-euro>

All major credit cards are widely accepted at most major hotels, department stores and restaurants.

CLIMATE

During the month of November, the average daily temperature is 15 °C.

ELECTRICAL CURRENT

The electrical outlets are 220 V, 50 Hz. Socket / plug of type C plug with two round prongs, popularly known as the europlug and used in all continental Europe countries.



LANGUAGE

The official language in Tarragona is Spanish and Catalan. English is widely spoken in hotels, restaurants, shopping centres and tourist areas.

TRAINING 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.

IMPORTANT INFORMATION FOR ATHLETES

We are excited to inform you, the "Jan Tana Team" will be providing **"Tanning, Hair & Makeup"** services at the contest venue!



We Recommend purchasing services from Jan Tana to insure you Look Your Best.

"Jan Tana" is the Official Tanning, Hair & Makeup Sponsor for the IFBB Elite Pros.

<http://www.onsitetan.com/book-here/>

ATHLETES WITHOUT DELEGATES

All athletes competing at the IFBB World Cup must be members in good standing of their National Federations. Any athletes 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.

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.

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.

IMPORTANT

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 statement 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.

AWARDS

- Top six athletes in each category will be awarded with medals and certificates.
- Overall in each discipline will have a trophy.
- **Top 5 athletes** in Men's and Women's senior categories will be awarded points to the 2019 IFBB World Ranking according to the World Ranking Rules.

Overall winners or open category winners in Men's Physique, Muscular Men's Physique, Classic Bodybuilding and Bodybuilding as well as in Women's Physique, Women's Bodyfitness, Women's Bikini Fitness and Women's Wellness Fitness are eligible to apply for the IFBB Elite Pro Card through their National Federations.

All the athletes have free transportation from the Barcelona airport (El Prat) to the venue on Friday 1st November and from the venue to the airport on Monday 4th November. Also, all the athletes will receive a ticket for the World Professional Championships at the registration.

FINAL ENTRY FORM (FEF)

PRELIMINARY ENTRY FORM (PEF)

The deadline for the Preliminary Entry Form (available in the Appendix) August 31th, 2019. 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

The deadline for the Final Entry Form is on October 24th, 2019. 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.

CORRESPONDENCE AND ENTRY FORMS SENDING DETAILS

PLEASE SEND YOUR ENTRY FORM TO:
SPANISH BODYBUILDING & FITNESS
FEDERATION CO-ORGANIZING COMMITTEE

Adress: c/Esglesia 357 3º 2ª Calella - Barcelona (Spain)
Phone: +34 766 41 44
Email: secretaria@ifbb-spain.com
Webs: www.ifbbSpain.com

Mr. José Tomás Ramos Muñoz, President

COPY ALL CORRESPONDENCE TO:
IFBB HEAD OFFICE - Madrid (Spain)
Diana Mozos
Phone: +34 91 535 2819
Email: info@ifbb.com

IFBB TECHNICAL COMMITTEE
Andrew Michalak
Email: amichalak5@gmail.com

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change.
Please check regularly for updates

FRIDAY, NOVEMBER 1ST, 2019

10:00 - 20:00	Official IFBB Registration and Weigh-in Each competitor must provide his passport IFBB INTERNATIONAL CARD and Music	Palau Firal i de Congressos de Tarragona Arquitecte Rovira, 2, 43001 Tarragona
18:00 - 18:30	Judges and Delegates Meeting	

SATURDAY, NOVEMBER 2ND, 2019

09:00 - 15:30	Eliminations, semifinals and Finals (part 1)	Palau Firal i de Congressos de Tarragona
17:30 - 21:30	IFBB ELITE PRO WORLD CHAMPIONSHIPS Eliminations, semifinals and Finals	Arquitecte Rovira, 2, 43001 Tarragona

SUNDAY, NOVEMBER 3RD, 2019

09:00 - 18:00	Eliminations, semifinals and Finals (part 2) (one continuous session)	Palau Firal i de Congressos de Tarragona Arquitecte Rovira, 2, 43001 Tarragona
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133 812 photos taken

18 competitions

9 countries

1 team



How pleased you was with speed of our service?

- Excellent__ 77,5%
- Good..... 18%
- Fair 4,5%
- Poor..... 0%
- Very Bad__ 0%



Did you like quality of photos?

- Excellent__ 72%
- Good..... 14,5%
- Fair 9%
- Poor..... 4,5%
- Very Bad__ 0%



Were you pleased with number of photos?

- Excellent__ 82%
- Good..... 13,5%
- Fair 4,5%
- Poor..... 0%
- Very Bad__ 0%

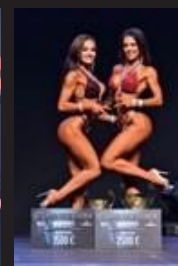
thank you for a great 2018



IFBB OFFICIAL PHOTOGRAPHER

WHAT WILL YOU GET?

Individual photos (elimination, semifinals) • Comparison photos (finals)
I-walk or posing routine • Award ceremony • **Everything in high-resolution**



HOW MANY PICTURES WILL I GET FOR 20 €?

It depends on many factors – your performance, number of photographers we have at the competition, speed of judging etc. For example, if you end up in elimination, you can expect at least 4 photos (4 poses) but if you are in finals it can be up to 30-40 photos. Minimum number of photos is 3.

HOW LONG IT WILL TAKE TO GET PHOTOS?

It can take up to 7 days after the last day of the show for small competitions (e.g. Diamond Cup) or 14 days for big competitions (European Championships, World Championships, Arnold Classic).

HOW DO I GET PHOTOS?

During payment process you have to enter correct e-mail address – we will send you download link (Dropbox) where you can download all photos in digital format.



¿CUÁNTAS FOTOS OBTENDRÉ POR 20 €?

Depende de muchos factores: de tu sesión, la cantidad de fotógrafos que tenemos en la competencia, la velocidad de evaluación, etc. Por ejemplo, si termina en eliminación, puede esperar al menos 4 fotos (4 poses) pero si está en la final puede ser de hasta 30-40 fotos. El número mínimo de fotos es 3.

¿CUÁNTO TIEMPO TOMARÁ PARA OBTENER FOTOS?

Puede tomar hasta 7 días después del último día del espectáculo para competiciones pequeñas (por ejemplo, Diamond Cup) o 14 días para grandes competiciones (European Championships, World Championships, Arnold Classic).

¿CÓMO CONSIGO FOTOS?

Durante el proceso de pago, debe ingresar la dirección de correo electrónico correcta: le enviaremos el enlace de descarga (Dropbox) donde podrá descargar todas las fotos en formato digital.



ILE ZDJĘĆ DOSTANĘ ZA 20 €?

Zależy to od wielu czynników: od tego jak wypadniesz, liczby fotografów, których mamy w konkursie, szybkości oceniania itp. Na przykład, jeśli skończysz w eliminacjach, możesz spodziewać się co najmniej 4 zdjęć (4 pozy), ale jeśli dotrzesz do finału może to być do 30-40 zdjęć. Minimalna liczba zdjęć to 3.

KIEDY BĘDZIE MOŻLIWE ODEBRANIE ZDJĘĆ?

Może potrwać do 7 dni od ostatniego dnia pokazu w przypadku małych konkursów (np. Diamond Cup) lub 14 dni w przypadku dużych zawodów (European Championships, World Championships, Arnold Classic).

JAK MOŻE UZYSKAĆ ZDJĘCIA?

Podczas procesu płatności należy podać prawidłowy adres e-mail - wyślemy Ci link do pobrania (Dropbox), gdzie możesz pobrać wszystkie zdjęcia w formacie cyfrowym.



QUANTE FOTOGRAFIE POTRÒ AVERE PER 20 €?

Dipende da diversi fattori: la tua performance, il numero di fotografi di cui disponiamo alla competizione, la velocità della valutazione ecc. Ad esempio, se finisci in eliminazione, puoi aspettarti almeno 4 fotografie (4 pose), ma se sei in finale può essere fino a 30-40 fotografie. Il numero minimo di foto è 3.

QUANTO CI VORRÀ PER OTTENERE LE FOTOGRAFIE?

Possono trascorrere fino a 7 giorni dopo l'ultimo giorno dello spettacolo per le piccole competizioni (ad es. Diamond Cup) oppure 14 giorni per le grandi competizioni (European Championships, World Championships, Arnold Classic).

COME POSSO OTTENERE LE FOTOGRAFIE?

Durante il processo di pagamento, devi inserire il tuo indirizzo e-mail corretto. Dopodiché, ti invieremo il link per il download (Dropbox) col quale potrai scaricare tutte le fotografie in formato digitale.



ЧОУБНО ООТТОПАОИМ* НОУВІВ3А20€?

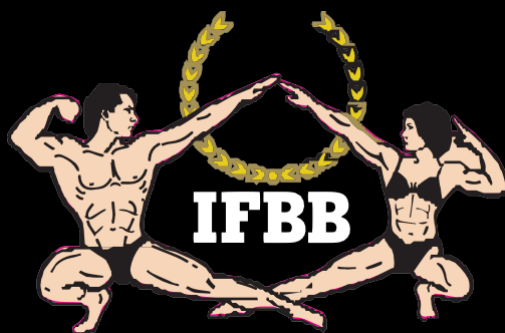
3to > abmcmr ot mhofmx \$aktopob - bamen paot , konm-ectba \$otofpa\$ob, kotop e 6ygyt ha copebhobahmm, ckopoctm cymgehme. Hampmme, ecnm b > akoh-mte b ctymnehme ha stame otceba, b momete ommgata kak mmmmmym 4 \$otofpa\$mm (4 mo>), ho ecnm b haxogmtca b \$mhane, to momet 6 ta go 30-40 \$otofpa\$mm. Mmmhmanahoe konm-ectbto \$otofpa\$mm - 3.

ЧОУБНО ВРЕМЕНИ НОТРЕВЕТС*, ІТОБ* НОУВІНТБ ООТТОПАОИМ?

3to momet > ahega go 7 ghen mome mome neghefo ghe moka> ahahefonamm copebhobahmm (hampmme, Diamond Cup) mmm 14 ghen gne kpyym x copebhobahmm (European Championships, World Championships, Arnold Classic).

НАН МНЕ НОУВІНТБ ООТТОПАОИМ?

Bo hpeme mpoyegyp onnat b gonmh bbecm mpabmmah n aspec snektpohhon mo-t - m b mnem bam cc nky ghen cka-mbahme (Dropbox), fge b momete >afpy-mta bce \$otofpa\$mm b ym\$poobom \$opmate.



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS

