



# Welcome to 2016 Ben Weider Legacy Cup

October 7-9, Nordic Fitness Expo, Lahti, Finland



Canadian brothers, Ben and Joe Weider, founded the IFBB in 1946. Joe became a publisher and trainer of the champions, while his brother Ben made the IFBB a worldwide sports organization. We are proud to keep up Ben Weider legacy by organizing a new competition concept under his name. Ben Weider Legacy Cup has been created by the IFBB President Dr. Rafael Santonja.

Ben Weider Legacy Cup will provide bodybuilding, body fitness, bikini fitness and men's physique competitions.

The overall winners of each division will receive the IFBB Pro League card.

[benweiderlegacycup.com](http://benweiderlegacycup.com)



## WELCOME

### LOCATION AND VENUE SITE

Lahti is a very famous winter sports city in Finland but the last four years it has gained a worldwide reputation as bodybuilding and fitness sports city. Lahti is located 100 km north of Finland's capital city, Helsinki.

Ben Weider Legacy Cup will be held at the Nordic Fitness Expo, 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 Northern Europe with expected 20,000 visitors. With one main stage and two expo stages it will offer whole weekend full of fitness sports competitions and other sports events.

### ARRIVAL, AIRPORT & TRANSPORTATION

The official airport for arrivals is the Helsinki International Airport. The organizer shall pick your team up at the airport upon arrival and take you safely to the bus only on Friday, October 7th, 2016.

Transportation between airport and hotel is arranged on Friday, October 7th, 2016, for €10.00 per person and the transportation back to airport on Monday, October 9th, 2016, for €10.00 per person, based on the provided times of arrivals and departures.

Airport Bus leaves from Lahti Bus Station to Helsinki Airport every hour from 04:15 to midnight.



### ACCOMMODATION AT THE OLYMPIC TRAINING CENTER

Ben Weider Legacy Cup athletes accommodation will be held in Pajulahti which is the official Finnish Olympic and Paralympic Training Center, located just a 15-minute drive from competition venue Nordic Fitness Expo. Accommodation is



possible at better-equipped hotel rooms or sport standard level rooms.

#### Hotel prices:

Hotel level, 2-bed room 120 € / night

[www.pajulahti.com/en/services-premises/accommodation/hotel/](http://www.pajulahti.com/en/services-premises/accommodation/hotel/)

Sport standard level accommodation 2-bed room 90 € / night

[www.pajulahti.com/en/services-premises/accommodation/sport-standard/](http://www.pajulahti.com/en/services-premises/accommodation/sport-standard/)

#### Prices includes:

- Transportation between hotel and competition venue.
- Free use of gym and sauna
- Breakfast

#### Contact to

Phone +358 3 8855 200

Email: [asiakaspalvelu@pajulahti.com](mailto:asiakaspalvelu@pajulahti.com)

[www.pajulahti.com/en/](http://www.pajulahti.com/en/)

### VISAS

A valid passport is required to enter Finland. EU-country citizens do not need to obtain a visa. All other countries should consult the Finnish Embassy in their country to determine if they need a visa. An official letter of invitation will be made available if required.

An athlete, who requested and received an invitation from the IFBB Head Office or the Organizing Committee of an IFBB sanctioned event for visa purposes and used this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures.

### PARTICIPATION

This competition is open for All the IFBB-affiliated National Federations from Europe. Participation in this competition is unlimited

Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation by sending the Final Entry Forms with their names to the IFBB Press Commission, with a copy to the IFBB Head Office in Madrid.

The deadline for submitting the Final Entry Forms is September 26th, 2016.

### REGISTRATION

The official arrival day is Friday, October 7th, 2016. The registration will be held on Friday at Cumulus Lahti Hotel from 16:00 to 20:00. IFBB registration fee of EUR €200 has to be paid at the time of registration.

Remember that all the 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 the registration. IFBB Card costs EUR €30.00 per year and are mandatory.

The registration fee includes admission to the Nordic Fitness Expo in both days.

Registration of athletes will only be considered if they are recommended or entered by the National Federation. The Final Entry Form with athletes' names has to be emailed directly to the IFBB Press Commission, IFBB Head Office in Madrid and Organizing Committee of the Nordic Fitness Expo.

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, very popular event.



### **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/her name on the CD for easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

### **IMPORTANT NOTICES TO THE COMPETITORS**

All the costs for traveling, hotel accommodations, transportation to and from the airport, as well as meals, are at the responsibilities of the National Federations or individual athletes.

### **TANNING PRODUCTS**

The IFBB has banned all tans that can be wiped off. An official will check the tan of all the athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan.

### **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 September 26th, 2016 to:

**Pawel Filleborn**, Chairman, IFBB Judges Committee, email: [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)

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' license fee of EUR 50.00 for 2016. 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 the judges must attend the Judges/Team Managers Meeting held at the Sokos Hotel Lahden Seurahuone (one block from Hotel Cumulus) at 21:00 on Friday, October 7th, 2016.

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

### **GREEN CARDS**

Green cards are used to limit access to the Weigh-in and backstage area during the Prejudg-

ing 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

Green Card have authorized entry only to the backstage area, not auditorium at the Main Stage (Ben Weider Legacy Cup Bodybuilding competition).

### **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.

### **MEDIA ACCREDITATION**

All media accreditation, except the local media, shall be controlled by the Nordic Fitness Expo. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an NORDIC FITNESS EXPO Media Accreditation Form, which must be remitted to the IFBB by e-mail at [media.nordicfitnessexpo@gmail.com](mailto:media.nordicfitnessexpo@gmail.com) no later than September 19th, 2016.

For the further information, please visit: [www.nordicfitnessexpo.com/media/](http://www.nordicfitnessexpo.com/media/)

### **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, at any event, these devices shall be strictly prohibited in the dressing room area.

### **TIME DIFFERENCE**

UTC/GMT +2 hours

### **CURRENCY**

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

### **CLIMATE**

During the month of October, the average temperature is + 1-10 °C.

### **ELECTRICAL CURRENT**

The electrical outlets are 220 V, 50 Hz. Socket / plug of type C plug with two round prongs, popularly known as the europlug and used in all continental Europe countries.

Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

### **LANGUAGE**

The official language in Finland is Finnish. English is widely spoken in hotels, restaurants and shopping malls.

### **TRAINING FACILITY**

The official training facility is Gym K&M, website: [www.kuntokeskuskm.fi](http://www.kuntokeskuskm.fi)

Phone +358 45 276 4990

Email: [info@kuntokeskuskm.fi](mailto:info@kuntokeskuskm.fi)

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

All Final Entry Forms should be addressed to **Mr. Andrew Michalak** [amichalak5@gmail.com](mailto:amichalak5@gmail.com), with a copy to the IFBB Head Office in Madrid, **Mr. Ernesto Perez**, [officemanager@ifbb.com](mailto:officemanager@ifbb.com).

The deadline for submitting the Final Entry Forms is September 26th, 2016.

Please copy all correspondence to:

**Nordic Fitness Expo**

Email: [kp.ourama@kpfitness.fi](mailto:kp.ourama@kpfitness.fi)



## Tentative schedule of activities

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

### FRIDAY, OCTOBER 7

16:00-20:00 Registration at Hotel Cumulus Lahti, all athletes.

### SATURDAY, OCTOBER 8

Ben Weider Stage

10:00 – Body Fitness and Bikini Fitness, Pre-Judging

15:50 – Body Fitness and Bikini Fitness Finals

### SUNDAY, OCTOBER 9

Ben Weider Stage

10:00 – Bodybuilding Pre-Judging

13:00 – Bodybuilding Finals

15:00 - Men's Physique Pre-Judging + Finals

### CATEGORIES OPEN FOR COMPETITION

Bodybuilding - 80 kg - 90 kg - 100 kg + 100 kg

Men's Physique - 174 cm - 178 cm + 178 cm

Body Fitness - 163 cm - 168 cm + 168 cm

Bikini Fitness - 160 cm - 163 cm - 168 cm + 168 cm

The overall winners will receive the IFBB Pro League Card.



**For further information, please contact:**

**KP Ourama**, Organizer  
 Ben Weider Legacy Cup  
 P.O. Box 158  
 15101 Lahti FINLAND

Email: [kp.ourama@kpfitness.fi](mailto:kp.ourama@kpfitness.fi)  
[www.benweiderlegacycup.com](http://www.benweiderlegacycup.com)  
[www.nordicfitnessexpo.com](http://www.nordicfitnessexpo.com)

**[benweiderlegacycup.com](http://benweiderlegacycup.com)**