



# 2014 IFBB Nicole Wilkins Fitness Championships



October 10-12, 2014  
Nordic Fitness Expo, Lahti, Finland

## Inspection Report

[www.nicolewilkinschampionships.com](http://www.nicolewilkinschampionships.com)

## WELCOME!

3x Proleague Figure Olympia Champion, Nicole Wilkins, and the Organizing Committee of IFBB Finland and Nordic Fitness Expo are proud to host all of the European National Federations wishing to participate in the first IFBB Nicole Wilkins Fitness Championships in Lahti, Finland October 10<sup>th</sup> to 12<sup>th</sup>, 2014.

Our event is very special since the overall winner of Body Fitness and Bikini Fitness categories will receive IFBB Professional status and be given a pro card.

Nicole Wilkins will be present at the finals and she will hand out the trophies for the winners.

## LOCATION

The Nicole Wilkins Fitness Championships will be held in Lahti, Finland, which is located 100 km North of the Finnish Capitol City, Helsinki. Lahti is a famous fitness town with a great history in winter sports.



## VENUE

The 2014 Nicole Wilkins Fitness Championships will be held in the Nordic Fitness Expo at the Lahti Fair Centre, a modern exhibition centre located one kilometer from the Lahti City Centre. Nordic Fitness Expo is the largest bodybuilding and fitness event in Scandinavia with expected 15,000 visitors.



## OFFICIAL HOTEL

Official host hotel is Hotel Tallukka, a beautiful lake view hotel about 20 minutes drive from the city of Lahti. All the competitors and officials are accommodated to Hotel Tallukka. Registration to the contest is also located in host hotel. Transportation is arranged from hotel to contest venue for the competitors and officials.

**Please note:** All athletes and officials will have to pay their own hotel accommodation. It is advisable to book your rooms well in advance to avoid disappointment. During the Nordic Fitness Expo weekend, all hotels in the Lahti region will be filled.

### Hotelli Tallukka

Address: Tallukantie 1, Vaaksy  
Phone +358 3 88881, FAX +358 3 7661529  
Email: [sales@tallukka.fi](mailto:sales@tallukka.fi)  
Website: [www.tallukka.fi](http://www.tallukka.fi)

**Hotel room prices from Friday to Sunday (2 nights):** Double bed room- 98 Euro/person. Single bed rooms- 124 Euro. Room price includes breakfast, fitness center, sauna, swimming pool, and transportation to contest venue and back to the hotel. All rooms will have a small refrigerator.

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

The official arrival day is Friday the 10th of October 2014. The registration will be conducted on Friday. IFBB Registration fee of 150 EUROS will have to be paid at the time of registration. Registration will take place at Hotel Tallukka. Registration is between 10:00 and 20:00.

## **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 Nicole Wilkins Fitness 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 Lahti, Finland. Hotels will be booked up quickly as this is a very popular event.

## **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 and officials to enter this competition is 150 Euros and it will be collected at the time of registration.

## **AIRPORT**

The official airport for arrivals is the Helsinki International Airport. The Organizing Committee will pick you up at the airport upon arrival and transport you to the Official Hotel (1hr and 15-minute drive). It is very important that every National Federation provides complete arrival details of its team, including the number of people in its delegation, to the Organizing Committee. The transportation from the airport to the hotel will be arranged for all teams. The IFBB Finland will pick you up at the Helsinki International Airport. There will be shuttle bus services between Helsinki International Airport and Lahti every hour. The round bus trip Helsinki Int'l Airport – Lahti – Helsinki Int'l Airport cost 40 euro per person.

## **VISAS**

A valid passport is required to enter the territory of the Republic of Finland. EU-country citizens do not require a visa. All other persons should consult the Helsinki Embassy in their country to determine if they require a visa. An Official Letter of Invitation will be made available if required.

## **SECRETARIAT**

The Organizing Committee will maintain a Secretariat at the Official Hotel, from 10:00 October 10 to 12.00 October 12. You may obtain information and assistance from the Secretariat.

## **DOPING CONTROL**

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, all competitors at the Registration will be required to sign a Doping Control Consent & Waiver of Liability Form.

**IMPORTANT NOTICE:** Doping Controls may be conducted using any or all of the following methods:

- Random selection: A number of athletes selected at random throughout the event e.g. at Weigh-in or Prejudging.
  - Weighted selection: A number of athletes selected at random from among the top finalists e.g. at Finals.
- The IFBB reserves the right to Target Test any athlete.

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

## **IMPORTANT NOTICE TO COMPETITORS**

Each athlete participating in the championship will be provided with a wristband at the registration. This wristband allows daily admission to the Nordic Fitness Expo.

**NOTE: The registration fee includes a special ticket for the Nicole Wilkins Fitness Championships finals that will be conjunction with the IFBB Nordic Pro Championships (ticket value of 50 Euro!).**

### **IMPORTANT INFORMATION**

All the costs for traveling, hotel accommodations, transportation to and from the airport, as well as meals, are the responsibilities of the National Federations or individual athletes. Check with your National Federation for more information.

### **JUDGES**

In order to assist the IFBB Judges Committee in their selection of judges for this Championship, please forward your nomination for judges from your National Federation as soon as possible but no later than September 29th, 2014 to:

IFBB Judges Committee

Pawel Filleborn, Chairman

Fax: +48 22 642 73 51

E-mail: pawelfilleborn@gmail.com

### **CATEGORIES**

Categories open for the Nicole Wilkins Amateur Fitness Championships are as follows:

Body Fitness - 163 cm, - 168 cm, + 168 cm

Bikini Fitness - 163 cm, - 168 cm, + 168 cm

### **ENTRY FORM CONTACT DETAILS:**

The last date for submitting the entry forms is September 29th, 2014.

Please send Entry Form no later than September 29th, 2014 to:

IFBB General Secretary William Tierney

Phone: +44 151 9314090

E-mail: w.tierney@ifbb-uk.com

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

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.

### **ADDITIONAL INFORMATION:**

KP Ourama, Organizer

IFBB Finland

P.O. Box 158, 15101 Lahti

FINLAND

Email: kp.ourama@kpfitness.fi

www.nordicfitnessexpo.com

www.nicolewilkinschampionships.com

## **TENTATIVE SCHEDULE OF ACTIVITIES**

The following schedule of activities is tentative and is therefore subject to change. Please check regularly for updates: [www.nicolewilkinschampionships.com](http://www.nicolewilkinschampionships.com)

### **Friday October 10**

12:00-20:00 Registration at Hotel Tallukka

18:00 Nicole Wilkins free posing practice lesson for the competitors

### **Saturday October 11**

07:00-09:00 Breakfast

09:00 Transportation from hotel to contest venue

11:00 Nicole Wilkins Fitness Championships Pre-Judging, Expo Stage

17:00 Nicole Wilkins Fitness Championships Finals, Main Stage

18:00 IFBB Nordic Pro Championships

21:00 Transportation to hotel from contest venue

### **Sunday October 12**

07:00-10:00 Breakfast

Official departure dates for all participants