

Loaded Cup 2013



Official Athlete Invitation



LOADED CUP 2013 – IFBB Amateur Grandprix

Bodybuilding, Classic Bodybuilding, Bikini Bodyfitness and Athletic Fitness

The DBFF/IFBB, proudly invite you to the LOADED CUP 2013.

The competition is open for ALL top 6 athletes through the last 5 years, and only for competitors reported and approved by their national IFBB federation.

Arena: Ringsted Congress Center - Nørretorv 9 - 4100 Ringsted - Denmark

How to get there? Will be presented on the website: www.loadedcup.dk

Date and time of the event: Saturday March 30th. and Sunday March 31th.

Facebook: Join the fansite for the LOADED CUP 2013 to read more, stay updated, and ask questions if you are to attend the competition, visit the expo, or even compete yourself.

Registration: We will make 2 weight-in's - that means we will do it like this:

**All the Saturday-athletes will have to be in Ringsted Congress Center
Friday the 29th March at 17.00 the latest.**

**All the Sunday-athletes will have to be in Ringsted Congress Center
Saturday the 30th March at 14.00 the latest.**

Saturday 30th of April 2012

Female Bodybuilding – One Open Class

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Classic Bodybuilding Female - One Open Class

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Classic Bodybuilding Men

Minus 180 cm

Plus 180 cm

Overall – the number 1 and 2 in each class will go to the overall - so 4 athletes in total in the overall.

1. place 500 euro
2. place 250 euro
3. Place 100 euro



Male Bodybuilding

Minus 70 kg

Minus 80 kg

Minus 90 kg

Minus 100 kg

Plus 100 kg

Overall – the number 1 in each class will go to the overall - so 5 athletes in total in the overall.

1. place 2500 euro
2. place 1500 euro
3. Place 1000 euro
4. Place 750 euro
5. Place 500 euro

Male Bodybuilding - Masters + 40 years - One Open Class

- if more than 6 athletes – we will move you into -80 kg and +80 kg and make a overall.

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Male Bodybuilding - Junior - until 23 years old - One Open Class

- if more than 6 athletes – we will move you into -80 kg and +80 kg - and make a overall.

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Sunday 8th of April 2012

Bikini

Minus 163 cm

Plus 163 cm

Overall – the number 1 and 2 in each class will go to the overall - so 4 athletes in total in the overall.

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Body Fitness Female

Minus 163 cm

Minus 168 cm

Plus 168 cm

Overall – the number 1 and 2 in each class will go to the overall - so 6 athletes in total in the overall.

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Body Fitness Female - Masters + 35 years old - One Open Class

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Male Athletic Fitness - One Open Class

1. place 500 euro
2. place 250 euro
3. Place 100 euro

Female Athletic Fitness - One Open Class

1. place 500 euro
2. place 250 euro
3. Place 100 euro



IMPORTANT!

All athletes that attend will get a GASP training bag filled up with goodies from all the sponsors with a value of at least 250 Euro !

Entry form: You can reg. on the internet site www.loadedcup.dk. - Deadline for reg. is March 22th 2013. No late entry reg. will be accepted!

Rules: The LOADED CUP is arranged according to the rules set by the IFBB, EBFF and DBFF.

BB and CBB - Registration: At the registration/weigh-in we will check for your payment of the entry fee, and you will present your posing music (BB and CBB). You must do the weigh-in in your posing trunks/suit. You have to have one layer of color on as well - Remember that all kind of sticky cream is not allowed by the IFBB.

BF - BIKINI and Athletic Fitness - Registration: At the registration/weigh-in we will check for your payment of the entry fee, and you will present your posing suit and shoes. You have to have one layer of color on as well - Remember that all kind of sticky cream is not allowed by the IFBB.

Competition memo: A detailed memo will be sent to all athletes and federation about one week before the GP.

Tickets will be sold through www.billetnet.dk and www.ticketmaster.com

Location: The contest will take place on the 30th and 31th of March 2013 in Ringsted Congress Centre, Nørretorv 22, 4100 Ringsted, Denmark.

Ringsted is based 66 km. from Copenhagen Airport - Highway E20 goes directly from the airport to Ringsted, take exit 36.

You can also travel by train directly from the airport to Ringsted by Intercity Train.

If you go by the German/Danish border in Padborg take highway E45/E20 towards Copenhagen, and take exit 36. It is about 250 km. from the German border.

TO ENTER THE LOADED CUP 2013 YOU NEED A TOP 6 IN THE LAST 5 YEARS IN A IFBB CONTEST - PLUS A VALID IFBB REGISTRATION

Registration can be done on the main site, www.loadedcup.dk. You sign up online, and pay the fee straight away - The fee is 750,00 Dkr or 100 euro. Deadline for this entry form is the 22th of March 2013. The 750 Dkr or 100 euro covers one athlete and one coach.

IMPORTANT!

IF YOU AINT SHOWING UP, YOU LOOSE YOUR MONEY, IF YOU EMAIL US UPTIL 14 DAYS BEFORE - LATEST 15.03.2012 - WE WILL GIVE YOU THE MONEY BACK.

For more information please check www.loadedcup.dk or contact info@loaded.dk

Hotel

Scandic Hotel

Nørretorv 57, 4100 Ringsted

(+45) 5761 9300

www.scandic-hotels.dk/ringsted

The hotel is located next to the venue site.

The price per night is approx 750,00 DKK(100€) for a room with two beds.



Danhostel

Sct. Bendtsgade18, 4100 Ringsted
(+45) 5761 1526
www.danhostel.dk/ringsted

This is a cheaper solution - the price for a room with two beds is approx 400,00 DKK(60€) per night.

Sorø Store Kro

Abildsvej 100, 4180 Sorø
(+45) 5783 5600
www.comwell.com/hoteller/comwell_soroe_storkro

Postgaarden

Storegade 25, 4180 Sorø
(+45) 5783 2222
www.hotelpostgaarden.dk

Hotel Antvorskov

Trafikcenter Allé - 4200 Slagelse
(+45) 58 50 53 60
Email: info@hotelantvorskov.dk
www.hotelantvorskov.dk

Best Regards

Your LOADED CUP 2013 Team and the DBFF Denmark