

**72<sup>nd</sup> IFBB Men's World Amateur Bodybuilding  
Championships & 13<sup>th</sup> World Amateur Classic Bodybuilding  
Championships and IFBB International Congress  
1<sup>st</sup> IFBB Men's Physique World Cup**



**November 7<sup>th</sup> - 12<sup>th</sup>, 2018, Benidorm  
Alicante, Spain**

**INSPECTION REPORT**

**IFBB RANKING POINT EVENT, ELITE PRO QUALIFIER**

# welcome

The Organizing Committee of the International Bodybuilding & Fitness Federation (IFBB) and Spanish Bodybuilding & Fitness Federation (FEFF), take this opportunity to welcome all IFBB-affiliated National Federations of the world to participate in the 72<sup>nd</sup> IFBB Men's World Amateur Bodybuilding Championships, 13<sup>th</sup> World Classic Bodybuilding Championships, International Congress and 1<sup>st</sup> IFBB Men's Physique World Cup in Benidorm, Alicante, Spain, Thursday 8<sup>th</sup> to Monday 12<sup>th</sup> November 2018.

## about Benidorm

**Benidorm**, is a coastal town in the Alicante Province, Spain, on the Western Mediterranean.

Until the 1960s, Benidorm was a small fishing village; today it is known for its hotel industry, beaches and skyscrapers. Nowadays, is one of the most popular touristic destinations in the Mediterranean. Benidorm has the most high-rise buildings per capita in the world.

**HISTORY**, it is believed there were settlements in the Benidorm area possibly as far back as 3000 BC, including evidence of Roman and Punic remains. However, settlements in the area were small and it was not until the arrival of the Moors (from whom the town derived its Arabic origin name) that the local population began to grow. The Christian King James I of Aragon reconquered the region in 1245 and Benidorm first officially became known in 1325, when Admiral Bernat de Sarrià of Polop awarded it a town charter as a way of removing the Moors and allowing Christians to inhabit the area. Benidorm's history for the next few centuries was plagued by attacks from the sea by Ottoman and Barbary pirates.



# geography



The town is divided into five parts, Poniente (Ponent or 'sun setting') and Levante (Llevant or 'sun rising'), each fronted by a beach of the same name, the old town (also called El Castell), La Cala situated to the west side of Ponient and El Rincón de Loix (or El Racó de l'Oix) situated to the east side of Levante. Between the two

beaches lie a rocky promontory and the port. The old city occupies the promontory and the area immediately inland, while most of the hotels occupy the more recently developed sections inland from the two beaches. A few miles from shore is an uninhabited island which provides a dramatic centerpiece to the seascape.

# tourism

Benidorm is popular with tourists from the UK, Ireland, Germany, Belgium and the Netherlands. Benidorm's initial growth in popularity can be attributed to the package holiday explosion, and continues year-round, due to the night-life based around the central concentration of bars and clubs. The large number of free cabaret acts that start around 9:00 and continue into the early hours set Benidorm apart from other similar cities.

The town is now very popular with families. Also, more and more elderly people from Northern Europe decide to stay here during the winter. This made 'Benidorm' into something of a synonym for elderly people in those countries, as can be

seen in the Flemish candid camera programme Benidorm Bastards (due to appear in the US as Betty White's Off Their Rockers)

**BENIDORM HAS THREE MAJOR BEACHES:** Playa de Levante (val. Platja de Llevant), Playa de Poniente (val. Platja de Ponent) and Playa de Mal Pas (val. Platja del Mal Pas); all of them have a blue flag since 1987, the maximum quality standard recognized by the European Union. The Gran Hotel Bali, a four-star hotel located in this city since 2002, is a 186-metre-tall building which stood as the tallest skyscraper in Spain for five years, until it was surpassed by the CTBA towers in Madrid, it is however the tallest hotel in Europe.



# competition venue

The competition venue, Benidorm Palace, is located at: [13 Dr. Severo Ochoa Ave](#), 03503 Benidorm, Alicante, Spain.

The venue offers businesses and institutions a distinguished room for professional events and business organizations.

Services available for costumers and business.

**Capacity:** 1,660 people with total visibility from anywhere. Optimum capacity for congress organization, banquets, conventions, presentations and enterprise meetings.

**Parking:** 500 car parking, 12 parking and access for buses.

**Facilities:** Maximum for road traffic to enter in the complex.

**Security:** Emergency plan and fire prevention. Totally adapted fireproof materials.

**Air conditioning:** Air conditioned cold and hot.

**Technical and scene:** 1,500 lighting channels, 15,000 watts sound power, 52 sound channels, 250,000 watts lighting, LCD projection with **4,700 lux**, animated laser show, motorized stairways aside as well as in scene opening. Mobile central track and foldaway above and hydraulic elevator.

**Other services:** Coat room, telephone, photographer, taxi.

## BENIDORM PALACE



# official hotel

The hotel for athletes, judges and delegates is:

## DELOIX AQUA CENTER

(Registration hotel and IFBB welcome office)

Address: [34 Dr. Severo Ochoa Ave](#).

03503 Benidorm, Alicante.



# EX.CO. official hotel

The IFBB Executive Council hotel is:

## MELIA BENIDORM

Address: 1 Avenida Severo Ochoa,

03500 Benidorm, Alicante.



# IFBB international congress

## BENIDORM PALACE

Benidorm Palace, has the ideal facilities and the appropriate atmosphere for the organization of professional events. Benidorm Palace has been chosen for host the IFBB International Congress due to its good reputation since the successful organization of events over the years. Such reputation makes it the perfect place to host IFBB [International Congress](#).



## airport

The official arrival airport is the Alicante International Airport (ALC). The Organizing Committee will pick you up at the airport on the Official Arrival Day (Thursday) and drive you to the official hotel and back to the Alicante Airport on the official Departure Day (Monday) for EUR €40 per person (EUR €20 each way per person). On November 8<sup>th</sup> buses will leave from the airport to the hotel every hour (0:00) from 8:00 till the last flight arrival.

It is very important that every National Federation provides to the Organizing Committee the complete information on its team, including the number of persons and the arrival/departure details in time.

Your cooperation is essential to ensure adequate transportation for your team.

***Early arrivals & late departures: any National Federation, including any of its individual team members, arriving before the official arrival date of November 8<sup>th</sup> and/or staying after the official departure date of November 12<sup>th</sup>, 2018 will be responsible for all of their expenses, including arranging their own transportation between the airport and the hotel. You must notify the Organizing Committee of any early arrivals.***

## flight reconfirmation

To reconfirm your flight from Alicante to your country, please contact the secretariat within 24 hours before your departure.

# accommodations

The Organizing Committee will provide free-of-charge accommodations for four (4) nights and three (3) meals per day for all official participants (athletes & delegates) from National Federations according to the following IFBB rules:

- Three or more competitors: two delegates permitted.
- Two competitors or less: only one delegate is permitted.

National Federations with no competitors may send one (1) delegate who will be responsible for all of his or her own expenses.

The term "Official Participant" means: 1) an Athlete who is duly authorized by his National Federation and who is registered by the IFBB to compete in the Championships, and 2) a Delegate who is duly authorized by his National Federation and who is registered by the IFBB to participate in the Championships pursuant to the IFBB Rules.

*Official arrival date is November 8<sup>th</sup>, 2018 (Thursday) and the official departure date is November 12<sup>th</sup>, 2018 (Monday).*

*IFBB Executive Council Members: official arrival date is November 7<sup>th</sup>, 2018 (Wednesday) and the official departure date is November 12<sup>th</sup>, 2018 (Monday).*

## IMPORTANT NOTICE

**All National Team Official Participants (athletes and delegates) must check in BEFORE the start of the Technical Meeting. Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all his/her expenses.**

**Any judge, coach, or trainer who is not an Official Participant will be responsible for all his expenses. If your National Federation wishes to bring a judge, a coach or a trainer, it is recommended that your Federation nominates this individual to be an Official participant for your Federation; otherwise, these individuals will be responsible for all their own expenses. The same rule applies for family members.**

**NO EXCEPTIONS WILL BE MADE UNDER ANY CIRCUMSTANCES.**

# hotel security deposit

A hotel security deposit of EUR €100 per person is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, etc.). The unused portion of this deposit will be refunded at check-out in the same currency as remitted.

In order to facilitate matters, the chief delegate or team leader will be asked to provide a credit card or cash to cover the deposit for the entire team. This individual will be fully responsible for all expenses incurred by any member of his/her team.

# important notice

You must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE your team members are provided accommodations. If any of your athletes or delegates arrives to Benidorm without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and the IFBB Registration Fee BEFORE a room can be assigned.

# special packages rates for extra delegates, supporters, media & others

The Organizing Committee has established a full special package rate, which includes four (4) nights' accommodation, with three (3) meals per day (breakfast, lunch & dinner), tickets to the prejudging & finals, tickets to the farewell banquet, and onsite transportation at a special cost.

- For single room EUR ~~€600.00~~
- For double room EUR €400.00 per person

# participation

The IFBB World Bodybuilding Championships are open to all IFBB-affiliated National Federations worldwide. Competitors must be current members of their IFBB-affiliated National Federation at the time of competition to be eligible. **The number of competitors participating in the Championships is unlimited.**

*Please be aware that it is FULL RESPONSIBILITY AND OBLIGATION OF THE NATIONAL FEDERATION to verify if each one of the athletes to be registered on this international event are NOT suspended or fulfilling any period of ineligibility due to Anti-Doping Rule Violation or any disciplinary case at national or international level.*

Registration of international athletes will only be considered if they are nominated by their IFBB-affiliated National Federation. Entry Forms will only be considered if they are e-mailed by the National Federation of the athlete to:

- Organizing Committee office at: [secretaria@ifbb-spain.com](mailto:secretaria@ifbb-spain.com)
- IFBB Head Office at: [info@ifbb.com](mailto:info@ifbb.com)
- IFBB Technical Committee at: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

The deadline for submitting the Final Entry Forms is **October 29<sup>th</sup>, 2018**.  
The final decision to allow an athlete to compete in this event rests with the IFBB.

# IFBB registration and accommodation

**Hotel check-in and accommodation** will take place at the Hotel Deloix Aqua Center, 34 Dr. Severo Ochoa Ave., 03503, Benidorm, Alicante, Thursday, November 8<sup>th</sup>, from 10:00 till 19:00 h.

**Official Athlete Registration** (weigh-in) will be conducted on Friday, November 9<sup>th</sup>, from 15:00 till 21:00 at the Hotel Deloix Aqua Center.

It is the responsibility of the chief delegate or team leader to make sure that the athletes are on time. Any athletes who are late will not be accepted to participate.

All athletes will have to produce their **Passports and IFBB International Cards** at the Registration.

**Crossovers** (participation in two categories) will not be possible.

**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.**

Each athlete participating in the event will be provided with a competitor **wristband** at the Registration. This wristband allows daily admission to the venue and should not be removed.

## IFBB registration fees

Each athlete and Official Delegate must pay the IFBB registration fee of EUR **€375.00** each (Three or more competitors: two Official Delegates allowed. Two competitors or less: only one Official Delegate is allowed). The IFBB registration fee is completely separate from the hotel security deposit. Athletes who have not yet obtained the IFBB International Card or need to renew his Card will have to pay EUR **€405.00**, which includes the International Card (EUR **€30.00**) and the registration fee (EUR **€375.00**).

## payment of IFBB registration fee and IFBB international card

**THE REGISTRATION FEE AND PACKAGES SHOULD BE PAID BEFOREHAND ONLINE**

<https://ifbb.com/competition-registration/>

**IF YOU HAVE NOT PAID BEFORE THE CHAMPIONSHIPS, AND YOU PAY THE REGISTRATION FEE AT ARRIVAL, THE REGISTRATION FEE WILL BE €50.00 PER PERSON MORE.**

Please add your name during online payment and bring a copy of your payment confirmation to the registration.

The deadline date to do the online payment is October 30<sup>th</sup>, 2018 (Tuesday). On October 30<sup>th</sup>, 24:00 (midnight - Central European Summer Time, UTC +1) the online payment system will be switched off. If paying at the Registration on November 7<sup>th</sup>, 2018, an extra fee of EUR €50 per participant will be charged.



# categories open for competition

IFBB WORLD BODYBUILDING CHAMPIONSHIPS		
	DISCIPLINE	CATEGORY
1	Men Bodybuilding	Up to & incl. 65 kg
2	Men Bodybuilding	Up to & incl. 70 kg
3	Men Bodybuilding	Up to & incl. 75 kg
4	Men Bodybuilding	Up to & incl. 80 kg
5	Men Bodybuilding	Up to & incl. 85 kg
6	Men Bodybuilding	Up to & incl. 90 kg
7	Men Bodybuilding	Up to & incl. 95 kg
8	Men Bodybuilding	Up to & incl. 100 kg
9	Men Bodybuilding	Over 100 kg
10	Men Classic Bodybuilding *	Up to & incl. 168 cm
11	Men Classic Bodybuilding *	Up to & incl. 171 cm
12	Men Classic Bodybuilding *	Up to & incl. 175 cm
13	Men Classic Bodybuilding *	Up to & incl. 180 cm
14	Men Classic Bodybuilding *	Over 180 cm (see notes below*)
15	Men Games Classic Bodybuilding**	Up to & incl. 175 cm
16	Men Games Classic Bodybuilding**	Over 175 cm
17	Men Classic Physique***	Up to & incl. 168 cm
18	Men Classic Physique***	Up to & incl. 171 cm
19	Men Classic Physique***	Up to & incl. 175 cm
20	Men Classic Physique***	Up to & incl. 180 cm
21	Men Classic Physique***	Over 180 cm (see notes below*)
IFBB MEN'S PHYSIQUE WORLD CUP		
22	Men's Physique	Up to & incl. 170 cm
23	Men's Physique	Up to & incl. 173 cm
24	Men's Physique	Up to & incl. 176 cm
25	Men's Physique	Up to & incl. 179 cm
26	Men's Physique	Up to & incl. 182 cm
27	Men's Physique	Over 182 cm
28	Muscular Men's Physique	Open Class

**\*- Men Classic Bodybuilding bodyweight limits [in kg]:**

Up to & incl. 168 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]
Up to & incl. 171 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 2 [kg]
Up to & incl. 175 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 5 [kg]
Up to & incl. 180 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 7 [kg]
Over 180 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 9 [kg]
Up to & incl. 198 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 11 [kg]
Over 198 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 13 [kg]

**\*\* - Men Games Classic Bodybuilding bodyweight limits:**

Up to & incl. 162 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) - 2 [kg]
Up to & incl. 165 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) - 1 [kg]

Up to & incl. 168 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 0 [kg]
Up to & incl. 171 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 1 [kg]
Up to & incl. 175 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 2 [kg]
Up to & incl. 180 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 3 [kg]
Up to & incl. 190 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]
Up to & incl. 198 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 5 [kg]
Over 198 cm:	Max. Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]

**\*\*\*- Men Classic Physique bodyweight limits [in kg]:**

Up to & incl. 168 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 4 [kg]
Up to & incl. 171 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 6 [kg]
Up to & incl. 175 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 8 [kg]
Up to & incl. 180 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 11 [kg]
Up to & incl. 190 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 13 [kg]
Up to & incl. 198 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 15 [kg]
Over 198 cm:	Max Bodyweight [kg] = (Height [cm] - 100) + 17 [kg]

# judges and delegates meeting

There will be a Team Managers and Judges Meeting prior to the **official athlete registration (weigh-in) on Friday, November 9<sup>th</sup> at 15:00 hrs.** All Judges and Delegates will be obliged to attend this meeting.

# secretariat

The Organizing Committee will manage a Secretariat at the official hotel from **Wednesday, November 7<sup>th</sup>, until Monday, November 12<sup>th</sup>, from 08:00 till 20:00 (on Monday till 11:00).** You may obtain information and assistance from the Secretariat.

# parade of nations

The mandatory dress code for all delegates participating in the Parade of Nations (one delegate per country) will be IFBB attire, black dress shoes, grey dress pants with shirt, IFBB tie and blue blazer with the IFBB crest. No delegates will be permitted in the Parade of Nations wearing sports clothes and sports shoes.

# camera/video tape equipment

Cameras and/or video tape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by the IFBB authorized media person and, in any event, these devices shall be strictly prohibited in the dressing room area.

# tanning needs

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.

# green cards

Green cards are used to limit access to the weigh-in and backstage area during the prejudging & finals. They will be distributed at the judges/team managers meetings as follows:

- Five (5) or more athletes – two (2) green cards.
- Less than (5) athletes – one (1) green card.

# Judges

To be taken into consideration during selection of judges panels at the competition, IFBB International Judges (as well as test-judges) must be included in the Final Entry Forms sent by National Federations, according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, under address:  
[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 for 2018. This fee may be paid at the Championships. Test judges should pay a test fee of EUR €50. This fee may be paid at the Championships.**

**All judges must attend the Judges/Team Manager meeting.**

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

# doping control

Doping control will be conducted by the IFBB Anti-Doping Commission pursuant to the IFBB Anti-Doping rules, using a WADA accredited laboratory. In order to compete in the championships, all competitors at the weigh-in and registration will be required to sign a Drug Testing Consent & Waiver of Liability Form. Doping control may be conducted using any of the following methods:

- Random Selection: A number of athletes selected at random throughout the event e.g. at weigh-in.
- Weighted Selection: A number of athletes selected at random from among the top finalists e.g. at finals.

The IFBB reserves the rights to target test any athlete.

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

# visas

A valid passport is required to enter Spain (Schengen Zone). Citizens of 55 countries don't need a visa coming for a short period (up to 90 days). Detailed information at:

[https://en.wikipedia.org/wiki/Visa\\_policy\\_of\\_the\\_Schengen\\_Area](https://en.wikipedia.org/wiki/Visa_policy_of_the_Schengen_Area)

Please contact the Spanish Embassy in your country to determine if you need a visa.

It is National Federations responsibility to obtain an entry visa for the country organizing the championship. All National Federations could ask for an Invitation letter either to the Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendant's visas.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer:

- A copy of Passport
- Where the attendant will have his or her accommodation

If the visa is not granted, the Cancellation Policies for the championship will still apply

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.

# currency

The official currency of Spain is Euro (€). Approx. EUR €1,00 = USD \$1,16. Current rates at: <http://www.xe.com/currencyconverter/>

# credit cards

International credit cards such as Visa, MasterCard and American Express are widely accepted at most major hotels, stores & restaurants. You may be requested to show your passport.

# time difference

GMT / UTC +1.

# climate

In November the average daily temperature is 16°C.

# electric current

220 Volts, 50 Hz, socket / plug of type C, plug with two round prongs. Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

# language

The official language is Spanish.

# media accreditation

All media accreditation, except local media, shall be controlled by the IFBB. All persons wishing to obtain media accreditation for this event must register with the IFBB by completing and signing an IFBB Media Accreditation Form not later than October 24th, 2018. You may contact the IFBB Press Commission to obtain this form: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

# attendance at the IFBB international congress

It is the duty and responsibility of each National Federation to ensure that it is represented at the IFBB International Congress meeting. All National Federations officially participating in the championships must also attend the Congress, including National Federations with athletes and no delegates. In this case the athlete must attend and represent his country at the Congress. The congress will be held at: **BENIDORM PALACE on Friday, November 9<sup>th</sup>, 2018 at 08:30.**

# athletes without delegates

All athletes competing at the IFBB World Championships must be members in good standing of their National Federations. Any athlete who arrives without a delegate must be nominated by his National Federation by sending the Final Entry Form, failing which the athlete will not be allowed to participate.

# misrepresentation

Misrepresentation is a serious breach of the **IFBB CODE OF ETHICS** and occurs when an "official" of a National Federation deliberately misrepresents the number of athletes and delegates so as to obtain free of charge accommodations, meals, onsite transportation, access to the prejudging, finals, and farewell banquet, and other amenities at the expense of the Organizer. Part of this misrepresentation may be a false claim that a person is an athlete only to have that so-called athlete fail to officially register as a competitor at the weigh-in or, once having officially registered, fail to compete. Any National Federation found guilty of misrepresentation will be immediately disqualified from the championships and will be fined an amount equal to the Special Package Rate for each person involved.

# medical withdrawal

Once officially registered, no athlete may withdraw from competition without the prior approval of the IFBB Chief Judge. It is not accepted for a national federation to unilaterally withdraw an athlete without prior approval of the IFBB chief judge, who has the right to verify the reason for the withdrawal.

# preliminary entry form(PEF)

The deadline for the Preliminary Entry Form (available in the Appendix) is **September 7<sup>th</sup>, 2018**. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants (athletes and delegates, including judges), please indicate the total number of individuals from your National Federation who will participate in the Championships.

# final entry form (FEF)

The deadline for the Final Entry Form is **Monday, October 29<sup>th</sup>, 2018**. National Federations must submit the actual names of all Official Participants (athletes by discipline and category, Delegates, including judges). You must also include arrival and departure information. In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline. Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

**IF THE FINAL ENTRY FORM RETURNS TO THE ORGANIZING COMMITTEE AFTER OCTOBER 29<sup>th</sup>, 2018 THEN THIS NATIONAL FEDERATION WILL HAVE TO PAY THE FULL PACKAGE IN A DOUBLE ROOM OR IN A SINGLE ROOM FOR EACH MEMBER OF ITS NATIONAL TEAM (ATHLETES AND DELEGATES).**

## CORRESPONDENCE AND ENTRY FORMS SENDING DETAILS

**PLEASE SEND YOUR ENTRY FORM TO:**

**Spanish Bodybuilding and Fitness Federation  
Co-Organizing Committee**

**Address: c/Esglesia 357 3<sup>o</sup> 2<sup>a</sup> – Calella – Barcelona - Spain**

**Phone: +34 766 41 44**

**Email: [secretaria@ifbb-spain.com](mailto:secretaria@ifbb-spain.com)**

**Website: [www.ifbbSpain.com](http://www.ifbbSpain.com)**

**Mr. José Tomás Ramos Muñoz, President**

**COPY ALL CORRESPONDENCE TO:**

**IFBB Head Office - Madrid, Spain**

**Ms. Diana Mozos**

**Phone: +34 91 535 2819**

**E-mail: [info@ifbb.com](mailto:info@ifbb.com)**

**And: IFBB Technical Committee**

**Eng. Andrew Michalak**

**E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com)**

**It is the responsibility of the President or general-secretary of each participating National Federation to ensure that all National Team members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at these Championships, to include the statements contained within this Inspection Report. If any of your athletes and/or delegates are travelling and arriving separate from your Team Manager or Chief Delegate, you must ensure they are familiar with the rules and regulations contained within the Inspection Report.**



### WEDNESDAY, NOVEMBER 7<sup>th</sup>, 2018

09:00 – 17:00	Arrivals of IFBB Executive Council Members	Hotel Melia Benidorm
13:00	Lunch	Hotel Melia Benidorm
20:30	Welcome dinner for the IFBB Executive Council Members	Hotel Melia Benidorm

### THURSDAY, NOVEMBER 8<sup>th</sup>, 2018

09:00 – 19:00	Arrivals of IFBB National Delegations, <b>CHECK-IN</b>	Hotel Deloix Aqua Center
13:30 – 15:30	Lunch	At the corresponding host hotel
16:00 – 20:00	IFBB Executive Council Meeting. (Only Executive Members)	Hotel Melia Benidorm
19:00 – 22:00	Dinner	At the corresponding host hotel

### FRIDAY, NOVEMBER 9<sup>th</sup>, 2018

07:30 – 10:30	Breakfast	At the corresponding host hotel
08:30 – 12:30	IFBB International Congress <b>Please notice that the IFBB Congress will take place on Friday morning</b>	BENIDORM PALACE
13:00 – 15:00	Lunch	At the corresponding host hotel
15:00 – 16:00	Team Managers and Judges Meeting	Hotel Deloix Aqua Center
16:00 – 21:00	Official Athlete Registration and Weigh-in. <b>Each competitor must provide his PASSPORT, IFBB INTERNATIONAL CARD and MUSIC at Registration.</b>	Hotel Deloix Aqua Center
19:00 – 22:00	Dinner	At the corresponding host hotel

### SATURDAY, NOVEMBER 10<sup>th</sup>, 2018

09:00 hrs – Benidorm Palace  
**Semifinals and Finals – Part 1**  
Information in the Running Order

### SUNDAY, NOVEMBER 11<sup>th</sup>, 2018

09:00 hrs – Benidorm Palace  
**Semifinals and Finals – Part 2**  
Information in the Running Order

### MONDAY, NOVEMBER 12<sup>th</sup>, 2018

07:30 – 10:30	Breakfast	At the corresponding host hotel
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### DEPARTURES