





## ARNOLD CLASSIC EUROPE 2013



### WELCOME

Arnold Schwarzenegger, Dr. Rafael Santonja, James L. Lorimer and Bob Lorimer welcome you to the third edition of the Arnold Classic Europe.

ARNOLD CLASSIC EUROPE is a great multisport program that takes place following the best tradition of the original Arnold Weekend concept in Columbus, Ohio (USA).

### LOCATION

The Arnold Amateur Europe will be held in the capitol city of Spain, Madrid. A beautiful city with many wonderful museums, impressive buildings, a great history and many other attractions.

An excellent and exciting city for an excellent and exciting event. Visit Madrid City guide at:

[http://www.arnoldclassiceurope.es/2013\\_en.php](http://www.arnoldclassiceurope.es/2013_en.php)

### VENUE

The 2013 Arnold Classic Europe Championships will be held at the venue, **PALACIO DE CRISTAL DE LA CASA DE CAMPO** and **MADRID ARENA**, Madrid (Spain). This venue is an excellent place and was a great success last year with hundreds of booths in the EXPO and more visitors and visitors.

### RECOMMENDED IFBB HOTELS

There are numerous recommended hotels in the area which you can choose from.

On the Arnold Classic Europe there is more information and contact details.

Please follow the link to book your rooms: [http://www.arnoldclassiceurope.es/hoteles\\_en.php](http://www.arnoldclassiceurope.es/hoteles_en.php)

It is advisable to book your rooms well in advance to avoid disappointment.

### A few hotels are listed below

#### VINCI CAPITOL

Category: 4 \*\*\*\*

C/Gran Vía 41

Tel. +34 915 218 391

Madrid

#### RIBERA MANZANARES

Category: 4 \*\*\*\*

Paseo Virgen del Puerto 57

Tel. +34 913 643 248

Madrid

#### ESPAH. PLZ. ESPAÑA

Category: 3 \*\*\*

Plaza de España 7

Tel. +34 915 428 585

Madrid

#### ESPAH. GRAN VÍA

Category: 3 \*\*\*

Gran Vía 65

Tel. +34 915 413 170

Madrid

#### FLORIDA NORTE

Category: 4 \*\*\*\*

Paseo de la Florida 5

Tel. +34 915 428 300

Madrid

#### VINCI GRAN VÍA 66

Category: 4 \*\*\*\*

Gran Vía 66

Tel. +34 915 504 299

Madrid

Those are recommended hotels; if you wish to look for other alternatives, you can look into the area "Gran Vía", "Príncipe Pio" or "Plaza España" as there is a touristic commercial area that has many hotels around.

**Please note: All athletes and officials will have to book and reserve their own hotel accommodation. Please reserve your rooms well in advance to avoid disappointment.**

## **IMPORTANT ARRIVAL AND CHECK-IN NOTICES**

**The official arrival day is Thursday 10<sup>th</sup> October 2013.**

The weigh-in and registration will be conducted on Thursday. IFBB Registration fee of 150 EUROS will have to be paid at the time of weigh-in or in advance. We fully recommend you to make advance payment by **paypal** at [accounts@ifbb-madrid.org](mailto:accounts@ifbb-madrid.org) for your best comfort and convenience. Registration will take place at Palacio de Cristal, Casa de Campo, Madrid. You can arrive by subway, stopping at "El Lago" station at 500 meters from the venue, or by the organizer circular buses available with a frequency of 1 hour. Info will be available at the official hotels lobby. If you are not at the official hotels, but in hotels nearby, you can access to the organizer bus at the official hotels or use the public subway (El LAGO) or city buses (visit: [www.arnoldclassiceurope.com](http://www.arnoldclassiceurope.com) for more info)

- **Registration and weigh-in between 10:00 and 8:00pm on Thursday 10<sup>th</sup> October.**
- **IFBB amateur event starts on Friday 11<sup>th</sup> October.**
- **Trade show starts on Friday 11<sup>th</sup> October**
- **Finals for overall Champions, will take place on Sunday, 13<sup>th</sup> of October.**

More information about running order and other competition details will be forwarded nearer the time.

Please check [www.arnoldclassiceurope.com](http://www.arnoldclassiceurope.com) and [www.ifbb.com](http://www.ifbb.com) for regular updates.

## **TANNING NEEDS**

For those of you with tanning or makeup needs, contact Jan Tana at <http://jantana.com/index.php/on-site-airbrush-tanning-service/arnold-classic-bikini-physique-bodybuilding-figure-oct-11-12.html> to book an appointment. We'll have staff backstage to assist with all competition needs. No spray tanning will be done at the venue, so be sure to book appointments accordingly.

**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.**

## **COMPETITOR NOTIFICATION**

Once the entry form from the National Federation has been received and accepted, an official letter will be sent confirming your participation in the 2013 Arnold Amateur IFBB International Bodybuilding, Fitness, Body-Fitness and Bikini Championships. Those athletes who have not met the established requirements, who missed the deadline for registration, or who registered in a division that has already been closed, will also be notified that they will be unable to participate in this competition.

We strongly encourage you to register early and make the appropriate arrangements to compete in Madrid. Hotels will be booked up quickly as this is a very popular event.

## **GENERAL INFORMATION**

The IFBB has added the MEN'S PHYSIQUE and WOMEN'S PHYSIQUE classes to the programme and athletes participating in these classes will have to be members of the National Federation.

Any Bodybuilding, Fitness, Body-Fitness (Figure) or Bikini athlete who is qualified and has been recommended by their respective national IFBB affiliates can participate either in Juniors, Seniors or Masters categories. The Arnold Amateur organizing committee reserves the right to decline entry to any athlete who does not meet the requirements.

## **REGISTRATION AND REGISTRATION FEE**

Registration of athletes will only be considered if they are recommended or entered by the National Federation of the athlete and the entry form has been emailed directly to the IFBB General Secretary and IFBB Head Office in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB.

Registration fee for athletes to enter this competition is 150 Euros which will be collected at the time of registration. Payment can also be made through Paypal and we fully recommend you to make advance payment by Paypal at [accounts@ifbb-madrid.org](mailto:accounts@ifbb-madrid.org) for your best comfort and convenience

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

## **IMPORTANT NOTICE TO COMPETITORS**

Each athlete participating in the championship will be provided with a competitor wrist band at the weigh-in. This wrist band allows daily admission to the Arnold Fitness EXPO and should not be removed.

## **IMPORTANT INFORMATION**

**All the costs for traveling, hotel accommodations, transport from and to the airport and meals are the responsibilities of the national federations or individual athletes. Check with your national federation for more information. List of recommended hotels and contacts are provided on the Inspection Report.**

## **ENTRY FORM CONTACT DETAILS:**

All entry forms and correspondence should be addressed to IFBB General Secretary William TIERNEY [w.tierney@ifbb-uk.com](mailto:w.tierney@ifbb-uk.com) and IFBB Head Office, Madrid [internacional@santonja.com](mailto:internacional@santonja.com) . The deadline date for submitting the entry forms is October 1<sup>st</sup>, 2013.

## **PLEASE FORWARD ALL ENTRY FORMS TO:**

**Please send Entry Form no later than October 1<sup>st</sup>, 2013 to:**

IFBB General Secretary  
William Tierney  
Phone: +44 151 9314090  
E-mail: [w.tierney@ifbb-uk.com](mailto:w.tierney@ifbb-uk.com)

**Please Send a copy to:**

International Federation of Bodybuilding and Fitness  
Dr. Rafael Santonja  
IFBB President  
Phone: +34 91 535 2819  
Fax: +34 91 6361270  
E-mail: [internacional@santonja.com](mailto:internacional@santonja.com)

**IFBB National Federations are informed that participation in to this championship is unlimited. Remember that all athletes will have to produce their IFBB International Card at the registration. Any athlete who has not yet purchase this IFBB International card will have to buy one at registration. IFBB Cards are 30 Euros per year and are mandatory from 2011.**

## CATEGORIES

Categories open for the Arnold Amateur are as follows:

### MEN'S CATEGORIES

#### MEN'S BODYBUILDING CLASSES

UPTO & INCLUDING 70KG  
UPTO & INCLUDING 75KG  
UPTO & INCLUDING 80KG  
UPTO & INCLUDING 85KG  
UPTO & INCLUDING 90KG  
UPTO & INCLUDING 100KG  
OVER 100KG

#### MEN'S CLASSIC BODYBUILDING\*

##### See table below

UP TO 175cm  
UPTO 180cm  
OVER 180cm

#### MEN'S FITNESS

1 OPEN CATEGORY

#### JUNIOR MEN BODYBUILDING

1 OPEN CATEGORY

#### MASTERS MEN 40-49 YEARS

UPTO & INCLUDING 80KG  
UPTO & INCLUDING 90KG  
OVER 90KG

#### MASTERS MEN 50-59 YEARS

1 OPEN CATEGORY

#### MASTERS OVER 60 YEARS

1 OPEN CATEGORY

#### MEN'S PHYSIQUE

UPTO & INCLUDING 178cm  
OVER 178cm

#### MEN'S ATHLETIC FITNESS

UPTO & INCLUDING 175cm  
OVER 175cm

### WOMEN'S CATEGORIES

#### WOMEN'S BODYBUILDING

1 OPEN CATEGORY

#### WOMEN'S BODYFITNESS

UP TO 158cm  
UP TO 163cm  
UP TO 168cm  
OVER 168cm

#### WOMEN'S FITNESS

UP TO 163cm  
OVER 163cm

#### WOMEN'S BIKINI

UP TO 163cm  
UP TO 168cm  
OVER 168cm

#### JUNIOR WOMEN BODYFITNESS

1 OPEN CATEGORY

#### MASTERS WOMEN BODYFITNESS

1 OPEN CATEGORY

#### WOMEN'S ATHLETIC FITNESS

UPTO & INCLUDING 163cm  
OVER 163cm

#### WOMEN'S PHYSIQUE

UPTO & INCLUDING 163cm  
OVER 163cm

### **MAXIMUM WEIGHT LIMIT FOR THE HEIGHTS OF CLASSIC BODYBUILDING:**

A: **HEIGHT Up to and incl 168 cm** → → → → → → → → **MAXIMUM WEIGHT** *Height minus 100*  
**HEIGHT Over 168 cm Up to and incl 171 cm** → **MAXIMUM WEIGHT** *Height minus 100 + 2 kg*  
**HEIGHT Over 171 cm Up to and incl 175 cm** → **MAXIMUM WEIGHT** *Height minus 100 + 4 kg*

B. **HEIGHT Over 175 cm Up to and incl 180 cm** → **MAXIMUM WEIGHT** *Height minus 100 + 6 kg*

C. **HEIGHT Over 180 cm Up to and incl 190 cm** → **MAXIMUM WEIGHT** *Height minus 100 + 8 kg*  
**HEIGHT Over 190cm Up to and incl 198 cm** → **MAXIMUM WEIGHT** *Height minus 100 + 9 kg*  
**HEIGHT Over 198 cm** → → → → → → → → → → **MAXIMUM WEIGHT** *Height minus 100 + 10 kg*

On sale: tickets for Professional Men bodybuilding and Fitness event available at:

<http://www.arnoldclassiceurope.es/TICKETS/SP/>

Saturday October 12<sup>th</sup> evening in Madrid Arena (Casa de Campo de Madrid)

TENTATIVE SCHEDULE FOR THE ARNOLD WILL FOLLOW SOON.