

European Women's Bodybuilding, Fitness, Bodyfitness, Bikini & Men's Fitness Championships

TYUMEN, RUSSIA, MAY 27-30, 2011

INSPECTION REPORT

ATTRACTIONS:

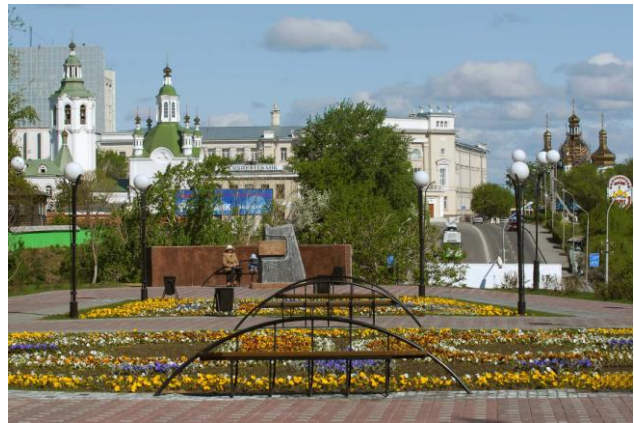
The city of Tyumen is an administrative centre of Tyumen Region (one of the largest regions of Russia), the FIRST Russian city in Siberia, the so called "The Gate of Siberia".

It was founded in 1586 by the detachment of Russian Cossacks sent by Tsar Ivan the Terrible to follow in the tracks of the expedition of Ermak.

Being suitably located at a crossing of important water and land trade ways the city became one of the strongholds of the Russian power behind the Urals. In 1885 Tyumen was intersected by Trans-Siberian Railway, the longest in the world, and that finally consolidated the position of the city as economic centre of Western Siberia.



Nowadays, Tyumen is beautiful modern city, a large industrial, business, scientific and Cultural centre of Western Siberia, the capital of oil and gas territory with the population of more than 600 thousands people. There are more than 100 large enterprises, 20 educational institutions (universities, academies and institutes), theatres, concert halls and circus of European level.



THE ORGANIZER:

The Government of Tyumen Region, world famous bodybuilding club “Antey” and Russian Bodybuilding and Fitness Federation are very pleased to invite all European National Federations, EBFF members to Tyumen on European Women’s Bodybuilding, Fitness, Bodyfitness, Bikini and Men’s Fitness Championships.

You can be sure that we have done everything we could to assure you to feel good and welcomed in Western Siberia, Russia.

Through the Russian Federation of Bodybuilding & Fitness under the leadership of its President Mr. Vladimir Dubinin and, particularly through the life dedication work of General Secretary of FBFR and the President of Tyumen City club “Antey” Mr. Eugene Koltun Tyumen is very meaningful appreciated city for EBFF.

“Antey” Club will celebrate its 44th Anniversary on February 20th, 2011. It is a training place of many world-known female competitors, such as Elena Davidova -1996 European Bodybuilding Champion, Zhanna Babanina - 1998 European Fitness Runner-up, Natalia Proskuryakova - 2-times World Bodybuilding Champion (2000, 2002), Natalia Gurievskikh - 2004 World Fitness Overall Winner, Anna Sorokina - 2005 European Bodyfitness Runner-up, Elina Gook - World Women’s Bodyfitness Vice-Champion (2009) and 3-times World Bodyfitness Junior Champion (2004, 2005, 2009), Yulia Ushakova - Women’s Bodyfitness Champion of Russia-2010, Overall winner of the World Junior’s Bodyfitness-2010. All of them worked out under the guidance of Eugene Koltun.

“Antey” Club has got a great experience, organizing top-level International “Tyumen Grand Prix” Contests (1989, 1990, 1992, 1993, and 2002).

The “1993 Tyumen Grand Prix” was a great success (22 countries participated) and enjoyed recognition of Mr. Ben Weider and Mr. Rafael Santonja.

1994 European Men’s and Women’s Championships were also organized in Tyumen in June. 32 European countries took part in this event which was the grandiose success also. On June 16-17, 2007 in Tyumen was organized the European Junior’s and Master’s Bodybuilding, Fitness and Bodyfitness Championships. The best competitors from 20 countries participated in this great event, which had a very high organizing level.

OFFICIAL HOTEL:

The official Hotel of the Championships is the “VOSTOK” Hotel.



VENUE SITE:

The Prejudging and Finals will take place in the multi-purpose sport facility “Tsentralny”, which seats 1000-1200 spectators. The 2007 European Junior’s and Master’s Championships had the same venue.



ACCOMMODATIONS:

1. The organizer will cover 3 night's accommodations and 3 meals per day, starting with lunch on Friday, May 27, 2011 **FOR A-TEAMS**, according to the following IFBB rules:

3 or more athletes: 2 delegates allowed.

less than 3 athletes: 1 delegate allowed.

The members of B-Team must pay for the Official Package.

Delegates with no athletes may attend but at his or her own expense.

2. The Official Arrival Date is Friday, May 27, 2011.

The Official Departure Date is Monday, May 30, 2011.

3. EFBB Executive Council Members will be accommodated in single rooms having broad bed (for 2 persons in case they would prefer to be accompanied by one person who will live in the same room).

4. Delegates and competitors will be accommodated in double rooms (two persons per room).

SPECIAL PACKAGE:

A Special Package Price has been established for B-Team competitors, Extra-Delegates and Supporters arranged by the organizer which includes:

Official Package:

1. 3 nights hotel accommodation (from May 27 till May 30, 2011)
2. three meals per day (from lunch on May 27 to breakfast on May 30, 2011)
3. tickets to the prejudging and finals
4. ticket to farewell banquet
5. transportation

One person per room - EUR 450

Two people per room – EUR 400 (per person).

EARLY ARRIVALS/LATE DEPARTURES:

Any National Federation arriving before the official arrival date of Friday May 27, 2011 and staying on after the official departure date of Monday May 30, 2011 will be responsible for all of their own expenses including arranging their own transportation between the airport and the hotel. Hotel rate for extra days: one night for one person in single room 58 EUR, one night for one person in double room 38 EUR.(breakfast is included).

HOTEL DEPOSIT:

An initial deposit of €100 per person is required upon check-in for incidental and personal expenses which may arise (telephone, laundry, room service, mini-bar, etc). The unused portion of this deposit will be returned at check-out time. In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any members of the team. **PLEASE INFORM THE MEMBERS OF YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.**

CATEGORIES OPEN FOR COMPETITION:

CATEGORY	DISCIPLINE	BODYWEIGHT/HEIGHT	A-TEAM	B-TEAM
Women	Bodybuilding	Up to & incl 55 kg	2	2
Women	Bodybuilding	Over 55 kg		
Women	Bodyfitness	Up to & incl 158 cm	4	4
Women	Bodyfitness	Up to & incl 163 cm		
Women	Bodyfitness	Up to & incl 168 cm		
Women	Bodyfitness	Over 168 cm		
Women	Fitness	Up to & incl 163cm	2	2
Women	Fitness	Over 163 cm		
Men	Fitness	Open	1	1
Women	Bikini	Up to & including 163 cm	2	2
Women	Bikini	Over 163 cm		

THE A-TEAM

1. Each National Federation may enter an A-team. The maximum allowable number of competitors in the A-Team shall be equal to the total number of categories open for competition at the Championships; in this case, 11 competitors: 2 in Women's Bodybuilding, 2 in Women's Fitness, 4 in Women's Bodyfitness, 1 in Men's Fitness and 2 in Women's Bikini.
2. The maximum allowable number of A-team competitors per National Federation in any one category shall not exceed two (2).
3. Pursuant to applicable IFBB rules, the Organizer shall provide free-of-charge accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet to all A-team competitors.
4. Each National Federation shall pay a Registration Fee **of EURO 150** for each A-team competitor and delegate.
5. The A-team competitors shall compete for placings and awards, including the Best National Team award.
6. A National Federation must fully declare its A-team competitors on the Final Entry Form and must register the A-team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be responsible for all of his or her expenses.

THE B-TEAM

1. Each National Federation may enter a B-team according to the rules specified below. Unless otherwise noted, the maximum allowable number of competitors in the B-team shall not exceed those in the A-team; in this case, 11 competitors: 2 in Women's Bodybuilding, 2 in Women's Fitness, 4 in Women's Bodyfitness, 1 in Men's Fitness and 2 in Women's Bikini.
2. Unless otherwise noted, the maximum allowable number of B-team competitors per National Federation in any one category shall not exceed two (2).
3. The National Federation shall be obliged to pay the Full Special Package Rate of **EURO 450 (in single room) or EUR 400 (in double room)** for each B-team competitor. This package shall comprise the competitor accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet (included participation/registration fee of **EURO 150**).
4. The B-team competitors shall compete for placings and awards, but will not be included in the Team's Classification.
5. A National Federation must fully declare its B-team competitors on the Final Entry Form and must register the B-team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be disqualified.

According to Article 9.4, point 20 of the IFBB Rules, the host National Federation may enter B-Team as well as C-Team, the same like A-Team, with up to a maximum of 2 C-Team competitors in any one category. C-Team competitors may compete for placing and awards, but will not be included in the Team's Classification. All C-Team competitors must be declared before the start of the Official Athlete Registration.

Important: any judges, coaches, or trainers and supporters who are not official A-team delegates will be responsible for all their own expenses.

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**.

DRESS CODE, PARADE OF NATIONS:

The dress code for all delegates or officials for the Parade of Nations is as follows:

1. For men: black dress shoes, dark socks, grey dress pants, white shirt, IFBB tie, and blue blazer with IFBB crest.
2. For women: black shoes, grey dress pants or grey dress skirt, white shirt or white blouse; blue blazer with IFBB crest (if a white shirt is worn, the IFBB tie must also be worn).

EBFF REGISTRATION FEE

Official **A-Team** Athlete and Delegate must pay EUR 150 (Registration fee).

This fee is payable upon arrival at the Official Hotel in Tyumen. The EBFF Registration Fee is completely separate from the hotel security deposit.

NOTE: If the National Team consists of three (3) or more athletes - two (2) official delegates are permitted at the expense of the Organizing Committee, should the National Team consist of one (1) or two (2) athletes – only one (1) official delegate is permitted.

Any additional delegate, has to pay the special package detailed in page 4.

WEIGH-IN:

The weight-in and registration will take place in Hotel "VOSTOK" on Friday, May 27, 2011 at 19:00. It is the responsibility of the head of delegation to make sure that the athletes are on time. Any athletes who are late will not be accepted to participate.

OFFICIAL LANGUAGE:

Official language is Russian. In hotels, bars and restaurants you will always find English speaking staff.

CURRENCY:

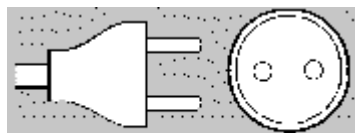
The official currency is Russian Ruble. One Euro is approximately 40-41 Rubles. One US dollar is approximately 30-31 Rubles.

Changing money legally is no longer the logistical problem or the blatant rip-off it used to be. Exchange offices abound, particularly in the center and around touristy areas. For people who just don't want to wait in line, or for those who get their thrills by risking getting ripped-off, a hard currency black market still exists and is ever willing to serve.

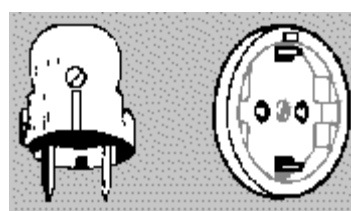
CLIMATE:

During the end of the month of May the average temperature is around +10-15 degrees C.

ELECTRICAL CURRENT: 220 volts, 50 Hz



Plug Type C



Plug Type F

NATIONAL ANTHEM:

All participating National Federations must bring the music of their national anthem (shortened version).

POSING MUSIC:

All posing music can be provided on DVD or CD with the correct side indicated. The music must be at the beginning of CD. Each competitor must affix their name upon their DVD or CD for easy identification.

NOMINATION FOR INTERNATIONAL JUDGES:

All National Federation are reminded that their nominations of judges to the Championships must be also included in the Final Entry Form, according to the Amendments to the Rules: *that a National Federation must provide on the Final Entry Form the names of all judges (including test judges) nominated to officiate at the competition, failing which the individual will not be allowed to judge. All IFBB/EBFF International Amateur Judges must be in possession of a valid Judges card.*

All judges nominated by National Federations will have to pass the test of basic judging knowledge to be included in the official judging panels. This test will be run by the EBFF Judges Committee during the Technical Meeting.

Judges payment for 2011 is EUR 50.

In order to assist the Judges Committee in their selection of the judges for these championships, please also forward your nomination of judges from your Federation to **Mr. Erich Janner, EBFF Judges Committee Chairman, Fax: + 49 89 496-039; e-mail: janner@dbfv.de**

VISAS:

Important notice from Russian Federation, please read it carefully

Due to the Russian Law, the procedure to get Russian visa has become a bit more difficult. In order to get the official invitation for obtaining of Russian visa

for taking part in the European Women's Bodybuilding, Fitness and Bodyfitness & Men's Fitness Championships in Tyumen - May 27 -30, 2011 you should prepare the following information:

- The scanned front page with photo and all the dates of valid passport of **each member** of your delegation.
- Plus you should mention the place of work (name of the company, gym, etc.) of **each person** and his or her position (coach, director, student or anything else).
- This information should also contain contact fax number and/or e-mail address of your federation in which you wish to receive the official invitations for each delegate, having which he or she can appeal for Russian visa to the nearest Russian Embassy/Consulate and city where you will get Russian visa.

All the above information should be included in ONE LIST attached to the Preliminary Entry Form prepared by your National Federation and signed by the President/Gen. Secretary and must be sent **TOGETHER with copy of passport of EACH Delegation's member** (competitors, members of Executive, delegates, judges, extra delegates) to **Tyumen City Bodybuilding Club "ANTEY" e-mail address:** , please send the preliminary entry form by itself to the organizing committee email address: europetyumen@mail.ru NOT LATE THAN March 27, 2011.

AIRPORT:

The official airport of arrival is "ROSHINO" Airport of Tyumen City. It is very easy to reach Tyumen by airplane through Moscow or Saint-Petersburg. The flight time from Moscow to Tyumen is 2.5 hours and from Saint-Petersburg - 3 hours.

BUS SERVICE:

A bus service will be organized to take the athletes and delegates from and to the airport "ROSHINO" (20 min. by bus).

TIME:

GMT + 5 hours.

DRUG TESTING:

Doping control will be conducted by the IFBB Medical Commission pursuant to the IFBB Anti-Doping Rules, using the WADA accredited laboratory.

In order to compete in the Championships, all competitors at the Weigh-in and Registration will be required to sign a *Doping Control Consent & Waiver of Liability Form*.

The IFBB is a Signatory to the WADA Code. Participating National Federations have a duty and an obligation to ensure that their National Team athletes are competing drug-free at IFBB international competitions.

ENTRY FORMS:

Please copy all correspondence to:

Please return the Entry Forms to:
Mr. Evgeny Koltun
General Secretary of the Russian FBF
Telephone: +7 (3452) 48-64-91
 +7(3452) 73-58-88-mob.
Fax: +7 (3452) 41-31-33(for E. Koltun)
E-mail: europetyumen@mail.ru

Dr. Rafael Santonja,
IFBB President
Calle Jaén No. 8
28020 Madrid, SPAIN
Phone: +34 91 535 2819
Fax: +35 91 535 0320
E-mail: internacional@santonja.com

PRELIMINARY ENTRY FORM:

According to Art. 9.2 of the IFBB Rules the deadline date is **March 27th, 2011**. Please confirm your participation and indicate the number of athletes, delegates and extra-delegates which intending to visit our city or participate in the Championships. Include all information required to get Invitation necessary to get Russian visa (as mentioned above in point **VISA**).

FINAL ENTRY FORM:

According to Art. 9.2 of the IFBB Rules the deadline date is **May 13th, 2011**. Please confirm the actual names of delegates, extra-delegates and athletes qualified to your National Team and their weight\height category. Also include flight arrival and departure information. **IN ORDER TO GUARANTEE HOTEL ACCOMMODATIONS FOR YOUR TEAM, THE FINAL ENTRY FORM MUST BE RETURNED BY May 13th, 2011.**

European Women's Bodybuilding, Fitness, Bodyfitness, Bikini and Men's Fitness Championships TYUMEN, RUSSIA, May 27-30, 2011

TENTATIVE SCHEDULE

Thursday, May 26th, 2011	
20:00–22:00	Arrival of the EBFF Executive Council members Dinner
Friday, May 27th, 2011	
Up to 20:00	Arrival, check-in all competitors and delegates
7:00–9:00	Breakfast
10:00-12:30	EBFF Executive Council and Organizing Committee Meeting



00–15:00 Lunch
00–19:00 Technical and Judges Meeting
19:00 Weigh-in and Registration
20:00–23:00 Dinner

Saturday May 28th, 2011

7:00–9:00 Breakfast
10:00–14:00 Prejudging - Morning session
13:30–15:30 Lunch (in the venue)
16:00 Pre-judging - Evening session
20:00–22:00 Dinner

Sunday May 29th, 2011

7:00–9:00 Breakfast
12:00–14:00 Lunch (in the hotel)
14:00 Finals and Doping-control
22:00 Farewell Banquet

Monday May 30th, 2011

7:00–9:00 Breakfast
Departures

EUROPEAN BODYBUILDING & FITNESS FEDERATION
Calle Jaén,8 – Madrid - Tel: (34) 91 535 2819 Fax: (34) 91 535 0320
E-mail: internacional@santonja.com Website: www.ifbb.com

PRELIMINARY ENTRY FORM

European Women's Bodybuilding, Fitness & Bikini and Men's Fitness Championships
Tyumen, Russia, May 27 –30, 2011

In order to assist in the planning and organization of these Championships, please complete the Preliminary Entry Form and return it to the Organizing Committee **AS SOON AS POSSIBLE BUT NO LATER THAN [MARCH 27, 2011](#)**.

FEDERATION NAME:

FEDERATION CONTACT PERSON:

FAX NUMBER:

E-MAIL:

Our Federation is planning to participate in the
**2011 European Women Bodybuilding,
Fitness & Bikini and Men Fitness Championships.**

Please indicate "YES" or "NO".

NUMBER OF DELEGATES:

NUMBER OF ATHLETES:

NUMBER OF EXTRA DELEGATES AND SUPPORTERS:

Please be advised that there will be eleven (11) categories at these Championships as follows: Bodybuilding (-55kg), Bodybuilding (+55kg), Fitness (-163cm), Fitness (+163cm), Body Fitness (-158cm), Body Fitness (-163cm), Body Fitness (-168cm), Body Fitness (+168cm), Bikini (-163 cm), Bikini (+163 cm), (Men's Fitness (open)).

Each National Federation may enter an A-team of up to a maximum of eleven (11) athletes (ten (10) female athletes and one (1) male athlete). A maximum of two (2) A-team athletes per category per National Federation is permitted. Each National Federation may enter a B-team of up to a maximum of eleven (11) athletes: two (2) bodybuilding, two (2) fitness, four (4) body fitness, two (2) bikini and one (1) men's fitness. A maximum of two (2) B-team athletes per category per National Federation is permitted.

IMPORTANT: Three (3) or more athletes – two (2) official delegates permitted. Less than three (3) athletes – one official (1) delegate permitted. National Federations with no athletes may send one (1) official delegate; however, this delegate will be responsible for all of his or her expenses. Any judges, coaches, or trainers who are not official delegates will be responsible for all of their expenses.

PLEASE RETURN THE PRELIMINARY ENTRY FORM, INDICATING YOUR INTENT TO PARTICIPATE OR
NOT, NO LATER THAN **MARCH 27TH, 2011**, TO:

Please visit www.ifbb.com for detailed information on this event.
European Women's Bodybuilding, Fitness & Bikini and Men's Fitness Championships
Tyumen, Russia, May 27 –30, 2011

Name of the National Federation:

List of the Team Members

Name and surname	Employment (Name of the company, school, etc).	Position
1.		
2.		
3.		
4.		
5.		

- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

Signature

(Federation President or Gen. Secretary)

Remarks:

- You should mention the place of work (name of the company, gym, etc.) of **each person** and his or her position (coach, director, student or anything else).
- Plus add the scanned front page with photo and all the dates of valid of passport of **each member** of your delegation.
- This information should also contain contact fax number and/or e-mail address of your federation in which you wish to receive the official invitations for each delegate, having which he or she can appeal for Russian visa to the nearest Russian Embassy/Consulate and city where you will get Russian visa.

All the above information should be included in ONE LIST attached to the Preliminary Entry Form prepared by your National Federation and signed by the President / Gen. Secretary and must be sent **TOGETHER with copy of passport of EACH Delegation's member** (competitors, members of Executive, delegates, judges, extra delegates) to:

Tyumen City Bodybuilding Club "ANTEY"
e-mail address: ekoltun@yandex.ru,

Please send the Preliminary Entry Form by itself to the organizing committee email address:
europetyumen@mail.ru

with copy to the EBFF Headquarters:
Dr. Rafael Santonja,
IFBB President
Fax: +35 91 535 0320
E-mail: internacional@santonja.com

NOT LATER THAN March 27, 2011.



FINAL ENTRY FORM

European Women's Bodybuilding, Fitness & Bikini and Men's Fitness Championships

Tyumen, Russia, May 27 – 30, 2011

In order to assist in the planning and organization of these Championships, please complete the Final Entry Form and return it to the Organizing Committee AS SOON AS POSSIBLE BUT NO LATER THAN **MAY 13, 2011**.

PLEASE PRINT CLEARLY

FEDERATION NAME:	FAX:	E-MAIL:
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NAME OF DELEGATE(S) - (AS WRITTEN IN PASSPORT)		PASSPORT NUMBER
1		
2		

NAME OF EXTRA DELEGATE(S) - (AS WRITTEN IN PASSPORT)		PASSPORT NUMBER
1		
2		

THE A-TEAM

WOMEN'S BODYBUILDING UP TO & INCL 55 KG		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BODYBUILDING OVER 55 KG		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S FITNESS UP TO & INCL 163 CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S FITNESS OVER 163CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BODY FITNESS UP TO & INCL 158 CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BODY FITNESS UP TO & INCL 163 CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BODY FITNESS UP TO & INCL 168 CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BODY FITNESS OVER 168 CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BIKINI UP TO 163 CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BIKINI UP OVER 163 CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

MEN'S FITNESS OPEN		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

THE B-TEAM

WOMEN'S BODYBUILDING UP TO & INCL 55 KG		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BODYBUILDING OVER 55 KG		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S FITNESS UP TO & INCL 163 CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S FITNESS OVER 163 CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BODY FITNESS UP TO & INCL 158 CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BODY FITNESS UP TO & INCL 163 CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BODY FITNESS UP TO & INCL 168 CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BODY FITNESS OVER 168 CM		
COMPETITOR NAME (AS WRITTEN IN PASSPORT)		PASSPORT #
1		
2		

WOMEN'S BIKINI UP OVER 163 CM		
	COMPETITOR NAME (AS WRITTEN IN PASSPORT)	PASSPORT #
1		
2		

WOMEN'S BIKINI UP OVER 163 CM		
	COMPETITOR NAME (AS WRITTEN IN PASSPORT)	PASSPORT #
1		
2		

MEN'S FITNESS OPEN		
	COMPETITOR NAME (AS WRITTEN IN PASSPORT)	PASSPORT #
1		
2		

ARRIVAL DATE & TIME:	AIRLINE & FLIGHT #:
DEPARTURE DATE & TIME:	AIRLINE & FLIGHT #:

Please be advised that there will be nine (9) categories at these Championships as follows: Bodybuilding (-55kg), Bodybuilding (+55kg), Fitness (-163cm), Fitness (+163cm), Body Fitness (-158cm), Body Fitness (-163cm), Body Fitness (-168cm), Body Fitness (+168cm), Men's Fitness (open).

Each National Federation may enter an "A" team of up to a maximum of nine (9) athletes (eight (8) female athletes and one (1) male athlete). A maximum of two (2) "A"-team athletes per category per National Federation is permitted. Each National Federation may enter a "B" team of up to a maximum of nine (9) athletes: two (2) bodybuilding, two (2) fitness, four (4) body fitness and one (1) men's fitness. A maximum of two (2) "B"-team athletes per category per National Federation is permitted.

IMPORTANT: Three (3) or more athletes – two (2) official delegates permitted. Less than three (3) athletes – one official (1) delegate permitted. National Federations with no athletes may send one (1) official delegate; however, this delegate will be responsible for all of his or her expenses. Any judges, coaches, or trainers who are not official delegates will be responsible for all of their expenses.

PLEASE RETURN THE FINAL ENTRY FORM, INDICATING THE ACTUAL NAMES OF YOUR TEAM MEMBERS, NO LATER THAN MAY 13, 2011, TO:

Send the Final Entry Form to: Please return the Entry Forms to: Mr. Evgeny Koltun General Secretary of the Russian FBF Telephone: +7 (3452) 48-64-91 +7(3452) 73-58-88 -mob. Fax: +7 (3452) 41-31-33 (for E. Koltun) E-mail: europetyumen@mail.ru	Please copy all correspondence to: European Bodybuilding & Fitness Federation Dr. Rafael Santonja EBFF & IFBB PRESIDENT Tel: +34 91 535 2819 Fax: +34 91 535 0320 E-mail: internacional@santonja.com Web: www.ifbb.com
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JUDGES :

All National Federations are reminded that their nominations for judges at the Championships must be also included in the Final Entry Forms according to the Amendments to the Rules : „*That a National Federation must provide on the Final Entry Form the names of all judges (including test judges) nominated to officiate at the competition, failing which individual will not be allowed to judge*“. All IFBB/EBFF International Amateur Judges must be in possession of a valid Judging Card and Judging License for 2009.

Please list your judges names here ...

	NAME OF JUDGE(S) - (<i>AS WRITTEN IN PASSPORT</i>)	PASSPORT NUMBER
1		
2		
3		

Please list your test judges names here ...

	NAME OF TEST JUDGE(S) - (<i>AS WRITTEN IN PASSPORT</i>)	PASSPORT NUMBER
1		
2		
3		

Please visit www.ifbb.com for detailed information on this event.

CONSEQUENCES OF FAILURE TO COOPERATE WITH THE ORGANIZER:

Failure to cooperate with the contest organizer is contrary to the IFBB code of Ethics and will result in the offending National Federation having to pay all of their expenses, with no guarantee of accommodation at the official hotel. If the preliminary and/or the final entry form is not submitted on time to the organizing committee the double amount of the registration fee will be charged as a fine to the offending national federation.