



Welcome to Ben Weider Legacy Cup with the IFBB Elite World Qualifier at Nordic Fitness Expo!

October 6-8, Lahti, Finland



#nordicfitnessexpo
#nfe16



benweiderlegacycup.com





WELCOME!



LOCATION

The location of Lahti is excellent for a fitness and bodybuilding expo venue. 2.5 million consumers live within a radius of 100 km. Close to the centre of Lahti, the fair centre provides exhibitors with the outstanding facilities needed for a successful trade fair.

Lahti Fair's modern exhibition hall (11.000 square meters), first-class technical services and professional staff will be able to meet even the most demanding requirements from both exhibitors and visitors alike. Together we will ensure a productive and memorable exhibition event.

PARTICIPATION

2017 Ben Weider Legacy Cup Lahti is open for IFBB-affiliated National Federations from Europe. The number of competitors participating in these competition is unlimited.

REGISTRATION

The official arrival day is Friday, October 6th, 2017. The Registration will be held on Friday at the Cumulus Lahti Hotel from 16:00 to 20:00. Registration of athletes will only be considered if they are recommended or entered by the National Federation of the athlete by sending the Final Entry Form including their names directly to:

- IFBB Technical Committee: amichalak5@gmail.com and
- IFBB Head Office: info@ifbb.com
- Nordic Fitness Expo Organizing Committee: kp.ourama@kpfitness.fi

The deadline for sending the Final Entry Form is September 25th, 2017 (Monday). The final decision to allow an athlete to compete in this event rests with the IFBB.

All athletes will have to produce their Passport and IFBB International Card at the Registration. Any athlete who has not yet purchased this IFBB International Card will have to buy one at the Registration. IFBB Cards cost EUR €30 per year and are mandatory.

REGISTRATION FEE

The IFBB registration fee of EUR €200 per athlete has to be paid by PayPal or credit / debit card (www.ifbb.com/competition-registration/) no later than September 29th, 2017. Then, this possibility will be closed. If paying at the Registration in Lahti on October 6th, 2017, an extra fee of EUR €50 per participant will be charged. Please add your name during online payment and bring a copy of your payment confirmation to the Registration.

If an athlete wants to participate in the second category (like master or junior in a senior open class also), the registration fee for this second category is additional EUR €50.

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

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/her name on the CD for easy identification. CDs with posing music will be collected at the Registration. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

JUDGES

To be taken into consideration during selection of judges panels at the competition, IFBB International Judges must be included in the Final Entry Forms sent by National Federations, according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address: pawelfilleborn@gmail.com

All international judges must bring their International Judge's Cards to Lahti.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2017. This fee may also be paid at the competition in Lahti. To be included in the panels, all judges must be present at the Team Managers and Judges Meeting to be held on Friday, 20:00 hrs at the Cumulus Lahti Hotel.

IMPORTANT ARRIVAL AND CHECK-IN NOTICES

The official arrival day is Friday the 6th of October 2017. The registration will be conducted on Friday.

Registration will take place at Hotel Cumulus Lahti. Registration time is 16:00-20:00.

SECRETARIAT

The Organizing Committee will maintain a Secretariat at the Official Hotel, from 14:00 to 21:00 on an official arrival day October 6. You may obtain information and assistance from the Secretariat. On weekend the Secretariat will be placed Lahti Fair Centre at Nordic Fitness Expo, near the Main Entrance at INFO booth.





IMPORTANT NOTICE TO COMPETITORS

Each athlete participating in the championship will be provided with a badge at the registration. This badge allows daily admission to the Nordic Fitness Expo.

IMPORTANT INFORMATION

All the costs for traveling, hotel accommodations, transportation to and from the airport, as well as meals, are on responsibilities of the National Federations or individual athletes. Check with your National Federation for more information

AIRPORT TRANSPORTATION

The official airport for arrivals is the Helsinki International Airport and the official arrival day is Friday, October 6th. Note: Airport Pick Up Service is only on Friday from 10:00 to 17:00!

The Organizing Committee will pick you up at the airport upon arrival and lead you to the bus to transport you to Lahti Bus Station (1hr and 15-minute drive) and from there to the Registration place Cumulus Lahti Hotel.

It is very important that every National Federation provides complete arrival details of its team, including the number of people in its delegation, to the Organizing Committee.

There will be airport bus services between Helsinki International Airport and Lahti every hour, starting from 04:15 in the morning until midnight.

The round bus trip Helsinki Int'l Airport – Lahti – Helsinki Int'l Airport costs 20 euro per person (10 euro per direction).

Teams, officials and competitors will have transportation to Hotel Pajulahti after the Registration.

TRANSPORTATION BETWEEN HOTEL PAJULAHTI – CONTEST VENUE

All the competitors who are staying in Hotel Pajulahti will have free bus transportation between Lahti – Pajulahti – Lahti. Busses are leaving at 08:00 on Saturday and Sunday to contest venue. Busses are leaving back to hotel immediately after the competition ends each day.



This service is free for those who are staying in Hotel Pajulahti.

NORDIC FITNESS EXPO SHUTTLE BUS SCHEDULE (In the City of Lahti)

Saturday: starting from 07:30 to 18:00 / Sunday: starting from 07.30 to 18:00

Shuttle Bus is driving about three to four times an hour.

To Nordic Fitness Expo: Hotel Cumulus to Nordic Fitness Expo

To Hotels: Nordic Fitness Expo to Hotel Cumulus

Shuttle bus services are only for the competitors, judges, coaches, officials, media and VIP's.

Important Note: Please use your NFE Badge when entering the Shuttle Bus.

Usefull information

Time zone: UTC + 2 (summer)

Currency: Euro (EUR)

Electrical current: 230 V, 50 Hz, plugs/sockets type: C and F.

Accommodation at the Olympic Training Center

Ben Weider Legacy Cup athletes accommodation will be held in the official Finnish Olympic

and Paralympic Training Center Pajulahti, located just a 15-minute drive from competition venue Nordic Fitness Expo. Accommodation is possible at better-equipped hotel rooms or sport standard level rooms.

Hotel prices:

Hotel level, 2-bed room 120 € / night

www.pajulahti.com/en/services-premises/accomodation/hotel/

Sport standard level accomodation 2-bed room 90 € / night

www.pajulahti.com/en/services-premises/accomodation/sport-standard/

Prices includes:

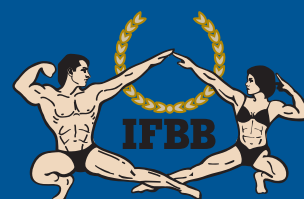
- Transportation between hotel and competition venue.
- Free use of gym and sauna
- Breakfast

Contact to

Phone +358 3 8855 200

Email: asiakaspalvelu@pajulahti.com

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INTERNATIONAL BODYBUILDING & FITNESS FEDERATION



IFBB WORLD ELITE

To become an IFBB Elite athlete, the competitors from Men's Bodybuilding, Muscular & Men's Physique, Men's Classic Bodybuilding, Women's Bodyfitness and Bikini-Fitness, must place among:

- Top 10 at the 2017 World Championships
- Top 6 at the 2017 Continental Championships
- Top 5 at the 2017 Elite Invitational Qualifying events.

Elite qualified athletes will receive a golden cover for their athlete's card, as well as the Elite stamp to be stuck into its pages! Additional prize money for the overall category top three winners at each event from the Ranking List.

IN CASH AWARDS €200,000.00

More INFO: <http://www.ifbb.com/2017/01/ifbb-elite-world-ranking/>

CATEGORIES

2017 Ben Weider Legacy Cup will provide bodybuilding, bikini fitness, body fitness, men's physique and classic bodybuilding categories with masters categories (35 years) in body fitness and bikini fitness. All the five overall winners of each division will get the IFBB Pro Card, with exception of masters categories. Ben Weider Legacy Cup events will be held at the Ben Weider Stage in Nordic Fitness Expo.

BODYBUILDING

Up to 80 kg
Up to 90 kg
Up to 100 kg
Over 100 kg

BIKINI FITNESS

Up to 160 cm
Up to 164 cm
Up to 169 cm
Over 169 cm

BODY FITNESS

Up to 163 cm
Up to 168 cm
Over 168 cm

MEN'S PHYSIQUE

Up to 173 cm
Up to 179 cm
Over 179 cm

CLASSIC BODYBUILDING

Up to 180 cm
Over 180 cm

MASTERS BIKINI FITNESS (no pro qualifier)

One open class, if more than 20 competitors possibly two height classes up to 163 cm and over 163 cm)

MASTERS BODY FITNESS (no pro qualifier)

One open class, if more than 20 competitors possibly two height classes up to 163 cm and over 163 cm)

Important note: If less than 6 athletes in a category, categories will be combined, wherever possible.

SCHEDULE

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change.

FRIDAY, OCTOBER 6th

10:00-17:00 Athletes, delegates and supporters pick up from Helsinki Airport
16:00-20:00 Registration at Hotel Cumulus Lahti
20:00 Judges meeting at Hotel Cumulus Lahti

SATURDAY, OCTOBER 7th

10:00 Masters Body Fitness and Bikini Fitness, prejudging + finals
13:00 Body Fitness and Bikini Fitness, pre-judging
16:00 Body Fitness and Bikini Fitness, finals

SUNDAY, OCTOBER 8th

10:00 Classic Bodybuilding and Men's Physique , pre-judging + finals
15:00 Bodybuilding Pre-Judging + Finals

Official departure dates for all participants



Organizer

KP Ourama, KP Fitness Productions

In co-operation with the International Federation of Bodybuilding and Fitness (IFBB) and Finnish Fitness Sports Association (IFBB Finland)

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