



## LATVIAN BODYBUILDING, FITNESS AND BODYFITNESS FEDERATION

Invite to participate in  
**IFBB OPEN LATVIAN CHAMPIONSHIPS 2016**  
&  
**IFBB BALTIC FIT MODEL 2016**  
Latvia, Estonia, Lithuania

**RIGA, LATVIA**  
**APRIL 24th, 2016**



LATVIJAS BODIBILDINGA, FITNESA UN BODIFITNESA FEDERĀCIJA

### IFBB ATKLĀTAIS LATVIJAS ČEMPIONĀTS 2016

FITNESĀ, BODIFITNESĀ, KLASISKAJĀ BODIBILDINGĀ, BODIBILDINGĀ, BIKINI FITNESĀ, MEN'S PHYSIQUE

### IFBB BALTIC FIT MODEL 2016

WOMEN'S FIT MODEL



**24. APRĪLIS, 2016**  
**Sākums 13:00**

Pasākuma ietvaros notiks projekta  
"FIT MODEL LATVIJA 2016" fināls

**GO**  
STUDIO  
CONCERT HALL

**STUDIO 69**  
TĒRBATAS IELA 73

IEEJAS MAKSĀ 15 EUR



### WELCOME

The Latvian Bodybuilding, fitness and bodyfitness federation extend a warm welcome to all National Federations to participate in **IFBB OPEN LATVIAN CHAMPIONSHIPS 2016**.

### DATE AND TIME

24th of April, 2016 (Sunday)

Registration: 10:30 – 11:30 at STUDIO69 (venue site)

Competition: starting from 13:00

## IMPORTANT INFORMATION

All the costs for travelling and meals are the responsibilities of the athletes and delegates themselves.

## ACCOMMODATION/ RECOMMENDED HOTELS

Organizing Committee of the Latvian Bodybuilding, fitness and bodyfitness federation will help all the National teams with the hotel reservations and will organize transport from/ to the airport, bus station or train station.

## VISAS

A valid passport is required to entry into Latvian Republic. Please consult the Latvian Embassy in your country to determine if you need a visa. The Organizing Committee of the Latvian Bodybuilding, fitness and bodyfitness federation will help to arrange the visas for all the athletes and officials.

## CURRENCY

The national currency in Latvian Republic is Euro. All major credit cards are accepted in hotels, restaurants and most of the shops.

## VENUE SITE

Royal Casino SPA & Hotel Resort

Terbatas street 73, LV-1001, Riga (Tērbatas iela 73, LV-1001, Rīga)

[www.royalhotel.lv](http://www.royalhotel.lv)



Concert Hall Studio 69 is located in the city centre of Riga. Entertainment centre is only 15 minutes walk from the Old Riga, 20 minutes from the central train station.

Royal Casino SPA & Hotel Resort is a unique luxury five star hotel and entertainment centre that offer the highest class services to satisfy all your needs and wishes. Royal Casino SPA & Hotel Resort offers to stay in the highest class suites and experience the unforgettable feeling of different world cities and styles just in one place. Centre proposes to relax in the Season SPA beauty salon and feel fit in the Global fitness centre. Sense the atmosphere of Riga nightlife in our nightclubs Studio 69, RAI and get inspired in the Royal Casino. You can fulfil all your culinary wishes by visiting our prestige restaurant Le Bouquet, cosy and light café Bellagio, and Lobby bar.

## REGISTRATION FEE

**All the foreign athletes nominated by their IFBB National Federations have to pay the Registration Fee 20 EUR.**

Two delegates (one official and one judge) per country are invited to the venue site without entrance tickets.

The cost of entrance ticket for supporters and other members of the team is 15 EUR.

## **CATEGORIES OPEN FOR COMPETITIONS**

The competition is held according to the rules of the IFBB and will include the categories:

- **Children's Fitness**
- **Women's Fitness:** open
- **Women's Bodyfitness:** open
- **Women's Bikini Fitness:** up to 160cm
- **Women's Bikini Fitness:** up to 163cm
- **Women's Bikini Fitness:** up to 166cm
- **Women's Bikini Fitness:** up to 169cm
- **Women's Bikini Fitness:** up to 172cm
- **Women's Bikini Fitness:** over 172cm
- **Men's Classic Bodybuilding:** open
- **Men's Bodybuilding:** open
- **Men's Physique:** – 178cm
- **Men's Physique:** + 178cm
- **Fit Model Latvia 2016 Project**

## **IFBB BALTIC FIT MODEL 2016**

The competition is held according to the rules of the IFBB and will include the categories:

- **Women's Fit Model: – 163cm**
- **Women's Fit Model: – 168cm**
- **Women's Fit Model: + 168cm**

Competitors from Latvia, Estonia and Lithuania are taking part in these competitions only with confirmation from IFBB National country federations. **Registration Fee is 20 EUR.**

## **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. Allowed tans are Jan Tana or Pro Tan.

## **AWARDS**

Trophies will be presented for the six finalists. Medals will be presented for the first three finalists.

## **PASSPORT / MUSIC**

Competitors must provide their PASSPORT and MUSIC during the registration. The music must be on CD. The athlete's name must be affixed on the CD for identification purposes.

## **JUDGES**

All IFBB International Amateur Judges must be in possession of a valid Judging Card.

## **FINAL ENTRY FORMS**

Please confirm your participation not later than **March 24th, 2016** to e-mail [ifbb@ifbb.lv](mailto:ifbb@ifbb.lv) by filling Competitor Entry Form.

National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including judges) in the Final Entry Form.

## **CONTACT INFORMATION**

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