

Arnold Amateur  
IFBB International Bodybuilding,  
Classic Bodybuilding, Fitness, Bodyfitness and Bikini  
Championships



October 6-10, 2011  
Madrid, Spain

Inspection Report

## WELCOME

Arnold Schwarzenegger, Dr. Rafael Santonja, James L. Lorimer and Bob Lorimer welcome you to the very first Arnold Classic Europe.

## LOCATION

The Arnold Amateur Europe will be held in the capitol city of Spain, Madrid.

## VENUE

The 2011 Arnold Classic Europe Championships will be held at Palacio Municipal de Congresos, which is located in the heart of the city, close to the best restaurants and shopping centres and near "Nuevos Ministerios" metro station.

Palacio Municipal de Congresos is a beautiful and impressive building, ideal for the Arnold Amateur Bodybuilding and Fitness Championships.

PALACIO MUNICIPAL DE CONGRESOS

Campo de las Naciones, Avenida de la Capital de España Madrid, 7  
28042 Madrid



## OFFICIAL IFBB HOTEL

The official hotel for athletes is:  
NOVOTEL, Campo de las Naciones  
C/Amsterdam, nº3 ,  
28042 MADRID  
Tel (+34)91/7211818  
Fax (+34)91/7211122



The Novotel Campo Naciones **is only 100 meters** from the venue. It is a 4 star hotel featuring 246 rooms located next to the IFEMA, the Palacio Municipal de Congresos and the Juan Carlos I Park.

To book this hotel, please email [H1636@accor.com](mailto:H1636@accor.com)

Other Hotels in the area are:

**AC MADRID FERIA** (2nd option about 10 minutes from venue)

Via de los Poblados, 3

28033 Madrid

Phone: +34 – 91 – 382.47.81

<http://www.marriott.com/hotels/travel/madfe-ac-hotel-madrid-feria/>

**AC HOTEL CUZCO** (down town)

Paseo de la Castellana, 133

2846 Madrid

Phone: +34 – 91 – 556.06.00

<http://www.marriott.com/hotels/travel/madcu-ac-hotel-cuzco-madrid/>

**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 6<sup>th</sup> October 2011.**

The weigh-in and registration will be conducted on Thursday. IFBB Registration fee will have to be paid at the time of weigh-in.

- **Registration and weigh-in between 12:00 noon and 8:00pm on Thursday 6<sup>th</sup> October.**
- **IFBB amateur event starts on Friday 7<sup>th</sup> October.**
- **Trade show starts on Saturday 8<sup>th</sup> October**
- **Finals for overall Champions, will take place on Sunday, 9<sup>th</sup> of October.**

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

Please check [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 [www.jantana.com](http://www.jantana.com) to book an appointment. We'll have competitor 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 2011 Arnold Amateur IFBB International Bodybuilding, Fitness, Bodyfitness 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 out, 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.

## GENERAL INFORMATION

Any Bodybuilding, Fitness, Figure, or Bikini athlete who is qualified or 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

**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.

## 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 competitor will be provided with an athlete competitor wrist band at the weigh-in. This wrist band allows daily admission to the Arnold Fitness EXPO

### **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 and IFBB Head Office, Madrid.

The deadline date for submitting the entry forms is September 23<sup>rd</sup> 2011.

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

**Please send Entry Form no later than September 23<sup>rd</sup> 2011 to:**

**IFBB General Secretary  
William Tierney**  
Phone: +44 151 9314090  
Fax: +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 91 535 0320  
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 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

### 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  
 OVER 163cm

#### JUNIOR WOMEN BODYFITNESS

1 OPEN CATEGORY

\*Below is the height/weight criteria for the Classic Bodybuilding

Height in cm	Bodyweight limit
<b>A.. Up to and Incl. 175 cm (with the following height/weight criteria)</b>	
<i>Up to and incl 168 cm</i>	<i>Height -100</i>
<i>Over 168 cm Up to and incl 171 cm</i>	<i>(Height -100) + 2 kg</i>
<i>Over 171 cm Up to and incl 175 cm</i>	<i>(Height -100) + 4 kg</i>
<b>B. Over 175 cm Up to and incl 180 cm= (Height -100) + 6 kg</b>	
<b>C. Over 180cm (with the following height/weight criteria)</b>	
<i>Over 180 cm Up to and incl 190 cm</i>	<i>(Height -100) + 8 kg</i>
<i>Over 190cm Up to and incl 198 cm</i>	<i>(Height -100) + 9 kg</i>
<i>Over 198 cm</i>	<i>(Height -100) + 10 kg</i>