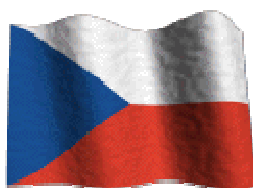




GRAND PRIX **PEPA** OPAVA 2011

XXXIII. Amateur IFBB International Contest

OCTOBER 21 Ě 22, 2011
OPAVA, CZECH REPUBLIC



INFORMATION

WELCOME:

The Organizing Committee of the PEPA Sport Opava s.r.o. and the City of Opava take and Stanislav Pesat this opportunity to welcome all National Federations to participate in the XXXIII. Volume contest GP PEPA OPAVA in Opava, Czech Republic, October 21 Ě 22, 2011.

LOCATION:

The city of Opava is located at 360 km. from the city of Prague and 30km from the city of Ostrava. The city of Opava is

situated at the confluence of the Silesian rivers Opava and Moravice. The earliest written record of the existence of Opava dates back to 1195, to the days when it was a crossroad of trade routes. Opava as part of the Czech crown lands became the centre of the Opava region's principality. In 1742 after Austria lost the war of their inheritance against Prussia, Opava became the capital of so-called Austria-Silesia and simultaneously the seat of the authorities that administered the land on behalf of the rulers. At the end of World War II Opava suffered dire losses during the so-called Ostrava Operation. A considerable section of the town was destroyed. Nevertheless a number of cultural and historical memorials remained intact. The Minorite monastery and church of the Holy Spirit, built before 1269, are among the earliest memorials, which have been preserved and dean's church of the Ascension of the Virgin Mary.



Opava is rich in history and historic landmarks. It is also an important cultural centre for the region. Since 1805 the Silesian Theatre has staged shows. The oldest museum in the Czech Republic, which is in Opava, opened its doors to the public in 1814. The Silesian regional museum built in 1893-1895 in a historic style is upholding the tradition.



Education system in Opava gained prestige in 1991 with the establishment of the Silesian University. In fact it has become the centre of important sports events. Importantly, it has a splendid modern football stadium set in the Municipal Gardens, the Tyrš stadium for athletics, the Winter stadium, a heated swimming pool, Municipal Lido, tennis courts and riding school.

In Opava is also the oldest fitness center in the Czech Republic - Fitness center PEPA. It was opened in June 1990. He is still at the same address. This includes also the most active and most successful clubs in our country.



Many a renowned person in the field of science or culture was either born in Opava or lived to bring fame to the town - Antonin Vasek, advocator of people's rights and scientific truth, the father of poet Petr Bezruc national revivalist Vincenc Prasek, Jan Zaczal, editor and journalist, Josef Zupal, historian of the Opava region, artists Valentin Drzkovic and Josef Sramek, composer Vaclav Kalik, writers Bohuslav Balbin, Silesian poet Petr Bezruc and writer and traveller Joy Adamson, founder of genetics Johann Gregor Mendel, one of the creators of coloured photographs Ě Karel Schnizel.

VENUE SITE:

The Registration and Prejudging and Finals will take place in the new multipurpose sports hall **HALA OPAVA** in Opava.



OFFICIAL HOTEL:

The Official Hotel of the GP PEPA OPAVA is the hotel **Ī KORUNAĪ**. The hotel is located in the centre of Opava in the immediate vicinity of the pedestrian zone.



The hotel **Ī IBERIAĪ** - the hotel can be found at No. 11 in Peka ská Street near Horní nám stí, which is the very centre square of Opava.

The hotel **Ī OPAVAĪ** - the hotel is situated in a town park, near the centre of town (cca 15 minutes on foot). This hotel is part of the sports hall Opava

All hotel reservations (including accommodation before the official arrival as well as after the

official departure and during the GP PEPA Opava) for official delegates, competitors and extra delegates will be arranged only by Stanislav Pesat.

ACCOMMODATION:

The Organizing Committee will provide accommodations and three meals per day for all the official members of the national federations according to the IFBB rules:

1. Three (3) or more competitors = Two (2) delegates
2. Two (2) competitors or less = One (1) delegate
3. Any judges, coaches or trainers who are not official delegates will be responsible for all their own expenses.

REGISTRATION FEE:

Each official athlete and delegate participating WILL NOT BE obliged to pay a REGISTRATION FEE OF 20.00 EUR. Each country may enter a maximum of 8. athletes and 2. delegates who pay accommodation organizer. Everyone else will pay for accommodation and REG. FEE.

ADDITIONAL DELEGATES, SUPPORTERS, AND PHOTOGRAPHERS:

The Organizing Committee has established a special package including: 2 nights with all meals included (breakfast, lunch and dinner), tickets for semifinals and finals, closing banquet and transport at: 120,00 EUR for each person on a double room or 150,00 EUR for a single room. For more information please ask the Organizing Committee.

ARRIVALS

The most suitable arrival day is Friday, October 21th. After your arrival you are expected to come to hotel KORUNA or FITNESS CENTRUM PEPA, Zamecky okruh 8, Opava.

TRANSPORTATION

Opava is placed only 30 km away from Ostrava city. It can be better then to come from Ostrava by car, bus or train. There is also an airport in Ostrava but none in Opava.

BACKSTAGE / DRESSING ROOM ACCESS

Access to the backstage area and dressing room area shall be strictly limited to essential personnel ONLY. Coaches and trainers who assist athletes in the dressing room MUST BE OF THE SAME SEX AS THE ATHLETE THEY ARE ASSISTING.

CAMERAS / VIDEOTAPES

Cameras and videotapes shall be strictly prohibited in the backstage area and dressing room area except when used by duly recognized press personnel and, in any event, these devices shall be STRICTLY PROHIBITED IN THE DRESSING ROOM AREA.

POSING MUSIC:

All posing music must be on a cassette or CD with the correct side indicated. The music must be at the start of the cassette. Each competitor must affix his/her name on the cassette or CD for easy identification.

DRUG TESTING:

Drug testing will be conducted by the IFBB.

VISAS:

A valid passport is required to entry into Czech Republic. Please consult the Czech Embassy in your country to determine if you need a visa.

TIME DIFFERENCE:

GMT +1

CURRENCY:

The national currency in Czech republic is the Czech Crown (Koruna). One Euro is approximately 25,- CZK, but the rates can fluctuate. All major credit cards are accepted in hotels, restaurants and most of the shops.

CLIMATE:

During the month of October, the temperature is about 10 C.

ELECTRICAL CURRENT:

220 volts

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.

PRICES

Competitors will be awarded trophies and the first six competitors will get the financial grant of total value of 1 000 000 Czech crowns (40 000 Euro) and financial compensation of total value of 500.000 Czech crowns. Absolute winners, both men and women competitors, will be awarded a FIT CENTRUM PEPA gold ring.

WEIGH-IN AND MEASUREMENT OF ATHLETES:

Weigh-in will take place at the sport hall Hala Opava.

WEIGHT CATEGORIES:

Grand Prix PEPA Opava 2011 will include the following weight categories:

Men - - up to 80kg, up to 90kg, over 90kg,
 Master men - over 40years, one category,
 Classic bodybuilding - one or two categories, (short class, over class)
 Bodyfitness women - one or two categories, (short class, over class)
 Bikiny - one or two categories, (short class, over class)
 Fitness children - two or four categories
 All categories are competing in accordance with IFBB rules.

Box - matches for the title of Champion of the Czech Republic
 Thai box - matches for the title of Champion of the Czech Republic
 Taekwon-do ITF - tournament

Strongmann - The competition is open to foreign competitors
 Bensch press - The competition is open to foreign competitors
 Armwrestling - The competition is open to foreign competitors
 Athletes runners (10 km) - The competition is open to foreign competitors
 Photography - The competition is open to foreign competitors

The rules and categories for these sports can be found at

SECRETARIAT:

The Organizing Committee will man a secretariat desk in the lobby of the Hotel Koruna from October 21, at 14 am to October 23, 2011. You can obtain information and assistance from Secretariat when required.

FINAL ENTRY FORM:

Deadline date is October 10, 2011. Please confirm the actual names of delegates and competitors and their weight/height category. Also include arrival and departure information.

TENTATIVE SCHEDULE

Friday, October 21th

14.00 - 24.00 - arrival, check-in all competitors a delegates
 15.00 - 16.00 - presentation of the contestants Thai boxing, boxing. Taekwondo, arm-wrestling, bench press, fitness of children - sports Hall Opava
 17.00 - 21.00 - opening SPORTING WEEKEND PEPA OPAVA - sports Hall Opava

Saturday, October 22th

09.00 Ě 10.00 - presentation all competitors at GP PEPA Opava - sports Hall Opava
 09.00 - 10.00 - presentation Strongman competitors - sports Hall Opava
 11.00 - Strongman contest start
 12.00 - 16.00 - semifinals GP PEPA Opava
 16.00 - Strongman contest in the Grand Prix PEPA Opava
 17.00 - 21.00 - Final GP PEPA Opava
 21.00 - 03.00 - In the evening final winners, Crown Hotel, categories for winners, honorable guests, judge and organizer - only with invitation!

Sunday, October 19th

Departures

Please send all correspondence to:

PEPA Sport Opava
 Zamecky okruh 8, 746 01, Opava, Czech Republic

Available on the phone:

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