

**ARNOLD CLASSIC EUROPE**  
**Arnold Classic Europe**  
 Madrid, sports, enjoyment...be ACE!

Sept 26-28, 2014

**BODYBUILDING PRO & FITNESS PRO EVENTS**

Men and Women Bodybuilding • Men and Women Fitness • Bodyfitness(Figure) • Classic Bodybuilding • Bikini • Master Bodybuilding men  
 Master Bodybuilding Men • Armrestling • Strongman • Pole Dance • Fireman • Cheerleaders • Weightlifting • Gymnastics • kempo  
 Taekwondo • Lucha libre • K-1 • MMA • Boxing • Kickboxing • Grappling • Powerlifting • Mountain Bike • Spartan race  
 Muay Thai • Capoeira • Barbarrio • Rubik • Jump Rope • Slackline • Parkour • Athletic Fitness • Aikido • Crossfit

For additional information, registration and tickets visit:  
[arnoldclassiceurope.com](http://arnoldclassiceurope.com)  
 Palacio De Cristal, Casa De Campo ■ Madrid Arens  
 Madrid, Spain

The Arnold Amateur  
 IFBB International Bodybuilding,  
 Classic Bodybuilding, Physique, Fitness,  
 Body-Fitness & Bikini-Fitness Championships

**25-28 September, 2014**  
**Madrid, Spain**  
 Inspection Report



## WELCOME

Arnold Schwarzenegger, Dr. Rafael Santonja, James L. Lorimer and Bob Lorimer welcome you to the 4th edition of the Arnold Classic Europe.

ARNOLD CLASSIC EUROPE is a great multisport program that takes place following the best tradition of the original Arnold Weekend concept in Columbus, Ohio (USA).

## LOCATION

The Arnold Amateur Europe will be held in the capital city of Spain, Madrid. A beautiful city with many wonderful museums, impressive buildings, a great history and many other attractions.

An excellent and exciting city for an excellent and exciting event.

## VENUE

The 2014 Arnold Classic Europe Championships will be held at the venue, **PALACIO DE CRISTAL DE LA CASA DE CAMPO and MADRID ARENA**, Madrid (Spain). This venue is an excellent place and was a great success last year with hundreds of booths in the EXPO and more and more visitors.

## RECOMMENDED IFBB HOTELS

There are numerous recommended hotels in the area which you can choose from.

On the Arnold Classic Europe there is more information and contact details.

Please follow the link to book your rooms: <http://arnoldclassiceurope.es/wp/en/where-to-stay>

It is advisable to book your rooms well in advance to avoid disappointment.

### A few hotels are listed below

#### **APARTO-SUITES JARDINES DE SABATINI 4**

c/Cuesta de San Vicente nº 16

Tel. +34 91 542 59 00 #

Email: [recepcion@jardinesdesabatini.com](mailto:recepcion@jardinesdesabatini.com)

Booking reference: Arnold Classic

#### **APARTO – SUITES**

##### **MURALTO 4\***

c/ Buen Suceso nº 3

Tel.. +34 91 542 44 00 #

Email [director@muralto.es](mailto:director@muralto.es)

[reservas@muralto.es](mailto:reservas@muralto.es)

Booking reference ARNOLD 2014

#### **APARTAHOTEL “CENTRO COLON “**

**4\***

c/ Marques de la Ensenada nº 16

Tel. +34 91 349 00 00 #

Email: [reservas@apartahotel-centro-colon.es](mailto:reservas@apartahotel-centro-colon.es)

Booking reference Arnold Classic

#### **HOTEL REX 3\***

c/ Gran Vía nº 43

Tel. +34 91 547 48 00 #

Email: [aperez@hrex.es](mailto:aperez@hrex.es)

Booking reference Arnold Classic

#### **ESPAHOTEL 4\***

c/ Gran Vía nº 65

Tel.. +34 91 541 31 70 #

Email: [granvia@espahotel.es](mailto:granvia@espahotel.es)

Booking reference ARNOLD

#### **ESPAHOTEL 4\***

c/ Plaza de España nº 7

Tel. +34 91 542 85 85 #

Email: [aparplaza@espahotel.es](mailto:aparplaza@espahotel.es)

Booking reference ARNOLD

#### **HOTEL FLORIDA NORTE 4\***

Paseo de la Florida nº 5

Tel. +34 91 542 83 00

Emails: [reservas.florid@celuisma.com](mailto:reservas.florid@celuisma.com) and

[delcura@hotelfloridanorte.com](mailto:delcura@hotelfloridanorte.com)

### **IMPORTANT NOTICE REGARDING THE HOTELS:**

**There will be another big conference in Madrid (Conference for Oncology) at the same weekend and hotels will be booked up very quickly.  
Please reserve your rooms well in advance to avoid disappointment. If there are no rooms available in the recommended hotels, please contact the IFBB Head Office for more info.**

### **IMPORTANT ARRIVAL AND CHECK-IN NOTICES**

**The official arrival day is Thursday 25<sup>th</sup> September 2014.**

The weigh-in and registration will be conducted on Thursday. IFBB Registration fee of 150 EUROS will have to be paid at the time of weigh-in or in advance. We fully recommend you to make advance payment by **Paypal** by following this link: <http://www.ifbb.com/page.php?id=74> or through your own Paypal account you can make the payment to [accounts@ifbb-madrid.org](mailto:accounts@ifbb-madrid.org).

Registration will take place at Palacio de Cristal, Casa de Campo, Madrid. You can arrive by subway, stopping at "El Lago" station at 500 meters from the venue, or by the organizer circular buses available with a frequency of 1 hour. Info will be available at the official hotels lobby.

If you are not at the official hotels, but in hotels nearby, you can access to the organizer bus at the official hotels or use the public subway (EI LAGO) or city buses (visit: [www.arnoldclassiceurope.com](http://www.arnoldclassiceurope.com) for more info)

- **Registration and weigh-in between 10:00 and 8:00pm on Thursday 25<sup>th</sup> September.**
- **IFBB amateur event starts on Friday 26<sup>th</sup> September.**
- **Trade show starts on Friday 26<sup>th</sup> September.**
- **Finals for overall Champions, will take place on Sunday, 28<sup>th</sup> September.**

More information about running order and other competition details will be forwarded nearer the time. Please check [www.arnoldclassiceurope.com](http://www.arnoldclassiceurope.com) and [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 <http://jantana.com/> or follow this link <http://jantana.com/index.php/on-site-services/arnold-classic-bikini-physique-bodybuilding-figure-sep-26-28-2014.html> to book an appointment to have your tan done before your competition. They also will have staff backstage to assist with all competition needs. No spray tanning will be done at the venue, so be sure to book appointments accordingly.

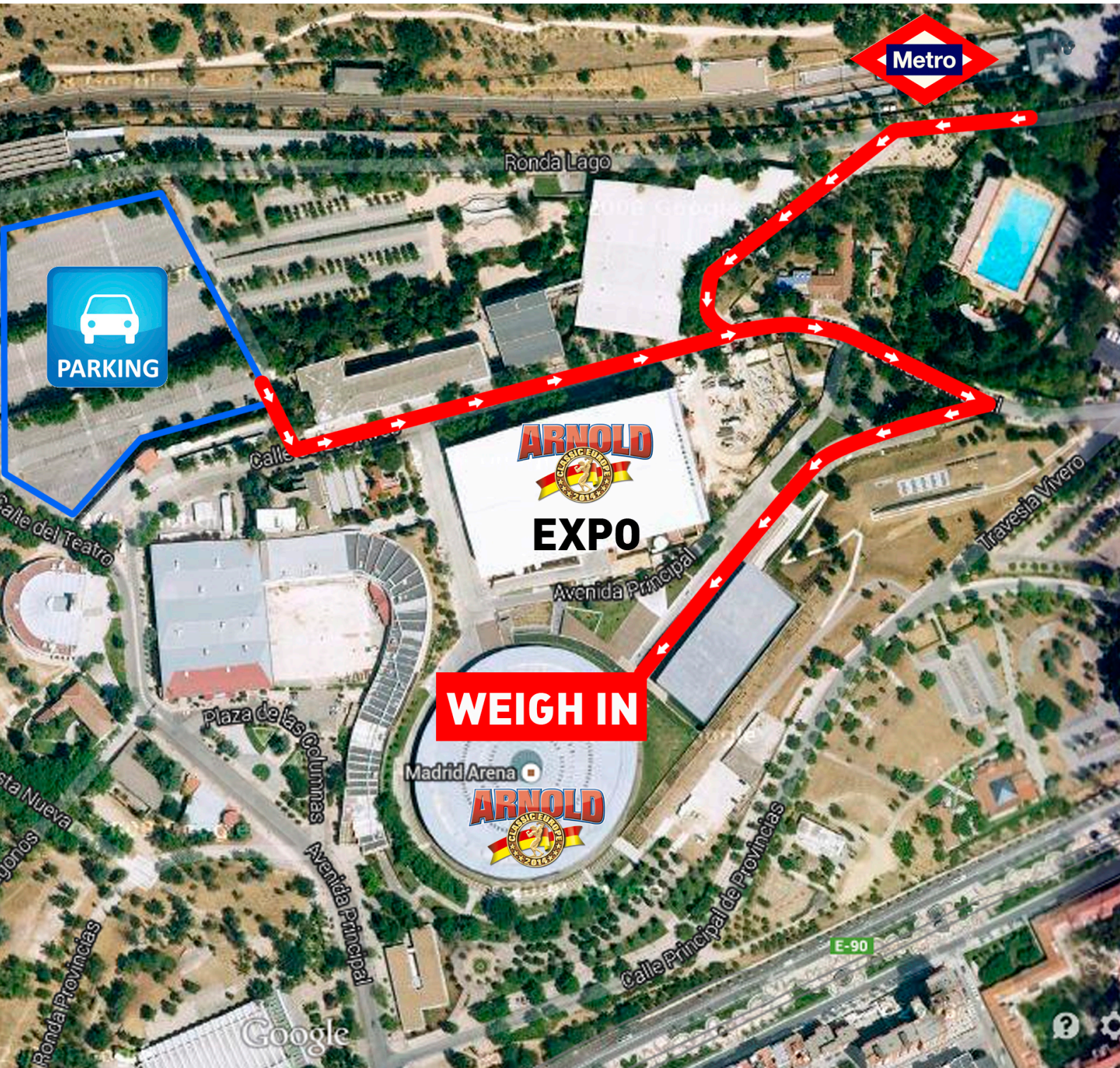
**THE IFBB HAS BANNED ALL TANS THAT CAN BE WIPED OFF. AN OFFICIAL WILL CHECK THE TAN OF ALL ATHLETES BACKSTAGE AND IF THE TAN COMES OFF BY SIMPLY WIPING, THE ATHLETE WILL BE TOLD TO REMOVE THE TAN BEFORE GOING ON STAGE.**

### **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 2014 Arnold Amateur IFBB International Bodybuilding, Fitness, Body-Fitness 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, 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. Hotels will be booked up quickly as this is a very popular event.

### **GENERAL INFORMATION**

Any Bodybuilding, Physique, Fitness, Body-Fitness (Figure) or Bikini-Fitness athlete who is qualified and 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 AND REGISTRATION FEE**

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 athlete, participating in the championship will be provided with a competitor wrist band at the weigh-in. This wrist band allows daily admission to the Arnold Fitness EXPO and should not be removed.

## **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 above and on the Arnold Classic Europe website.**

## **ENTRY FORM CONTACT DETAILS:**

All entry forms and correspondence should be addressed to IFBB General Secretary William TIERNEY [w.tierney@ifbb-uk.com](mailto:w.tierney@ifbb-uk.com) and IFBB Head Office, Madrid [headquarters@ifbb.com](mailto:headquarters@ifbb.com) . The deadline date for submitting the entry forms is September 11<sup>th</sup>, 2014.

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

**Please send Entry Form no later than September 11<sup>th</sup>, 2014 to:**

**IFBB General Secretary  
William Tierney**  
Phone: +44 7778 348855  
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 6361270  
E-mail: [headquarters@ifbb.com](mailto:headquarters@ifbb.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 per year and are mandatory from 2011.**

**THE FOLLOWING CATEGORIES WILL BE OPEN FOR THE ARNOLD CLASSIC EUROPE 2014:**

<b><u>MEN'S BODYBUILDING CLASSES</u></b> UPTO & INCLUDING 70 KG UPTO & INCLUDING 75 KG UPTO & INCLUDING 80 KG UPTO & INCLUDING 85 KG UPTO & INCLUDING 90 KG UPTO & INCLUDING 100 KG OVER 100KG
<b><u>MEN'S CLASSIC BODYBUILDING*</u></b> See table below UP TO 175 cm UPTO 180 cm OVER 180 cm
<b><u>MEN'S PHYSIQUE</u></b> UPTO & INCLUDING 174 cm UPTO & INCLUDING 178 cm UPTO & INCLUDING 180 cm OVER 180 cm
<b><u>MEN'S FITNESS</u></b> 1 OPEN CATEGORY
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<b><u>JUNIOR MEN</u></b> <b><u>BODYBUILDING</u></b> 1 OPEN CATEGORY <b><u>MEN'S PHYSIQUE</u></b> 1 OPEN CATEGORY
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<b><u>MASTERS MEN</u></b> <b><u>40-49 YEARS</u></b> UPTO & INCLUDING 80KG UPTO & INCLUDING 90KG OVER 90KG <b><u>50-59 YEARS</u></b> 1 OPEN CATEGORY <b><u>OVER 60 YEARS</u></b> 1 OPEN CATEGORY

<b><u>WOMEN'S PHYSIQUE</u></b> UPTO & INCLUDING 163 cm OVER 163 cm
<b><u>WOMEN'S BODY-FITNESS</u></b> UP TO 158 cm UP TO 163 cm UP TO 168 cm OVER 168 cm
<b><u>WOMEN'S FITNESS</u></b> UP TO 163 cm OVER 163 cm
<b><u>WOMEN'S BIKINI</u></b> UP TO & INCLUDING 160 cm UP TO & INCLUDING 163 cm UP TO & INCLUDING 166 cm UP TO & INCLUDING 169 cm UP TO & INCLUDING 172 cm OVER 172 cm
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<b><u>JUNIOR WOMEN</u></b> <b><u>BODY-FITNESS</u></b> 1 OPEN CATEGORY <b><u>BIKINI-FITNESS</u></b> 1 OPEN CATEGORY
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<b><u>MASTERS WOMEN</u></b> <b><u>WOMEN'S PHYSIQUE OVER 35 YEARS</u></b> 1 OPEN CATEGORY <b><u>BODY-FITNESS OVER 35 YEARS</u></b> 1 OPEN CATEGORY <b><u>BIKINI-FITNESS OVER 35 YEARS</u></b> 1 OPEN CATEGORY

**\*The weight/height limits tolerance of the Men's Classic has the following criteria:**

A:	<b><i>HEIGHT Up to and incl 168 cm→→→→→ MAXIMUM WEIGHT</i></b>	<b><i>Height minus 100</i></b>
	<b><i>HEIGHT Over 168 cm Up to and incl 171 cm→ MAXIMUM WEIGHT</i></b>	<b><i>Height minus 100 + 2 kg</i></b>
	<b><i>HEIGHT Over 171 cm Up to and incl 175 cm→ MAXIMUM WEIGHT</i></b>	<b><i>Height minus 100 + 4 kg</i></b>
B.	<b><i>HEIGHT Over 175 cm Up to and incl 180 cm→ MAXIMUM WEIGHT</i></b>	<b><i>Height minus 100 + 6 kg</i></b>
C.	<b><i>HEIGHT Over 180 cm Up to and incl 190 cm→ MAXIMUM WEIGHT</i></b>	<b><i>Height minus 100 + 8 kg</i></b>
	<b><i>HEIGHT Over 190cm Up to and incl 198 cm→ MAXIMUM WEIGHT</i></b>	<b><i>Height minus 100 + 9 kg</i></b>
	<b><i>HEIGHT Over 198 cm→→→→→ MAXIMUM WEIGHT</i></b>	<b><i>Height minus 100 + 10 kg</i></b>

**DUE THE SIZE OF THE EVENT AND THE AMOUNT OF CATEGORIES, THE PROGRAM WILL BE PERFORMED AT TWO DIFERENT MAIN STAGES, OF IDENTIC DIMENSIONS, LOCATED AT THE UPPER AND GROUND FLOORS.**

**THEY WILL BE OPERATED BY TWO INDEPENDENT TEAMS**

**THE DISTRIBUTION OF THE CATEGORIES WILL BE ANNOUNCED AT DUE TIME**