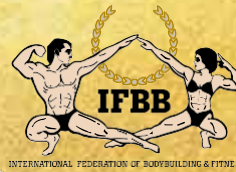


# ARNOLD CLASSIC EUROPE 2016



SEPTEMBER 22<sup>nd</sup>-25<sup>TH</sup>  
Barcelona - Spain



INSPECTION REPORT





welcome

**W**

We are proud to present the new edition of ARNOLD CLASSIC EUROPE, ACE 2016. Fully consolidated editions in our country, which celebrate in style its Sixth Anniversary.

Handed by Governor Arnold Schwarzenegger and IFBB President, PhD.: Rafael Santonja in an incredible setting as the city of Barcelona.

# location



The city of Barcelona is going to be the new scene of celebration of this 6th edition of Arnold Classic Europe 2016. Nowadays, Barcelona is recognized as global city by its culture, finances, business, and tourist importance. Barcelona International Airport is

located just 15 km away from the city center and is used by more than 37.5 million of passengers per year. Barcelona turns throughout the weekend Arnold Classic Europe, in a meeting point of sport, and fitness lifestyle.

# venue

Located just 3 km from Barcelona historic city center, Fira Gran Via is one of the biggest and most modern Exhibition and Conference Centre worldwide. The venue covers a large area distributed among eight halls and three independent accesses. The chosen hall is the number 2, which offers more than 32.0 m<sup>2</sup> of EXPO.

## Address

### FIRA DE BARCELONA

Recinto de Gran Via, Av. Joan Carles I, 64 - 08908 L'Hospitalet de Llobregat (Barcelona- Spain)



# recommended hotels

There are numerous recommended hotels in the area which you can choose from. We have reached an agreement with American Express GBT, one of the leading travel agencies of the market to offer personalized service with the guarantee of the best rates in major hotels on Barcelona, since American Express Global Business Travel gives you the opportunity to book your travel arrangements (flight, train, hotel, transport).

 <p><b>Direct boarding pass to Arnold Classic Europe 2016</b></p> <p><b>¡Te ayudamos! ¡Somos la agencia oficial del Arnold Classic Europe 2016!</b> Contacta con nosotros para alojamiento, traslados y otros servicios relacionados con tu viaje.</p> <p><u>We can help you! We are the official Travel Agency for Arnold Classic Europe 2016! Please, contact us for accommodation, transfers and other services you could need.</u></p> <p><b>Desde   From:</b> TUS NECESIDADES   <u>Your Needs</u>.</p> <p><b>Cuando   When:</b> 23 – 25 SEPT 2016</p> <p><b>Destino   To:</b> ARNOLD CLASSIC EUROPE 2016</p> <p><b>Dónde   Where:</b> Fira Gran Via Barcelona. Hospitalet de Llobregat</p> <p>Contáctanos   <u>Please contact us</u> : <a href="mailto:federacionesace@gbtspain.com">federacionesace@gbtspain.com</a></p> 	 <p><b>Direct boarding pass Arnold Classic</b></p> <p><b>Desde   From:</b> TUS NECESIDADES   <u>Your Needs</u></p> <p><b>Destino   To:</b> ARNOLD CLASSIC EUROPE 2016</p> <p><b>23 – 25 SEPT 2016</b> Fira Gran Via Barcelona. Hospitalet de Llobregat</p> <p>Contáctanos   <u>Please contact us</u> : <a href="mailto:federacionesace@gbtspain.com">federacionesace@gbtspain.com</a></p> 
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**PLEASE CONTACT AMERICAN EXPRESS GBT THROUGH THE FOLLOWING EMAIL: [federacionesace@gbtspain.com](mailto:federacionesace@gbtspain.com)**

## IMPORTANT NOTICE: REGARDING THE HOTELS



There are many international conferences and meetings held in Barcelona every weekend, so hotels may be booked up quickly. Please reserve your rooms well in advance to avoid disappointment.

# important arrival and check-in notices

THE OFFICIAL ARRIVAL DAY IS THURSDAY, SEPTEMBER 22<sup>nd</sup>, 2016

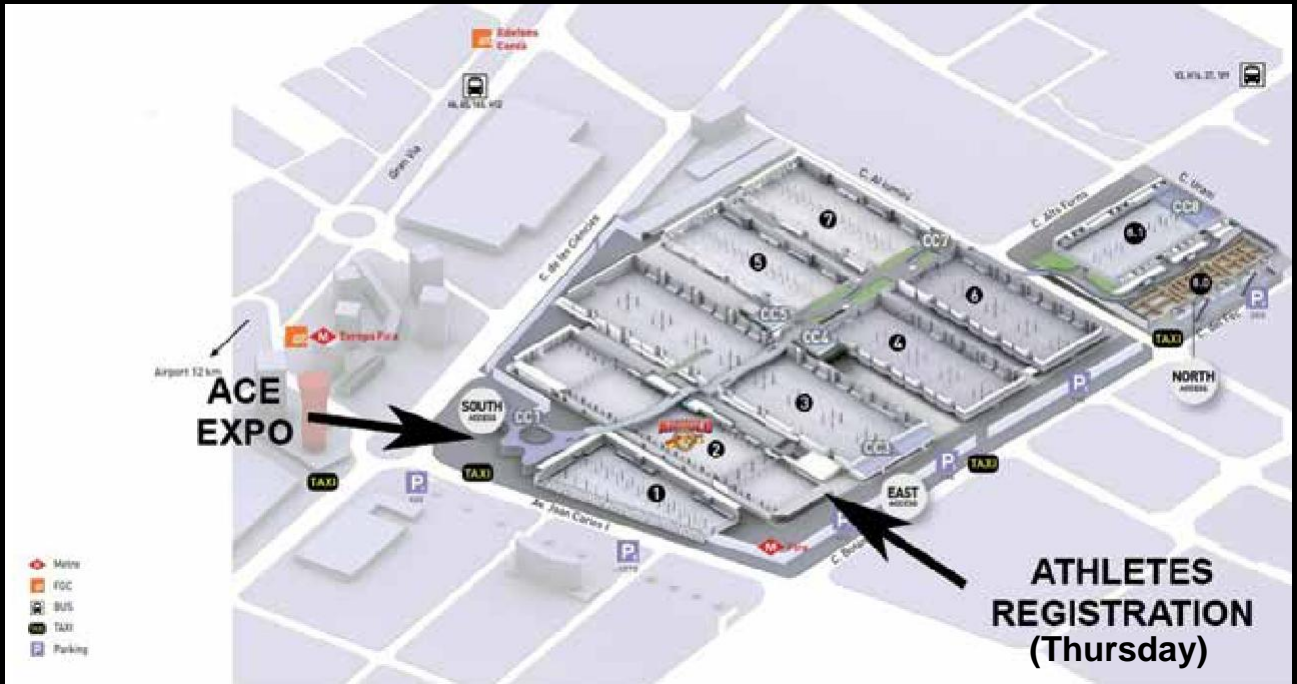
The weigh-in and registration will be conducted on Thursday 22<sup>nd</sup>. An IFBB Registration Fee of EUR 150,00 (euros) has to be paid in advance online through credit/debit card or PayPal at <http://www.ifbb.com/registration> for your best comfort and convenience.

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

**Registrations payments made after September 14<sup>th</sup>, or at the registration day will be 200,00 (euros).**

Registration and weight in will take place at the Fira of Barcelona next hall number 2. Address: Carrer Botanica, 08038 Barcelona, east access.





## HOW TO GET TO FIRA BARCELONA

### By Plane

Barcelona airport: El Prat has two terminals, T1 and T2, in which around 100 companies operate.

Direct access from the airport:

By road: 12 kilometres away (C-31)

Metro: Line L-9 Sud ("Fira" and "Europa/Fira" stations)

TMB Bus: Line 46 ("Pl. Europa" stop)

Taxi

### By Road

The Gran Via venue is located in a new business development area, connected to the main motorways and roads to Barcelona:

AP-7, AP-2, A-2, C-16, C-58, C-31, C-32, C-33

GPS

41.35448, 2.12698

### Metro

TMB Line: L-9 Sud ("Fira" and "Europa/Fira" stations)

### Bus

TMB Lines: 79 and V3

### Train

Ferrocarrils Generalitat de Catalunya (FGC)  
Lines S8, S33, R6, R5, S4 ("Europa/Fira" station)

"Barcelona-Sants" station, 4 km from the venue, is connected to a complete regional, national and international rail network.

### Taxi

Barcelona has 10,500 taxis.

(visit: [www.arnoldclassiceurope.com](http://www.arnoldclassiceurope.com) for more info)

- Registration and weigh-in between 10:00 and 20:00 on Thursday, September 22nd.
- IFBB amateur event starts on Friday, September 23rd at 10:00 AM.
- Trade show starts on Friday, September 23rd at 10:00 AM
- Finals for BodyBuilding and Fitness overall Champions will take place on Sunday, September 25th.
- Finals for overall Champions of other categories, will take place after each category is finished.

### Expo & Championships Schedule

REGISTRATION (THURSDAY)	FROM 10:00 AM TO 20:00 PM
EXPO AND CHAMPIONSHIPS (FRIDAY)	FROM 10:00 AM TO 20:00 PM
EXPO AND CHAMPIONSHIPS (SATURDAY)	FROM 10:00 AM TO 20:00 PM
EXPO AND CHAMPIONSHIPS (SUNDAY)	FROM 10:00 AM TO 18:00 PM

The venue will count with two different stages: Championships of all categories will take place at both stages.



## HALL 2: EXPO AND AMATEUR & PRO STAGES

REGISTRATION WEIGHT



STAGE 1  
AMATEUR

ENTRANCE

STAGE 2 AMATEUR/  
PROFESSIONAL

More information about running order and other competition details will be forwarded nearer the time. Please check [www.arnoldclassiceurope.com](http://www.arnoldclassiceurope.com) and [www.ifbb.com](http://www.ifbb.com) for regular updates.

# tanning needs

For those of you with tanning or makeup needs, contact Jan Tana at <http://jantana.com/> or follow this link <http://jantana.com/index.php/on-site-services/arnold-classic-europe-sep-23-25-2016.html> to book an appointment to have your tan done before your competition. They also will have staff backstage to assist you 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.”

# participating

This competition is open for **ALL the IFBB-affiliated National Federations** from all over the world. Participation of athletes is unlimited. Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation. Entry Forms should be e-mailed to [officemanager@ifbb.com](mailto:officemanager@ifbb.com) and [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

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, through their National Federations, that they will be unable to participate in this competition. The Arnold Amateur Organizing Committee reserves the right to decline entry to any athlete who does not meet the requirements. We strongly encourage you to register early and make the appropriate arrangements to compete in this 6th Arnold Classic Europe, Spain.

## 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 e-mailed directly to the IFBB [officemanager@ifbb.com](mailto:officemanager@ifbb.com) and [amichalak5@gmail.com](mailto:amichalak5@gmail.com). The final decision to allow an athlete to compete in this event rests with the IFBB.

An IFBB Registration Fee of EUR 150,00 (euros) has to be paid in advance online through credit/debit card or PayPal at <http://www.ifbb.com/registration> for your best comfort and convenience.

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

**Registrations payments made after September 14<sup>th</sup>, or at the registration day will be 200,00 (euros).**

# 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 competitors

Athletes participating in these Championships will be given a goodie bag and the wristband at the Official Athlete Registration run on Thursday, September 22nd, 2016. This wristband has to be worn during your whole stay and will allow you in and out of the Arnold Fitness EXPO and should not be removed. There is a special athlete seating area close to the stage and backstage.

## IMPORTANT INFORMATION



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 above and on the Arnold Classic Europe website. <http://events.sc/bookingsACE>

## judges

All National Federations are reminded that their nominations for judges must be also included in the Entry Forms according to the IFBB Rules. For more information, please contact Mr. Pawel Filleborn at [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com)

## media accreditation

All media accreditation, including local media, shall be controlled by the IFBB. All professionals wishing to obtain media accreditation for this event must register with the IFBB by e-mail at [media@arnoldclassiceurope.es](mailto:media@arnoldclassiceurope.es) no later than September 3rd, 2016.

## backstage access

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Only official Delegates/Trainers possessing the Backstage Pass will be allowed to enter the backstage area. These passes will be distributed at the Team Managers and Judges Meeting, hold on Thursday, September 22nd, 2016, according to the following criteria:

- Less than five (5) competitors in a National Team - one (1) Backstage Pass
- From five (5) to ten (10) competitors - two (2) Backstage Passes
- More than ten (10) competitors - three (3) Backstage Passes

**PLEASE NOTE:** *There will be a limited number of extra Backstage Passes, available at the Official Athlete Registration which can be purchased for EUR €50 each. This pass will allow the holder to go in and out of the venue during the weekend and will give access backstage and the athlete allocated seating area. This pass (wristband) has to be worn during your whole stay.*



# time difference

Barcelona is in the Central European Time zone (UTC +2 hour – in summer).



# climate

During the month of September, the average daily temperature is 22 °C, 71 °F. The lowest temperature is 18°C, 65°F and the highest 26 °C, 79 °F. Sunshine hours is 7.6 hours, rainfall 5 days per month, chance of rain 19%, chance of cloudy day 6%, and sea temperature average is 24 °C, 75 °F.

# currency

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

# visas

A valid passport is required to enter Spain. EU-country citizens do not need to obtain a visa. All other countries should consult the Spanish Embassy in their country to determine if they need a visa. An Official Letter of Invitation will be made available if required.

- 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 attendants 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.

# entry form and contact details

All entry forms and correspondence should be addressed to EBFF Bodybuilding Committee Andrew Michalak [amichalak5@gmail.com](mailto:amichalak5@gmail.com) and IFBB Head Office Manager [officemanager@ifbb.com](mailto:officemanager@ifbb.com)  
The deadline date for submitting the entry forms is September 9th, 2016

PLEASE SEND ENTRY FORM NO LATER THAN SEPTEMBER 9TH 2016 TO:

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

PLEASE SEND A COPY TO:

**IFBB, Head Office Manager:**  
E-mail: [officemanager@ifbb.com](mailto:officemanager@ifbb.com)

## IMPORTANT INFORMATION



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.





# categories

THE FOLLOWING CATEGORIES WILL BE OPEN FOR THE 2016 ARNOLD CLASSIC EUROPE:

## MEN'S BODYBUILDING CLASSES

UP TO & INCLUDING 70 KG  
 UP TO & INCLUDING 75 KG  
 UP TO & INCLUDING 80 KG  
 UP TO & INCLUDING 85 KG  
 UP TO & INCLUDING 90 KG  
 UP TO & INCLUDING 95 KG  
 UP TO & INCLUDING 100 KG  
 OVER 100KG

## MEN'S CLASSIC BODYBUILDING

\*\*\*See table below  
 UP TO 175 cm  
 UPTO 180 cm  
 OVER 180 cm

## MEN'S PHYSIQUE

UPTO & INCLUDING 170 cm  
 UPTO & INCLUDING 174 cm  
 UPTO & INCLUDING 178 cm  
 UPTO & INCLUDING 181 cm  
 UPTO & INCLUDING 184 cm  
 OVER 184 cm  
 Muscular Men's Physique open

## MEN'S FITNESS

1 OPEN CATEGORY

## JUNIOR MEN

**BODYBUILDING**  
 1 OPEN CATEGORY  
**MEN'S PHYSIQUE**  
 UP TO 175 CM  
 OVER 175 CM

## MASTERS MEN

**40-49 YEARS**  
 UPTO & INCLUDING 80 KG  
 UPTO & INCLUDING 90 KG  
 OVER 90 KG  
**50-59 YEARS**  
 1 OPEN CATEGORY  
**OVER 60 YEARS 1**  
 OPEN CATEGORY  
**MASTER MEN'S PHYSIQUE**  
 40-44 YEARS – 1 open class\*\*  
 45-49 YEARS – 1 open class\*\*  
 OVER 50 YRS – 1 open class\*\*

## WOMEN'S PHYSIQUE

UP TO & INCLUDING 163 cm  
 OVER 163 cm

## WOMEN'S BODY-FITNESS

UP TO 168 cm

UP TO 168 cm  
 OVER 168 cm

## WOMEN'S FITNESS

UP TO 163 cm  
 OVER 163 cm

## WOMEN'S BIKINI

UP TO & INCLUDING 160 cm  
 UP TO & INCLUDING 163 cm  
 UP TO & INCLUDING 166 cm  
 UP TO & INCLUDING 169 cm  
 UP TO & INCLUDING 172 cm  
 OVER 172 cm

## JUNIOR WOMEN

**BODY-FITNESS**  
 1 OPEN CATEGORY  
**BIKINI-FITNESS UP**  
 TO 163 CM  
 OVER 163 CM

## MASTERS WOMEN

**WOMEN'S PHYSIQUE OVER 35 YEARS**  
 1 OPEN CATEGORY  
**BODY-FITNESS OVER 35 YEARS**  
 1 OPEN CATEGORY  
**BIKINI-FITNESS OVER 35 YEARS\***  
 1 OPEN CATEGORY

## FIT-MODEL

Women's Fit-Model – 1 open class  
 Men's Fit-Model – 1 open class

\* MASTERS BIKINI-FITNESS HEIGHT CLASSES MIGHT CHANGE.


\*\* CATEGORIES MAY BE REDUCED / COMBINED IF LESS THE 3 ATHLETES PER CLASS


\*\*\* THE WEIGHT/HEIGHT LIMITS TOLERANCE OF THE MEN'S CLASSIC BODYBUILDING HAS THE FOLLOWING CRITERIA:


BODY HEIGHT:	BODYWEIGHT LIMIT [KG]:
Up to 168 cm	Max. bodyweight = Height [cm] – 100
Up to 171 cm	Max. bodyweight = (Height [cm] – 100) + 2
Up to 175 cm	Max. bodyweight = (Height [cm] – 100) + 4
Up to 180 cm	Max. bodyweight = (Height [cm] – 100) + 6
Up to 190 cm	Max. bodyweight = (Height [cm] – 100) + 8
Up to 198 cm	Max. bodyweight = (Height [cm] – 100) + 9
Over 198 cm	Max. bodyweight = (Height [cm] – 100) + 10

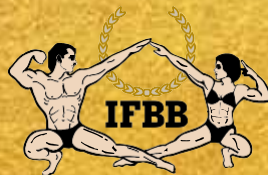
# ARNOLD



 Arnold Classic Europe

 @ArnoldClassicEu

 @arnoldclassiceurope



INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS

IFBB Head Office Manager  
E-mail: [officemanager@ifbb.com](mailto:officemanager@ifbb.com)

EBFF Bodybuilding Committee  
E-mail: [amichalak5@gmail.com](mailto:amichalak5@gmail.com) IFBB

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