



LATVIAN BODYBUILDING, FITNESS AND BODYFITNESS FEDERATION

Invite to participate in
**2022 IFBB OPEN
LATVIAN CHAMPIONSHIPS**

**RIGA, LATVIA
May 1st, 2022**



WELCOME

The Latvian Bodybuilding, fitness and bodyfitness federation extend a warm welcome to all National Federations to participate in **2022 IFBB OPEN LATVIAN CHAMPIONSHIPS**.

DATE AND TIME

1st of May, 2022 (Sunday).

9:30 – 10:30 Official Athlete Registration and measurements at the Venue Site: Royal Casino SPA & Hotel Resort (73 Terbatas Street, Riga).

From 12:00 Competition at the Venue Site: Royal Casino SPA & Hotel Resort.

ABOUT RIGA

Riga, the capital of Latvia, was officially founded in 1201. Riga is located along the Baltic Sea. The historical core of Riga is situated on the right bank of the Daugava River. Due to its geographical location on the Baltic Sea (where East and West meets), Riga has been an important center of trade, finance and culture for centuries. Representatives of many nations have lived and worked in Riga – apart from local Livs and Latvians, Germans, Swedes, Russians and Poles also considered Riga to be their city.



IMPORTANT INFORMATION

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

RECOMMENDED OFFICIAL HOTEL

Monika Centrum Hotels

Elizabetes street 21, Riga, +371 67031900

www.monika.centrumhotels.com



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 (73 Terbatas Street, Riga)

www.royalcity.lv



Royal Casino SPA & Hotel Resort is a unique, luxury, biggest entertainment complex in the Baltics for the lovers of good leisure.

Concert Hall Studio 69 is located in the city centre of Riga. Entertainment centre is only 15 minutes' walk from the Old Riga, 30 minutes from the Riga International Airport.

REGISTRATION FEE

IFBB Registration Fee for athletes to enter this competition is **EUR €60**, which have to be paid in cash at the Registration in Riga on May 1st, 2022.

REGISTRATION

Official Athlete Registration will take place on Sunday, May 1st from 9:30 till 10:30 at the Venue Site. Registration of athletes will only be considered if they are entered by the National Federation by sending the Final Entry Form directly to the Organizing Committee.

Competitors must provide their PASSPORT and MUSIC during the registration. The athlete's name must be affixed on the CD for identification purposes. Each athlete participating in the event will be provided with a wristband at the Registration. This identification will allow daily admission and should not be removed.

IMPORTANT NOTICE:

Please be aware that it is FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify if each one of the athletes to be registered on this event are NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level.

All the athletes will be required to sign Doping Liability Form during the Registration.

TEAM & JUDGES MEETING

Team Managers and Judges Meeting will start on May 1st at 11:30 at the Venue site. All IFBB International Amateur Judges must be in possession of a valid Judging Card.

CATEGORIES OPEN FOR COMPETITIONS

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

- 1) **Women's Bodyfitness:** Open
- 2) **Women's Wellness:** Open
- 3) **Junior Women's Bikini:** Open
- 4) **Women's Bikini:** up to 162cm
- 5) **Women's Bikini:** up to 166cm
- 6) **Women's Bikini:** up to 169cm
- 7) **Women's Bikini:** up to 172cm
- 8) **Women's Bikini:** over 172cm
- 9) **Masters Women's Bikini:** Open
- 10) **Women's Fit Model:** up to 166cm
- 11) **Women's Fit Model:** over 166cm
- 12) **Men's Classic Bodybuilding:** Open
- 13) **Men's Bodybuilding:** Open
- 14) **Men's Physique:** Open

Minimum number of athletes to run a category is 5. If < than 5, categories will be combined.

TANNING NEEDS

The IFBB has banned all tans that can be wiped off. During the 2022 IFBB Latvian Championships, the professional Tanning Services will be offered at the Venue Site. The price for two layers will be EUR €90. Reservations is available through the secretariat@ifbb.lv until April 25th or during the Registration on May 1st from 9:30 till 10:30.

AWARDS

Trophies and medals will be presented for the finalists.

FINAL ENTRY FORMS

Please confirm your participation not later than **April 18th, 2022** to e-mail secretariat@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**.

COMPETITOR ENTRY FORM

This form must be completed by each competitor BEFORE the weigh-in/height measurement and must be given to the LBFBF Registrar. This information is used to promote the competitor during the competition on the stage.