



2014 EBFF EUROPEAN BODYBUILDING, FITNESS and JUNIORS & MASTERS CHAMPIONSHIPS

*Bodybuilding, Classic Bodybuilding, Physique
Fitness, Body-Fitness, Bikini-Fitness, Mixed Pairs*

MEN'S WHEELCHAIR BODYBUILDING

AND

13th EBFF EUROPEAN CONGRESS

INSPECTION REPORT



SANTA SUSANNA, SPAIN

14-19 May 2014

Important notice: Arrival date!!! Due the extensive program, the program of activities is extended to 6 days from Wednesday to Monday not Friday to Monday.

WELCOME

The EUROPEAN BODYBUILDING AND FITNESS FEDERATION (EBFF), Santa Susanna City Hall and the Tourist Foundation of Santa Susanna extend a warm welcome to all EBFF National Federations to participate in the EBFF European Bodybuilding, Fitness and Juniors & Masters Championships and EBFF Congress, in Santa Susanna, Spain, which will include the following disciplines: Men's Bodybuilding, Men's Classic Bodybuilding, Women's and Men's Fitness, Body-Fitness, Bikini-Fitness, Men's and Women's Physique, Mixed Pairs and Men's Wheelchair Bodybuilding.

LOCATION

Santa Susanna is a popular touristic resort, located at the Mediterranean coast of Catalonia (Spain).

Santa Susanna, as an international tourist centre, has gained a renowned reputation in the field of promotion, management and implementation of international sports and cultural events. It has been the successful venue site of 6 consecutive World Women championships (2003-2008) and numerous other European and World Championships and is known as **THE CAPITAL OF FITNESS**.

Santa Susanna is located in the centre of the Maresme coast, on a quiet spot surrounded by a splendid garden, at the foot of Montnegre's hill. It is easily accessible through the N-II road, C32 motorway, and train. As well, it is close to Gerona and Barcelona airports - an easy reach from any arrival or departure point. It is located between the sea and the mountain and here we can find a new holiday place with the possibility to stay at comfortable hotels, apartments or campsites. Surrounded by the greenness of its mountains and the blue of its waters, Santa Susanna has become an important holiday centre.



HOW TO GET THERE:



By car

-If you are coming from the south or the east, on the AP-7 motorway to the junction for Mataró, La Roca, C-60. Continue on the C-60 towards Mataró until the junction for Gerona C-32. Then follow the C-32 towards Gerona until the Calella, Pineda, Santa Susanna turnoff.

N-II. From Calella on the N-II (towards Gerona), Pineda and Santa Susanna.

-If you are coming from the north, on the AP- 7 motorway until the turnoff for Lloret, Blanes, Malgrat C-35. Around Vidreres, take the N-II and continue until Santa Susanna.



By train

-RENFE Suburban train, Line 1 to Santa Susanna (every 30 minutes).

-From **Barcelona airport** take the train (line 10) to Sants station and in Sants take the line 1 train to Blanes or Maçanet-Massanes.

-From **Gerona airport** take the bus to the train station. Take the train to Maçanet-Massanes and in Maçanet take the train to Santa Susanna.



By bus

-From **Barcelona** with the Barcelona Bus company from Ronda Sant Pere or Estació del Nord. Telephone for information 902 13 00 14, www.barcelonabus.com.

-From **Gerona Airport** with the Barcelona Bus company. Telephone for information 902 13 00 14, www.barcelonabus.com.

OFFICIAL HOTELS

All official hotels will be four stars category and they will be located on Paseo Maritimo Street. The Organizing Committee will have a CHECK POINT OFFICE , Hotel Caprici Verd, Avenida del Mar 3, Santa Susanna. This Check Point will have easy access and will handle all the registration, accreditation and accommodation for the hotels.



ACCOMMODATION

The Organiser will provide free-of-charge accommodations and three meals per day, starting with lunch on Wednesday, 14th May 2014 and ending with breakfast on Monday, 19th May 2014 for all Official participants* pursuant to IFBB rules:

Three (3) or more competitors = two (2) delegates

Two (2) competitors or less = one (1) delegate

**The term „Official Participant” means 1) an Athlete who is duly authorized by his or her National Federation and who is registered by the IFBB to compete the Championship, and 2) a Delegate who is duly authorized by his or her National Federation and who is registered by the IFBB to participate in Championship pursuant to IFBB rules.*

A National Federation with no athlete may send one (1) official delegate; however, this delegate will be responsible for all his or her expenses.

The Official Arrival Date is Wednesday, 14th May 2014.

The Official Departure Date is Monday, 19th May 2014.

IMPORTANT NOTICE

All National Team Official participants (athletes and delegates) must check in BEFORE the start of Technical Meeting. Any Official Participant not checked in by this deadline, without notifying the Organizing Committee, will be classified as an extra delegate and will be responsible for all his or her expenses.

Any judge, coach, or trainer who is not an Official Participant will be responsible for all his or her own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your Federation nominate this individual to be an Official Participant for your Federation; otherwise, these individuals will be responsible for all their own expenses. The same rule applies for family members. NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.

HOTEL SECURITY DEPOSIT

A hotel security deposit of **Euro €100.00 PER PERSON** is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, room service, laundry - i.e. soiled sheets or towels with tan, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted. 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 his or her team.

PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.

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.

ADDITIONAL DELEGATES, SUPPORTERS, PRESS AND PHOTOGRAPHERS

The Organizing Committee has established a special package including: 5 nights with all meals and drinks included, tickets for semi-finals and finals, closing banquet and transport to and from hotel to venue at: Euro **€350.00** for each person in a double room or Euro **€450.00** for a single room. For more information please ask the Organizing Committee

The organizer shall arrange the transportation between airport and hotel on Wednesday 14th May 2014 for €20.00 per person and the transportation between hotel and airport on Monday 19th May 2014 for €20.00 per person, based on the stated times of arrivals and departures.

PARTIAL PACKAGE

The Organizing Committee has established a partial package, which will include: Tickets for the 4 days Championships, transportation to/from hotel and venue site, plus ticket for Closing Banquet at **180 euros**.

VENUE SITE

Parc Colomer Sports Centre, Santa Susanna.



ARRIVAL/AIRPORT

“El Prat” Barcelona international airport is 65 km (39 miles) from Santa Susanna and 5 km (3 miles) from Barcelona.

The other airport near Santa Susanna is Girona Airport, which is a popular airport for budget airlines.

Please notify the Organizing Committee the details of your arrival time no later than 12 days before the Championships so that suitable transportation can be arranged for your National Team members.

TRANSPORTATION TO AND FROM AIRPORTS

The official airport for arrivals is the El Prat International Airport. The transportation from the airport to the hotel will be arranged for all teams. Organizing Committee will pick you up at the El Prat International Airport.

EARLY ARRIVALS

Any National Federations arriving before the official arrival date of 14th May 2014 and staying on after the official departure date of 19th May 2014 will be responsible for all their own expenses. They will also be responsible for their own transportation between the hotel and the airport.

If you would like to stay additional days before or after the Championships, please contact the Organizing Committee, who will be able to arrange a special rate.

FLIGHT RECONFIRMATION

For the reconfirmation for your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight 24 to 36 hours after your arrival.

VISAS

A valid passport is required to enter Spain. EU-country citizens do not need to obtain a visa. All other countries should consult the Spanish Embassy in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

CATEGORIES OPEN FOR COMPETITION

SENIORS					
	CATEGORY	DISCIPLINE	BODYWEIGHT/HEIGHT	A-TEAM	B-TEAM
1	Men	Bodybuilding	Up to & incl. 70 kg	8	8
2	Men	Bodybuilding	Up to & incl. 75 kg		
3	Men	Bodybuilding	Up to & incl. 80 kg		
4	Men	Bodybuilding	Up to & incl. 85 kg		
5	Men	Bodybuilding	Up to & incl. 90 kg		
6	Men	Bodybuilding	Up to & incl. 95 kg		
7	Men	Bodybuilding	Up to & incl. 100 kg		
8	Men	Bodybuilding	Over 100 kg		
9	Men	Classic Bodybuilding *	Up to & incl. 168 cm	5	5
10	Men	Classic Bodybuilding *	Up to & incl. 171 cm		
11	Men	Classic Bodybuilding *	Up to & incl. 175 cm		
12	Men	Classic Bodybuilding *	Up to & incl. 180 cm		
13	Men	Classic Bodybuilding *	Over 180 cm (see notes below*)		
14	Wheelchair	Bodybuilding	Open Class	1	No Limit
15	Women	Physique	Up to & incl. 163 cm	2	2
16	Women	Physique	Over 163 cm		
17	Women	Body-Fitness	Up to & incl. 158 cm	4	4
18	Women	Body-Fitness	Up to & incl. 163 cm		
19	Women	Body-Fitness	Up to & incl. 168 cm		
20	Women	Body-Fitness	Over 168 cm		
21	Women	Bikini-Fitness	Up to & incl. 160 cm	6	6
22	Women	Bikini-Fitness	Up to & incl. 163 cm		
23	Women	Bikini-Fitness	Up to & incl. 166 cm		
24	Women	Bikini-Fitness	Up to & incl. 169 cm		
25	Women	Bikini-Fitness	Up to & incl. 172 cm		
26	Women	Bikini-Fitness	Over 172 cm		
27	Women	Fitness	Up to & incl. 163cm	2	2
28	Women	Fitness	Over 163 cm		
29	Men	Fitness	Open Class	1	1
30	Men	Physique	Up to & incl. 170 cm	4	4
31	Men	Physique	Up to & incl. 174 cm		
32	Men	Physique	Up to & incl. 178 cm		
33	Men	Physique	Over 178 cm		
34	Mixed Pairs	Bodybuilding/Fitness		1	1

Juniors and Masters

JUNIORS

	CATEGORY	DISCIPLINE	BODYWEIGHT/HEIGHT	A-TEAM	B-TEAM
1	Junior Women	Body-Fitness	Up to & incl. 163 cm	2	2
2	Junior Women	Body-Fitness	Over 163 cm		
3	Junior Women	Fitness	Up to & incl. 163 cm	2	2
4	Junior Women	Fitness	Over 163 cm		
5	Junior Women	Bikini-Fitness	Up to & incl. 163 cm	2	2
6	Junior Women	Bikini-Fitness	Over 163 cm		
7	Junior Men	Bodybuilding	Up to & incl. 75 kg	2	2
8	Junior Men	Bodybuilding	Over 75 kg		
9	Junior Men	Classic Bodybuilding **	Open Class	1	1
10	Junior Men	Fitness	Open Class	1	1
11	Junior Men	Physique	Open Class	1	1

MASTERS

	CATEGORY	DISCIPLINE	BODYWEIGHT/HEIGHT	A-TEAM	B-TEAM
12	Master Women	Bikini-Fitness: Age >35	Open Class	1	No Limit
13	Master Women	Body-Fitness: Age 35 -44yrs	Open Class	2	No Limit
14	Master Women	Body-Fitness: Age >45 yrs	Open Class		
15	Master Men	Bodybuilding: Age 40-49 yrs	Up to & incl. 70 kg	8	No Limit
16	Master Men	Bodybuilding: Age 40-49 yrs	Up to & incl. 80 kg		
17	Master Men	Bodybuilding: Age 40-49 yrs	Up to & incl. 90 kg		
18	Master Men	Bodybuilding: Age 40-49 yrs	Over 90 kg		
19	Master Men	Bodybuilding: Age 50-59 yrs	Up to & incl. 80 kg		
20	Master Men	Bodybuilding: Age 50-59 yrs	Over 80 kg		
21	Master Men	Bodybuilding: Age 60-65 yrs	Open Class		
22	Master Men	Bodybuilding: Age > 65 yrs	Open Class		
23	Master Men	Classic BB: Age 40-49 yrs *	Open Class	2	No Limit
24	Master Men	Classic BB: Age >50 yrs *	Open Class		

- **Notes for Classic Bodybuilding**

The weight to height limits for **Seniors and Masters Classic Bodybuilding** are as follows

Height	Bodyweight limit [kg]
Up to 168 cm	Athlete's height [in cm] minus 100
Up to 171 cm	(Athlete's height [in cm] minus 100) + 2
Up to 175 cm	(Athlete's height [in cm] minus 100) + 4
Up to 180 cm	(Athlete's height [in cm] minus 100) + 6
Up to 190 cm	(Athlete's height [in cm] minus 100) + 8
Up to 198 cm	(Athlete's height [in cm] minus 100) + 9
Over 198 cm	(Athlete's height [in cm] minus 100) + 10

- example: If athlete is 165 cm tall, his weight should be below and NOT MORE than 65 kg (165 minus 100 is 65)
- example: If athlete is 170,5 cm tall, his weight should be below and NOT MORE than 72,5 kg (170,5 minus 100 is 70,5 plus 2 is 72,5)

** The weight to height limits for **Juniors Classic Bodybuilding** are half of the added kg of the Seniors and Masters.

The rules regarding A and B teams for this event are as follows:

The „A”- team:

- Each National Federation may enter an „A”- team.
- The maximum allowable number of competitors in the „A”- team for the Seniors is 32 plus Wheel Chair and Mixed Pairs.
- Mixed Pairs should be composed of athletes competing in one of the Men’s and Women’s categories.
- The maximum allowable number of competitors in the „A”- team for the Juniors and Masters is 24.
- A maximum allowable number of „A”- team competitors per National Federation in any one category shall not exceed two (2).
- Pursuant to applicable rules, the Organizer will provide free-of-charge accommodation, meals, onsite transportation between hotel and venue and access to the Prejudging, Finals and Farewell Banquet to all „A”- team competitors.
- National Federation shall pay a **Registration Fee for each „A”-team competitor**.
- The „A”-team competitors shall compete for placings and awards, including Best National Team award.
- A National Federation must fully declare its „A”- team competitors on the Final Entry Form (FEF) and must register the „A”-team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be responsible for all his or her expenses.

The “B”-team:

- Each National Federation may enter a „B”- team according to the rules specified below.
- The maximum allowable number of **SENIOR** and **JUNIOR** competitors in the “B”-team” shall not exceed those in the “A”-team.
- There is NO LIMITATION for „B”- team **MASTERS** competitors in these Championships.
- The National Federation shall be obliged to pay the Full Package Rate for each „B”-team competitor. This package shall comprise of the competitor’s Registration Fee, accommodation, meals, onsite transportation, and access for Prejudging, Finals and Farewell Banquet (**350 Euros** per person in double room. **450 Euros** in individual room).
- The „B”-team competitors shall compete for placings and awards, **excluding** the Best National Team award.
- A National Federation must fully declare its „B”- team competitors on the Final Entry Form (FEF) and must register the „B”-team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.

IFBB REGISTRATION FEE

Each Official “A”-Team Senior and Junior Participant and each Delegate must pay the IFBB Registration Fee of Euro **€300.00**. Each “A”-Team Masters Participant must pay the IFBB Registration Fee of Euro **€350.00**.

The Registration Fee includes all local taxes and transportation from/to airport and hotel on the official arrival and departure dates.

!!! The Registration fee and packages should be paid beforehand online www.ifbb.com/registration.

!!!! If you have not paid before the Championships, and you pay the registration fee at arrival, the Registration fee will be €20.00 PER PERSON MORE.

The IFBB Registration Fee is completely separate from the hotel security deposit.

AGE LIMITS

JUNIOR <23 years of age

An athlete, male or female, may compete as a JUNIOR competitor up to and including December 31st of the year in which the athlete reaches his or her 23rd birthday.

MASTER

A female athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches her 35th birthday (all female masters categories except Bodyfitness over 45 years of age). In the year in which the competitor reaches her 45th birthday, she may compete in the over 45 years of age only.

A male athlete may compete as a MASTER competitor from January 1st of the year in which the athlete reaches his 40th birthday (in the case of the category 40-49 years of age). In the year in which competitor reaches his 50th birthday, he may compete in category 50-59 years of age only. In the year in which competitor reaches his 60th birthday, he may compete in category over 60 years of age only. In the year in which competitor reaches his 65th birthday, he may compete in category over 65 years of age only.

REGISTRATION/WEIGH-IN IMPORTANT

IMPORTANT INFORMATION REGARDING THE WEIGH-IN/REGISTRATION

The Registration will be run during the whole day on Wednesday 14th May from 9:00 am till 8:00 pm. The athletes can weigh-in and register as they arrive in the hotel.

SECRETARIAT

The Organizing Committee will maintain a Secretariat in a specially made CHECK POINT located in Hotel Caprici Verd, Avenida del Mar 3, Santa Susanna from 08:00am, 14th May 2014 till 4:00pm on 19th May 2014. You may obtain information and assistance from the Secretariat.

IMPORTANT NOTICE

You must pay the Hotel security Deposit and IFBB Registration Fee BEFORE your team members are provided accommodations. If any of your athletes or delegates arrives in Santa Susanna, Spain, without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE a room can be assigned.

DOPING CONTROLS

Doping control will be conducted by the IFBB medical commission pursuant to the IFBB anti-Doping rules, using a WADA accredited laboratory. In order to compete in the championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form (available in the appendix)

Doping control may be conducted using any of the following methods:

Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.

Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.

The IFBB reserves the rights to target test any athlete.

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 the IFBB international competitions.

PASSPORT/MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh in/ height measurement. The music must be on CD, at the start of the CD. The athletes' name must be affixed on the CD for identification purposes.

IMPORTANT NOTICE

The use of profane, vulgar and/or offensive language is strictly prohibited in posing music.

PARADE OF NATIONS

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. Only one (1) delegate per country will take part in the Parade of Nations. Athletes will not take part in the Parade of Nations this time.

JUDGES

In order to assist the IFBB Judges Committee in their selection of judges for these Championships, please forward your nomination for judges from your National Federation as soon as possible but no later than **April 23rd 2014** to:

Pawel Filleborn, Chairman, IFBB Judges Committee, E-mail: pawelfilleborn@gmail.com

PLEASE DO NOT FAX/EMAIL YOUR NOMINATIONS TO IFBB HEADQUARTERS.

All international judges must bring their international judge's cards to Santa Susanna.

IMPORTANT NOTICE

All judges who wish to be included in the judges' panels at these Championships should be specified in the Final Entry Form. The test judges should be specified there as well.

Judges have to pay the yearly judges' licence fee of EUR 50.00 for 2014. This fee may be paid at the Championships. Test judges should pay a test fee of EUR 50.00. This fee may be paid at the Championships.

All judges must attend the Judges/Team Manager meeting.

If the above conditions haven't been met, judges will not be able to carry out their duties at the Championships.

MEDIA ACCREDITATION

All media accreditation, except local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form, said form which must be remitted to the IFBB by e-mail at info@ifbb.com **no later than April 23rd 2014**.

GREEN CARDS

Green cards are used to limit access to the Weigh-in and backstage area during the Registration, Prejudging and Finals, will be distributed at the Judges/Team Managers Meeting as follows:

Five (5) or more competitors - two (2) green cards

Less than five (5) competitors - one (1) green card

BACKSTAGE ACCESS/DRESSING ROOM ACCESS

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

CAMERA/VIDEOTAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

TIME DIFFERENCE

GMT +1 hours

CURRENCY

The national currency in Spain is the EURO. All major credit cards are widely accepted at most major hotels, department stores and restaurants.

CLIMATE

During the month of May, the average temperature is 20-22 °C.

ELECTRICAL CURRENT

The electrical outlet is 220 Volt.

LANGUAGE

The official language in Santa Susanna is Spanish. English is widely spoken in hotels, restaurants, shopping centres and tourist areas.

TRAINING FACILITY

A Fitness centre with training facility is available in most of the Official Hotels.

ATHLETES WITHOUT DELEGATES

All Athletes competing at these Championships must be Members in Good Standing of their National Federations. Any Athlete who arrives without a Delegate must carry an **Official Letter of Authorization of Participation** from his National Federation, failing which the Athlete will not be allowed to participate.

FAILURE TO HONOR FINAL ENTRY FORM DEADLINE

Deadlines are set to assist the Organizer with arranging accommodations, meals, onsite transportation and other Championship activities. A failure to respect these deadlines is a breach of *IFBB Rules*.

If a National Federation fails to respect the deadline written on the Final Entry Form, each “Official Participant” from that federation will be required to pay all of his or her own expenses, including accommodations, meals, onsite transportation, and access to the Prejudging, Finals and Farewell Banquet.

MISREPRESENTATION

Misrepresentation is a serious breach of the *IFBB Code of Ethics* and occurs when an “official” of a National Federation deliberately misrepresents the number of Athletes and Delegates so as to obtain free-of-charge accommodations, meals, onsite transportation, access to the Prejudging, Finals and Farewell Banquet and other amenities at the expense of the Organizer.

Part of this misrepresentation may be a false claim that a person is an Athlete only to have that so-called Athlete fail to officially register as a competitor at the Weigh-in or, once having officially registered, fail to compete. Any National Federation found guilty of misrepresentation will be immediately disqualified from the Championships and will be fined an amount equal to the Special Package Rate for each person involved.

MEDICAL WITHDRAWAL

Once officially registered, no Athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete’s non-participation, be fined an amount equal to the Special Package Rate.

CORRESPONDENCE/CONTACT INFORMATION

Spanish Bodybuilding & Fitness Federation

Phone/ Fax: +34 93 766 0630

E-mail: secretaria@ifbb-spain.com

Web: www.ifbb-spain.com

Please copy all correspondence to:

IFBB HEAD OFFICE

Email: headquarters@ifbb.com

Web: www.ifbb.com

And

IFBB Technical Committee

Email: wanda.tierney@ifbb-uk.com

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **23rd March 2014**. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, confirming your federation’s intent to participate. If at this time you do not know the actual names of the Official Participants (Athletes and Delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.

FINAL ENTRY FORM

The deadline date for the Final Entry Form is **Monday 28th April, 2014**. National Federations must submit the actual names of all Official Participants (Athletes by weight category and Delegates, including judges). You must also include flight arrival and departure information.

In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your co-operation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

It is the responsibility of the President or General Secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report. If any of your athletes and/or delegates are travelling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report

TENTATIVE SCHEDULE OF ACTIVITIES

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

Please check regularly for updates:

Tuesday, 13th May 2014

7.00 am – 7.00 pm	Arrival of the EBFF/IFBB Executive Council Members
12.00 pm– 3.00 pm	Lunch
7.00 pm	EBFF/IFBB Technical Meeting
8.00 pm	Welcome Dinner

Wednesday, 14th May 2014

7.30 am – 10.00 am	Breakfast (not included in Registration Fee)
morning till 5.00 pm	Arrival National Teams and Registration/Weigh-in
12.30pm– 2.30 pm	Lunch
5.00 pm	Technical Meeting
5.30 pm	Judges Meeting
6.00 pm	Team Managers Meeting
7.00 - 9.30 pm	Dinner

Thursday, 15th May 2014

7.30 am – 10.00 am	Breakfast
9.00 am – 2.30 pm	Prejudging and Finals part 1
12.30 pm – 2.30 pm	Lunch
3.00 pm – 8.30 pm	Prejudging and Finals part 2
7.00 pm – 9.30pm	Dinner

Friday, 16th May 2014

7.30 am – 10.00 am	Breakfast
9.00 am – 2.30 pm	Prejudging and Finals part 3
12.30 pm – 2.30 pm	Lunch
3.00 pm – 8.30 pm	Prejudging and Finals part 4
7.00 pm – 9.30pm	Dinner

Saturday, 17th May 2014

7.00 am – 8.30 am	Breakfast
9.00 am – 1:00 pm	EBFF Congress
12:30 pm – 2:30 pm	Lunch
2:30 pm – 9:00 pm	Prejudging and Finals Part 5

Sunday, 18th May 2014

7.30 am– 10.00am	Breakfast
9:00am – 2:00pm	Prejudging and Finals Part 6
12:30pm – 2:30pm	Lunch
4:00pm – 8:00pm	Prejudging and Finals Part 7 - including Overall

Monday, 19th May 2014

7.30 am– 10.00am	Breakfast
12.00 Noon	Departure of delegations