

6th Annual Arnold Amateur
IFBB International Bodybuilding, Classic Bodybuilding,
Fitness, Figure and Bikini Championships
and NPC Men's Physique

March 1-3, 2012
Columbus, Ohio USA

Inspection Report

WELCOME

The honorable Gov. Arnold Schwarzenegger, James L. Lorimer and Bob Lorimer are proud to host the 6th Annual Arnold Amateur IFBB International Bodybuilding, Classic Bodybuilding, Fitness, Bodyfitness/Figure and Bikini Championships (the category NPC Men's Physique is for NPC members only) in Columbus, Ohio. The Arnold Amateur has grown into one of the most prestigious amateur contests in the world and will feature more than 500 competitors in 2012.

LOCATION

The Arnold Amateur is held in Columbus, Ohio USA in conjunction with the Arnold Sports Festival, the largest multi-sport event in the USA with more than 18,000 athletes competing in 45 sports and events. The Arnold Classic, Ms. International, Fitness International, Figure International and Bikini International are among the Professional IFBB contests held in conjunction with the Arnold Sports Festival. Venues for the Arnold Amateur include:

Veterans Memorial
300 W. Broad St.
Columbus, Ohio 43215

Greater Columbus Convention Center
400 N. High St.
Columbus, Ohio 43215

COMPETITOR ELIGIBILITY

Any Bodybuilding, Fitness or Figure athlete residing in the United States who is registered as a member of the National Physique Committee and has placed in the top five in an NPC National qualifying event; or the top international IFBB amateur competitors who are recommended by their respective national IFBB affiliates. **THERE IS NO QUALIFICATION NEEDED FOR MEN'S CLASSIC, MEN'S PHYSIQUE AND BIKINI DIVISIONS FOR U.S. CITIZENS ONLY.** PARTICIPATIONS FROM ALL OTHER COUNTRIES WILL HAVE TO COME THROUGH THE IFBB AFFILIATED NATIONAL FEDERATION OF THAT COUNTRY. The Arnold Amateur reserves the right to decline entry to any athlete who does not meet these requirements.

NUMBER OF ATHLETES/ COMPETITORS THAT WILL BE ACCEPTED

Due to the scope of the Arnold Sports Festival and time restrictions in the facilities we are utilizing, the number of athletes accepted will be limited. Registration is now open. We strongly encourage you to register early.

Registration Deadline is January 31, 2012.

No registrations will be accepted after this date. No Refunds On Accepted Applications.
There Will Only Be Refunds On Denied Applications

REGISTRATION FORMS

U.S. ATHLETES ONLY can register through the Arnold Amateur office. All others athletes have to register through their IFBB National Federations.

HOST HOTELS



The Sheraton Columbus (formerly the Hyatt on Capitol Square)

75 East State Street

Columbus, OH 43215

Reservations by phone: 1-888-421-1442



The Westin Columbus

310 South High Street

Columbus, Ohio 43215

Reservation by phone: 1-800-937-8461

IMPORTANT ARRIVAL AND CHECK-IN NOTICES

All Arnold Amateur Competitors should arrive in Columbus, Ohio by Thursday, March 1, 2012.

PLEASE NOTE!!! IT MAY BE ADVISABLE FOR MEN'S CLASSIC BODYBUILDING ATHLETES TO ARRIVE ON WEDNESDAY AS THERE IS AN EARLY WEIGH IN/CHECK-IN FOR MEN'S CLASSIC BODYBUILDING FROM 10 AM TILL 12 NOON ON THURSDAY, MARCH 1st AT VETERANS MEMORIAL.

Mandatory athlete check-in for FITNESS, FIGURE AND BIKINI is from 3-6 p.m. at Veterans Memorial. (See Schedule of Events in this Inspection Report))

Mandatory athlete check-in for MEN'S & WOMEN'S BODYBUILDING, MEN'S PHYSIQUE and MASTERS BODYFITNESS/FIGURE is from 7-8 a.m. Friday, March 2 at Veterans Memorial. (See Schedule of Events in this Inspection Report)

SHUTTLE SERVICE

Amateur athlete shuttle service will be available from The Sheraton Columbus to Westin to Veterans Memorial on Thursday, March 1 **from 3-5:45 p.m.** Shuttle returns from backstage to hotel after competition. Shuttle runs from 8:30-11:30 p.m.

TANNING NEEDS

For those of you with tanning or makeup needs, contact Jan Tana at www.jantana.com to book an appointment. We'll have competitor 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 your registration has been received and accepted, an official letter will be sent confirming your participation in the 2012 Arnold Amateur IFBB International Bodybuilding, Classic Bodybuilding, Fitness, Bodyfitness/Figure 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 out, 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 Columbus.

OVERALL WINNERS NOTIFICATION

Men's & Women's Bodybuilding, Men's Classic Bodybuilding, Fitness, Bodyfitness/Figure, Bikini and Men's Physique overall winners will receive two tickets to attend the Saturday evening's Arnold Classic Bodybuilding Finals. A group photograph of overall winners with Gov. Arnold Schwarzenegger will be taken on Saturday evening.

Overall winners will also have individual photographs photo taken with Gov. Schwarzenegger at noon on Sunday, March 4.

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 TRAINERS

No trainers will be permitted in the backstage area. Noncompliance with this rule will result in disqualification and possible suspension.

CORRESPONDENCE IMPORTANT NOTICE TO COMPETITORS

Each competitor will be provided with an athlete competitor wrist band at the Mandatory Competitor Check-In. This wrist band allows daily admission to the Arnold Fitness EXPO Friday, March 2 through Sunday, March 4. For a complete schedule of Arnold Sports Festival events visit www.ArnoldSportsFestival.com

Any competitor in the Saturday, March 3 finals must wear this wrist band for admission into the competition hall at the Greater Columbus Convention Center.

IMPORTANT NOTES:

The Organizer of the event in USA will only accept registrations from U.S. athletes. U.S. competitors must be members of the National Physique Committee (NPC). Athletes can get 2012 NPC cards at the Arnold Amateur.

Entry Forms from athletes from countries other than the United States will only be considered if they are sent by the National Federation of the athlete and directly to IFBB Headquarters in Madrid and the IFBB General Secretary William Tierney. The final decision to allow an athlete to compete in this event rests with the IFBB.

<p><u>Please send Entry Form no later than January 31th 2011 to:</u></p> <p>IFBB General Secretary William Tierney Phone: +44 151 9314090 Fax: +44 151 9314090 E-mail: w.tierney@ifbb-uk.com</p>	<p><u>Please Send a copy to:</u></p> <p>International Federation of Bodybuilding and Fitness Dr. Rafael Santonja IFBB President Phone: +34 91 535 2819 Fax: +34 91 535 0320 E-mail: internacional@santonja.com</p>
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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 on the Inspection Report.

VENUES

The 2012 Arnold Amateur IFBB International Men's & Women's Bodybuilding, Men's Classic Bodybuilding, Fitness, Figure, Masters Bodyfitness/Figure and Bikini Championships will be held at Veterans Memorial, 200 W. Broad St., Columbus, Ohio; and the Greater Columbus Convention Center, 400 N. High St., Columbus, Ohio.

Thursday, March 1

Prejudging for the Arnold Amateur Men's Classic Bodybuilding will be held at Veterans Memorial Auditorium, 300 West Broad Street, at 1 p.m. Admission is Free.

Prejudging for the Arnold Amateur Women's Fitness, Bodyfitness/Figure and Bikini will be held at Veterans Memorial Auditorium, 300 West Broad Street, at 7 p.m. A general admission ticket may be purchased for \$25 in advance at ticketmaster.com/Arnold or at the venue site.

Friday, March 2

Prejudging for the Arnold Amateur Men's & Women's Bodybuilding and Masters Bodyfitness/Figure Finals will also be held at Veterans Memorial Auditorium, 300 West Broad Street, at 9 a.m. A general admission ticket may be purchased for \$25 in advance at ticketmaster.com/Arnold or at the venue site.

Prejudging and Finals for the 2012 Arnold Amateur Men's Physique will be held on the Arnold Fitness EXPO stage at the Greater Columbus Convention Center, 200 North High Street, at 5 p.m.. An Arnold Fitness EXPO ticket (\$10 in advance, \$15 at the door) is required and may be purchased in advance at ticketmaster.com/Arnold or via telephone at 800-745-3600. Tickets may be purchased the morning of the event at the venue site.

Saturday, March 3

Finals for the 2012 Arnold Amateur IFBB International Men's & Women's Bodybuilding, Fitness, Bodyfitness/Figure and Bikini Championships will be held on the Arnold Fitness EXPO stage at the Greater Columbus Convention Center, 200 North High Street, from 10 a.m. to 1:30 p.m. An Arnold Fitness EXPO ticket (\$10 in advance, \$15 at the door) is required and may be purchased in advance at ticketmaster.com/Arnold or via telephone at 800-745-3600. Tickets may be purchased the morning of the event at the venue sit.

If you have any queries or need an invitation for the purpose of obtaining a visa please contact IFBB General Secretary William Tierney by email:

w.tierney@ifbb-uk.com

Please always copy the IFBB Head Office

internacional@santonja.com

Attached is the Official Entry Form, which will need to be filled in by the National Federation.

6th Annual Arnold Amateur
IFBB International Bodybuilding, Classic Bodybuilding,
Fitness, Bodyfitness/Figure and Bikini Championships
(NPC Men's Physique for USA athletes)

March 1-3, 2012 * Columbus, Ohio

Schedule of Events

Thursday, March 1, 2012 – Veterans Memorial

- 10 a.m. Competitors Check-In (Men's Classic Bodybuilding)
- 1 p.m. Men's Classic Bodybuilding Prejudging
- 3 p.m. Competitors Check-In (Fitness, Bodyfitness/Figure and Bikini)
- 6 p.m. Competitors Meeting (Fitness, Bodyfitness/Figure and Bikini)
- 7 p.m. Men's Classic Bodybuilding Finals
- 7:30 Fitness Routine Round
- 8:30 Bikini Two-Piece Round
- 9 p.m. Bodyfitness/Figure Two-Piece Round
- 10 p.m. Fitness Two-Piece Round

Friday, March 2, 2012 – Veterans Memorial

- 7 a.m. Competitors Check-In (Men's & Women's Bodybuilding, NPC Men's Physique and Masters Bodyfitness/Figure)
- 8 a.m. Competitors Meeting
- 9 a.m. Masters Bodyfitness/Figure Two-Piece Round
- 9:40 a.m. Women's Bodybuilding
- 10:40 a.m. Men's Bodybuilding
- Noon Awards for Masters Bodyfitness/Figure

Friday, March 2, 2012 – Greater Columbus Convention Center

- 5 p.m. NPC Men's Physique Prejudging and Finals

Saturday, March 3, 2012 – Greater Columbus Convention Center

- 8 a.m. Competitors Check-In (Men's & Women's Bodybuilding, Fitness, Bodyfitness/Figure and Bikini)
- 9 a.m. Competitors Meeting
- 10 a.m. Fitness and Bodyfitness/Figure
Awards for Fitness and Bodyfitness/Figure
- 10:45 a.m. Women's Bodybuilding Top 5 Routines
Awards for Women's Bodybuilding
- 11:30 a.m. Bikini
Awards for Bikini
- Noon Men's Bodybuilding Top 5 Routines

1:30 p.m. Awards for Men's Bodybuilding
Overall Pose Down for Men's and Women's Bodybuilding