



## INVITATION

# MALTA BODYBUILDING & FITNESS INTERNATIONAL GRAND PRIX 18<sup>th</sup>-19<sup>th</sup> APRIL 2015

The Malta Bodybuilding & Fitness Federation proudly invites Federations and their athletes from Portugal, Italy, Slovenia, Norway, Ireland, Sweden, Latvia, Turkey, Austria and San Marino to participate in The MFBBF International Grand Prix 2015. The event will include Men's Bodybuilding, Classic Bodybuilding, Men's Athletic Physique, Body Fitness and Bikini Fitness Categories.

### The Maltese Islands

The Maltese archipelago lies virtually at the centre of the Mediterranean, 93 km south of Sicily and 288 km north of Africa. The archipelago consists of three islands: **Malta**, **Gozo** and **Comino** with a total population of over 400,000 inhabitants occupying an area of 316 square kilometres. Malta is the largest island and the cultural, commercial and administrative centre. Gozo is the second largest island and is more rural, characterised by fishing, tourism, crafts and agriculture. Comino, the smallest of the trio, has one hotel and is largely uninhabited.



Even though small in size Malta has a surprisingly rich heritage. It has been described as one big open-air museum. What makes it unique is that so much of the past is visible today. Delve into the island's mysterious prehistory, retrace the footsteps of St. Paul or see where the Knights of St. John fought their most famous battles.

Wherever you go, the scenery and architecture provide a spectacular backdrop. The colours are striking, honey-coloured stone against the deepest of Mediterranean blues but what makes this archipelago special is the people. The Maltese are a warm and welcoming population and hospitality is a long upheld tradition on the island.



### **The Venue**

#### Oracle Conference Centre, Dolmen Resort Hotel

The Dolmen Resort Hotel Malta offers excellent conference and banqueting facilities, Oracle Conference Centre has a seating capacity for 1,200 persons.

The Oracle Conference Centre is a purpose-built self-contained business meeting, entertainment and training centre complete with a

comprehensive range of secretarial and office support services in addition to state-of-the-art audio visual facilities integral to first class events.

### **Registration**

Sunday 12<sup>th</sup> April 10am

Athletes must hand in their posing music on audio CD during the registration. Posing routine must be 60 seconds long for Male Bodybuilding and Classic Bodybuilding.

All Athletes must wear their posing attire during weigh-in for inspection. Female competitors must also bring their shoes for inspection. Posing attire and tanning must be in accordance to IFBB rules. Any tanning which can be wiped off is not allowed.

You will receive your starting numbers and badges for athletes and coaches at the registration.

### **Registration Fee**

There will be NO Registration fee for all athletes & delegates.

### **Judges**

All participating nations can nominate 1 judge.

## Prejudging & Finals

Sunday 12<sup>th</sup> April 7pm

### Categories

Male Bodybuilding -80 kg, -90 kg, 90+ kg & Overall(winners of the 3 weight categories)

Classic Bodybuilding-Open Class

Athletic Physique-Open class

Bikini Fitness-Open Class

Body Fitness-Open Class

**Prize Money total for Event is €5,000**

The prize money will be as follows for Overall Bodybuilding, Classic Bodybuilding, Athletic Physique, Bikini Fitness, Body Fitness.

1<sup>st</sup> place - € 500

2<sup>nd</sup> place - € 300

3<sup>rd</sup> place - € 200

### Entry Form

The Final Entry Form must be submitted by the National Federations by the 5th April 2015 via email to the General Secretary Ms Blanche Coppola: [blanche.coppola@mfbff.org](mailto:blanche.coppola@mfbff.org)

### Rules

The Malta Bodybuilding & Fitness International Grand Prix is an IFBB sanctioned event and subject to IFBB rules and regulations.

### Accommodation

MFBBF will not be providing accommodation however Dolmen Resort Hotel, the contest venue, is offering accommodation at an advantageous price for the participating delegates and athletes. Bookings can be made directly with the hotel: <http://www.dolmen.com.mt/>

Room rate on bed & breakfast basis at € 78.00 per room per night on a twin room occupancy basis.

Hotel address: Dolmen Resort Hotel, Qawra, St. Paul's Bay, SPB 2402 Malta

**Telephone:** +356 2355 2355

**Fax:** +356 2355 5999

**Email:** [reservations@dolmen.com.mt](mailto:reservations@dolmen.com.mt)

## More information

Further information can be requested by email addressed to MFBBF General Secretary, Ms Blanche Coppola: [blanche.coppola@mfbbf.org](mailto:blanche.coppola@mfbbf.org)

## Program

### Saturday 18<sup>th</sup> April:

Official Arrival date for all athletes & delegates

### Sunday 19<sup>th</sup> April:

10am: Weigh-In and Registration at Dolmen Resort Hotel

7pm: Prejudging and Finals at The Oracle Conference Centre, Dolmen Resort Hotel.

