



10th Annual Arnold Amateur  
IFBB/NPC International Bodybuilding,  
Fitness, Figure, Bikini & Physique  
Championships

March 3-6, 2016  
Columbus, Ohio, USA

Inspection Report



## WELCOME

The honorable Gov. Arnold Schwarzenegger, Jim Lorimer and Promoters Bob Lorimer and Mike Davies are proud to host the **10th Annual Arnold Amateur IFBB/NPC International Bodybuilding, Fitness, Bodyfitness/Figure, Bikini & Physique Championships** in Columbus, Ohio, **USA**.

The Arnold Amateur features more than 700 competitors from more than 80 nations and is one of the most prestigious amateur bodybuilding contests in the world.

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 50 sports and events. The Arnold Classic, Arnold Classic 212, Fitness International, Figure International and Bikini International are among the IFBB Pro League contests held in conjunction with the Arnold Sports Festival.

## COMPETITOR ELIGIBILITY

This competition is open for **ALL the IFBB-affiliated National Federations from all over the world**. **THERE ARE NO QUALIFICATIONS** for the following divisions for NPC members: Masters Bodybuilding, Classic Bodybuilding, Men's Physique, Fitness, Bodyfitness (Figure), Masters Bodyfitness (Figure), **Bikini-Fitness, Masters Bikini-Fitness** and Women's Physique. The exception is Men's Open **Bodybuilding**.

**MEN'S OPEN BODYBUILDERS** must have placed in the top five (5) of an NPC national-qualifying event to be eligible to compete in the Arnold Amateur. *Is there one qualifying event (so we can name it) or more events?*

Categories open for competition are listed in the Entry Form.

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 2016 NPC cards at the Arnold Amateur.

**ALL INTERNATIONAL (NON-U.S.) ATHLETES MUST REGISTER THROUGH THEIR IFBB-AFFILIATED NATIONAL FEDERATIONS.** National IFBB presidents / federations must approve all athletes from their respective countries and submit an application **form** with all team members. 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 **the** IFBB Headquarters in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB. The Entry Form must be submitted to **the** IFBB Head Office in Madrid with a brief resume of each athlete registered on the form. *- we can simply include the Competitor Information Form in the IR, asked them to complete it and attach to the FEF. OK? Good!*

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.

The Arnold Amateur reserves the right to decline entry to any athlete who does not meet these requirements.

## **NUMBER OF ATHLETES THAT WILL BE ACCEPTED**

Due to the large number of athletes and the time restrictions in the facilities we strongly encourage you to send your **Entry Form** early. The number of athletes accepted will be limited. Registration is now open.

**The Deadline for sending the Entry Form is January 31, 2016, 12:00 pm**

**No Entry Forms will be accepted after Jan. 31, 2016. No Refunds On Accepted Applications. There Will Only Be Refunds On Denied Applications.**

## **ENTRY FORMS**

U.S. ATHLETES ONLY register through the Arnold Amateur office. CANADIAN athletes register through Georgina Dunnington of the Canadian Body Building Federation (CBBF). Contact Dunnington at [dunningtonm@eastlink.ca](mailto:dunningtonm@eastlink.ca). All others register through their IFBB **National Federations**. **Entry Forms** available at [www.arnoldamateur.com](http://www.arnoldamateur.com).

**Mail U.S. Entry Forms to:**

### **ARNOLD AMATEUR**

c/o Bob Lorimer  
1215 Worthington Woods Blvd.  
Worthington, OH 43085

**E-Mail Completed Canadian Entry Forms (same as for US athletes) To:**

Georgina Dunnington  
Canadian IFBB  
[dunningtonm@eastlink.ca](mailto:dunningtonm@eastlink.ca)

**E-Mail Completed International Entry Forms To:**

William Tierney  
IFBB General Secretary  
[w.tierney@ifbb-uk.com](mailto:w.tierney@ifbb-uk.com)

## **COMPETITOR NOTIFICATION**

Once your registration has been received and accepted, an email will be sent to **National Federation office** confirming your participation in the 2016 Arnold Amateur. 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 be notified that they will be unable to participate in this competition. **We strongly encourage you to register EARLY and make the appropriate HOTEL AND OTHER ARRANGEMENTS to compete in Columbus.**

## **IMPORTANT ARRIVAL NOTICE**

**All Arnold Amateur Competitors should arrive in Columbus, Ohio, no later than Wednesday, March 2, 2016.**

## **TRANSPORTATION TO AND FROM AIRPORT**

**Official arrival airport is Port Columbus International Airport. National Team's managers** should contact Bob Lorimer at [bob@arnoldexpo.com](mailto:bob@arnoldexpo.com) to arrange shuttle service to and from the airport to the **Host Hotel** for their respective national teams.

**The cost of this service is USD....**

## **2016 ARNOLD AMATEUR ATHLETE HOST HOTELS**

### **DoubleTree By Hilton Columbus Downtown**

50 South Front Street  
Columbus, Ohio 43215

**Rate:** \$172/night plus taxes

**Booking Contact:** Joe Filio at 614-228-4600 ext. 130 or [joe.filio@hilton.com](mailto:joe.filio@hilton.com)

**Note:** Use Code C-ARN when booking to get special rate.

### **Sheraton Columbus at Capitol Square**

75 East State Street  
Columbus, Ohio 43215

**Rate:** \$172/night plus taxes

**Booking Info:** 1-800-325-3535

**Note:** Use Code "Arnold Amateur Bodybuilding" when booking to get special rate.

## **PUBLIC SHUTTLE SERVICE HOURS**

Public Shuttle service will be available from the **Host Hotels** to the Greater Columbus Convention Center and Battelle Grand. Shuttle Hours are:

Thursday, March 3, 2016: 9 a.m.-11:30 p.m.  
Friday, March 4, 2016: 7 a.m.-11:30 p.m.  
Saturday, March 5, 2016: 7 a.m.-2:30 a.m. (Sunday morning)  
Sunday, March 6, 2016: 7 a.m.-5 p.m.

## **OFFICIAL REGISTRATION (WEIGH-IN / MEASUREMENTS)**

**ALL ATHLETES IN ALL DIVISIONS MUST ATTEND THE MANDATORY CHECK-IN on Wednesday, March 2, 2016** from 10 a.m. - 8 p.m. at the Hyatt Regency Ballroom Foyer. The Hyatt Regency is located at 350 N. High Street, Columbus, Ohio 43215 and is attached to the Greater Columbus Convention Center.

Registration fee is \$200 USD per athlete and must be paid to the IFBB official when registering.

### **IMPORTANT NOTICE TO COMPETITORS**

Each competitor will be provided with an athlete competitor wristband at the Mandatory Competitor Check-In. This wristband allows daily admission to the Arnold Fitness EXPO Friday, March 4 through Sunday, March 6. For a complete schedule of Arnold Sports Festival events visit [www.ArnoldSportsFestival.com](http://www.ArnoldSportsFestival.com)

Any competitor in the Saturday, March 5, 2016 finals must wear this wristband for admission into the competition hall at the Greater Columbus Convention Center.

All athletes will have to produce their IFBB International Card at the Registration. The cost of its renewal is EUR €30 per calendar year. Any athlete who has not yet purchased this Card will have to buy one at Registration. The cost is EUR €30.

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

## **MANDATORY ATHLETE MEETINGS**

**ALL FEMALE ATHLETES competing on Thursday, March 3, 2016 MUST ATTEND THE ATHLETE MEETING AT 10:30 A.M. ON THURSDAY, MARCH 3 IN THE HYATT REGENCY BALLROOM FOYER.**

ALL ATHLETES COMPETING ON THURSDAY, MARCH 3 **can confirm their division and class** from 9-11 a.m. on Thursday, March 3 in the Hyatt Regency Ballroom Foyer. (Divisions and classes will be finalized based on final registration and check-in on Wednesday, March 2.)

**ALL MALE ATHLETES competing on Friday, March 4, 2016 MUST ATTEND an ATHLETE MEETING AT 7:30 A.M. ON FRIDAY, MARCH 4 IN THE HYATT REGENCY BALLROOM FOYER.**

ALL ATHLETES COMPETING ON FRIDAY, MARCH 4, 2016 **can confirm their division and class** from 6-8 a.m. on Friday, March 4 in the Hyatt Regency Ballroom Foyer. (Divisions and classes will be finalized based on final registration and check-in on Wednesday, March 2.)

## **POSING MUSIC**

All posing music – 60 seconds for bodybuilding, **30 seconds for women's physique** and 90 seconds for fitness -- 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. **ALL MUSIC MUST BE SUBMITTED AT CHECK-IN.**

## **TANNING NEEDS**

**For those of you with tanning or makeup needs, contact Jan Tana at [www.jantana.com](http://www.jantana.com) to book an appointment.** 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.**

## **FINALISTS - ATHLETE MEETINGS**

**Men's & Women's Physique **Finalists Only**** - meet on Friday, March 4<sup>th</sup>, 1:00 p.m. at Greater Columbus Convention Center, Room D243

**Men's & Women's Bodybuilding, Fitness, Figure & Bikini - **Finalists Only**** meet on Saturday, March 5<sup>th</sup>, 8:00 a.m. - 9 a.m. at Greater Columbus Convention Center, Room D243

## **OVERALL WINNERS NOTIFICATION**

**ALL OVERALL WINNERS** will receive two (2) tickets to attend the Arnold Classic Bodybuilding Finals on the evening of Saturday, March 5, 2016 in the Battelle Grand at the Greater Columbus Convention Center.

A group photograph of the overall winners with Gov. Arnold Schwarzenegger will be taken back stage on Saturday evening during the Arnold Classic Finals. You will also be introduced on the main stage during the evening show.so dress appropriately.

Overall winners will also have individual photographs photo taken with Gov. Schwarzenegger at noon on Sunday, March 6, 2016 at the Sponsor Luncheon at the Greater Columbus Convention Center – Room C210.

## **VENUES**

Venues for the 2016 Arnold Amateur include:

### **Greater Columbus Convention Center**

Battelle Grand and Arnold Fitness EXPO Stage  
400 N. High St.  
Columbus, Ohio 43215

## **TICKET PRICES**

Tickets to the Arnold Amateur on Thursday, March 3, 2016 and Friday, March 4, 2016 at the Battelle Grand at the Greater Columbus Convention Center are \$25 each, per day for General Admission.

Tickets to the Arnold Fitness EXPO for Arnold Amateur Men's & Women's Physique Finals on Friday, March 6 and Men's Bodybuilding, Fitness, Figure & Bikini FINALS on Saturday, March 5 are \$20 at the door, \$15 in advance through [www.ticketmaster.com/arnold](http://www.ticketmaster.com/arnold) (Children 14 and under admitted FREE).

## **USEFUL INFORMATION**

### **Visas – important information**

Citizens of 38 countries are eligible for visa-free entry into the United States under the Visa Waiver Program (VWP). Generally, a citizen of a foreign country who wishes to enter the United States must first obtain a visa. Visitor visas are visas for persons who want to enter the United States temporarily for tourism, sport, pleasure or visiting (visa category B-2). There are several steps to apply for a visa and you may need several weeks to obtain your visa. Nobody can guarantee that you will be issued a visa. Review the instructions available on the website of the embassy or consulate where you will apply to learn more about the whole procedure, required documents and fee payment. Do not make final travel plans or buy tickets until you have a visa. If you have a valid visa in your expired passport, you may use your valid visa in your expired passport along with a new valid passport for travel and admission to the United States.

### **Electrical current**

The electrical outlets are 120 V, 60 Hz. Plugs and sockets type A and B (same as in Canada, Mexico, Japan, Venezuela, Colombia, Ecuador, most of the CAC countries). If the standard voltage in your country is in the range of 220V - 240V (as in the UK, Europe, Asia, Africa and Australia), you certainly need a power converter in the United States of America. To be sure, check the label on the appliance. If it states 'INPUT: 100-240V, 50/60 Hz', it can be used in all countries of the world (like chargers for tablets/laptops, photo cameras, cell phones, toothbrushes). If not, it is not advised to use your appliances, but you can try at your own risk.

**TIME DIFFERENCE:**

The local time in Columbus, Ohio, is UTC/GMT - 5 hours (same like in New York and Chicago and Miami).

**CLIMATE:**

During the months of February/March the daily mean temperature is 4.8°C (40.6°F), percentage of possible sunshine 43%. Rain or snow may be expected.

## **QUESTIONS / ATHLETE CONTACTS**

**USA Athletes**

Bob Lorimer, Promoter  
Arnold Amateur  
614-430-5962 ext. 103  
[bob@arnoldexpo.com](mailto:bob@arnoldexpo.com)

**Canadian Athletes**

Georgina Dunnington  
Canadian IFBB  
[dunningtonm@eastlink.ca](mailto:dunningtonm@eastlink.ca)

**International Athletes**

William Tierney  
IFBB General Secretary  
+44 151 931 4090 (phone)  
[w.tierney@ifbb-uk.com](mailto:w.tierney@ifbb-uk.com)



**10th Annual Arnold Amateur  
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Fitness, Figure, Bikini and Physique Championships**

March 3-6, 2016 \* Columbus, Ohio

Schedule of Events  
(Check-In, Competitor Meetings, Competitions)

**Wednesday, March 2, 2016 – Greater Columbus Convention Center**

10 a.m.-8 p.m.      MANDATORY CHECK-IN / **REGISTRATION** FOR ALL ATHLETES  
Hyatt Regency Ballroom Foyer

**Thursday, March 3, 2016 – Greater Columbus Convention Center**

9:00 a.m.-11 a.m.    REGISTRATION CONFIRMATION FOR ALL FEMALE ATHLETES  
Hyatt Regency Ballroom Foyer

10:30 a.m.            MANDATORY ATHLETE MEETING FOR ALL FEMALE ATHLETES

Noon

**ARNOLD AMATEUR LADIES DAY**

Women's Physique Semifinals

- Up to 163 cm
- Up to 168 cm
- Over 168 cm

Master Women's Bodyfitness (Figure) – Semifinals + Finals

- Up to 163 cm
- Up to 168 cm
- Over 168 cm

Master Women's Bikini-Fitness – Semifinals + Finals

- Categories will be announced at the show

Women's Fitness Routine Round - Semifinals

- Up to 163 cm
- Over 163 cm

Women's Bodyfitness (Figure) - Semifinals

- Up to 155 cm
- Up to 159 cm
- Up to 163 cm
- Up to 167 cm

- Up to 170 cm
- Over 170 cm

Women's Bikini-Fitness - Semifinals

- Up to 155 cm
- Up to 159 cm
- Up to 163 cm
- Up to 167 cm
- Up to 170 cm
- Over 170 cm

Women's Fitness Physique Round - Semifinals

- Up to 163 cm
- Over 163 cm

Master Women's Bodyfitness (Figure) Awards  
Master Women's Bikini-Fitness Awards

**Friday, March 4, 2016 – Greater Columbus Convention Center**

6 a.m -8 a.m. REGISTRATION CONFIRMATION FOR ALL MALE ATHLETES  
Hyatt Regency Ballroom Foyer

7:30 a.m. MANDATORY ATHLETE MEETING FOR ALL MALE ATHLETES

9:00 a.m. **ARNOLD AMATEUR MEN'S DAY > All - 6:50 (up to 16:00)**

Men's Physique – Eliminations + Semifinals (170 min.)

- Up to 170 cm
- Up to 172 cm
- Up to 175 cm
- Up to 180 cm
- Up to 182 cm
- Over 182 cm

Master Men's Bodybuilding - Semifinals + Finals (50 min.)

- 40 – 49 years - open
- Over 50 years - open

Men's Classic Bodybuilding - Semifinals + Finals (75 min.)

- Up to 170 cm
- Up to 180 cm
- Over 180 cm

*(20-Minute Intermission)*

Masters Men's Bodybuilding Awards (10 min.)  
Men's Classic Men's Bodybuilding Awards (15 min.)

Open Men's Bodybuilding – Semifinals (90 min.)

- Up to 70 kg
- Up to 75 kg
- Up to 80 kg
- Up to 85 kg
- Up to 90 kg
- Up to 100 kg
- Over 100 kg

### **Amateur Men's & Women's Physique Finals**

1 p.m. CHECK-IN FOR MEN'S & WOMEN'S PHYSIQUE FINALS  
(Convention Center, Room D-243)

1:30 p.m. MANDATORY MEETING FOR MEN'S & WOMEN'S  
PHYSIQUE FINALISTS

2:30 p.m. Men's Physique – Finals (30 min.) > **All – 01:30**

- Up to 170 cm
- Up to 172 cm
- Up to 175 cm
- Up to 180 cm
- Up to 182 cm
- Over 182 cm

Women's Physique - Finals (15 min.)

- Up to 163 cm
- Up to 168 cm
- Over 168 cm

Men's Physique Awards (30 min.)

Women's Physique Awards (15 min.)

**Arnold Fitness EXPO Stage**

**Estimated end: 17:30-18:00**

### **Saturday, March 5, 2016 – Greater Columbus Convention Center**

8 a.m. CHECK-IN FOR FINALS (Convention Center, Room D-243)  
All FINALISTS in Men's Bodybuilding, Fitness, Bodyfitness  
(Figure) & Bikini

9 a.m. MANDATORY MEETING FOR MEN'S BODYBUILDING,  
FITNESS, BODYFITNESS (FIGURE) & BIKINI FINALISTS

10 a.m.

Women's Fitness Routine Round - Finals (30 min.)

- Up to 163 cm
- Over 163 cm

Women's Bodyfitness (Figure) Finals (60 min.)

- Up to 155 cm
- Up to 159 cm
- Up to 163 cm
- Up to 167 cm
- Up to 170 cm
- Over 170 cm

Women's Fitness Physique Round – Finals (10 min.)

- Up to 163 cm
- Over 163 cm

Women's Bikini-Fitness Finals – Finals (60 min.)

- Up to 155 cm
- Up to 159 cm
- Up to 163 cm
- Up to 167 cm
- Up to 170 cm
- Over 170 cm

Women's Fitness Awards (10 min.)

Women's Bodyfitness (Figure) Awards (30 min.)

Women's Bikini-Fitness Awards (30 min.)

Men's Bodybuilding - Finals (Top 5) – Rounds 2 & 3 (105 min.)

- Up to 70 kg
- Up to 75 kg
- Up to 80 kg
- Up to 85 kg
- Up to 90 kg
- Up to 100 kg
- Over 100 kg

Men's Bodybuilding Awards (35 min.)

1:30 p.m.

Men's Bodybuilding Overall + Awards (10 min.)

**Arnold Fitness EXPO Stage**

**Estimated end: 16:20**