



2016 WORLD FITNESS CHAMPIONSHIPS

and

IFBB ELITE WORLD CUP EVENT



BIALYSTOK, POLAND

November 11th -14th, 2016

WELCOME

Polish Bodybuilding, Fitness & Powerlifting Federation, "Maniac Gym" Sport Club and the city of Bialystok extends a warm welcome to all IFBB-affiliated National Federations wishing to participate in the IFBB World Fitness Championships in Bialystok, Poland, November 11th-14th, 2016.



ABOUT BIALYSTOK

Bialystok, with a population of nearly 300 thousand, is the biggest city of north-eastern Poland, serving the function of the capital of the Podlaskie Voivodeship. It is the administrative, economic and academic centre of the region which, due to its exceptional environmental assets, has been termed the Green Lungs of Poland.



Bialystok has evolved as a place, which is the melting pot of different nations, religions, cultures, customs, and traditions, where the occidental rationalism meets the oriental mysticism. It has become an example of the integration of

ethnic and religious groups, a meeting place for Poles, Belarusians, Jews, Lithuanians, Germans, Russians and Tartars. It is also the biggest center of the Orthodox Church in Poland. Protestants, Muslims and Buddhists have their organizations here as well. From ages, people of different culture, religion and nationality live here together. This created the specific atmosphere of this city, based on openness, friendliness and hospitality.

HOTEL

All competitors and delegates will be accommodated in the official, 4-star Golebiewski Hotel located in the downtown as well as in the other hotels, if necessary, according to the first come first, serve rule.



HOTEL GOLEBIEWSKI – Białystok

7 Palacowa Str.

www.golebiewski.pl

IMPORTANT !

The whole Golebiewski Hotel has been booked for the World Championships participants (athletes, delegates, extra delegates) only. Persons, who are not official participants, will not be accommodated in this hotel !

ACCOMMODATION

The Organizer will provide free-of-charge accommodations and three meals per day, starting with dinner on Friday, November 11th, 2016, and ending with breakfast on Monday, November 14th, 2016, for all Official Participants* pursuant to IFBB Rules:

Three (3) or more competitors = two (2) delegates

Two (2) competitors or less = one (1) delegate

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

National Federations with no athletes may send one (1) official delegate; however, this delegate will be responsible for all of his or her own expenses.

The Official Arrival Date is Friday, November 11th, 2016

The Official Departure Date is Monday, November 14th, 2016

IMPORTANT NOTICE

All National Team Official Participants (athletes, delegates) must check in BEFORE the start of the Team Managers and Judges Meeting (11th November, 2016, 18:00). Any Official Participant not checked in by this deadline will be classified as an extra delegate and will be responsible for all of his or her own expenses.

Any judge, coach, or trainer who is not an Official Participant will be responsible for all of his or her own expenses. If your National Federation wishes to bring a judge, coach or trainer, it is recommended that your Federation select this individual to be an Official Participant for your Federation; otherwise, these individuals will be responsible for all of 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 **€100 PER PERSON** is required upon check-in for incidental and personal expenses that may arise (telephone, mini-bar, laundry, room service, 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 any and all expenses incurred by any members of his or her team.

PLEASE ADVISE YOUR TEAM BEFORE DEPARTURE NOT TO CREATE ADDITIONAL EXPENSES.

SPECIAL PACKAGES

SPECIAL PACKAGE RATES FOR EXTRA DELEGATES, SUPPORTERS, MEDIA AND OTHERS

The Organizing Committee has established a **Full Special Package Rate**, which includes three (3) nights accommodations with three (3) meals per day (breakfast, lunch and dinner), tickets to the Prejudging and Finals, tickets to the Farewell Dinner, and onsite transportation at a cost of **EUR €350 per person in a double room or EUR €450 for a single room.**

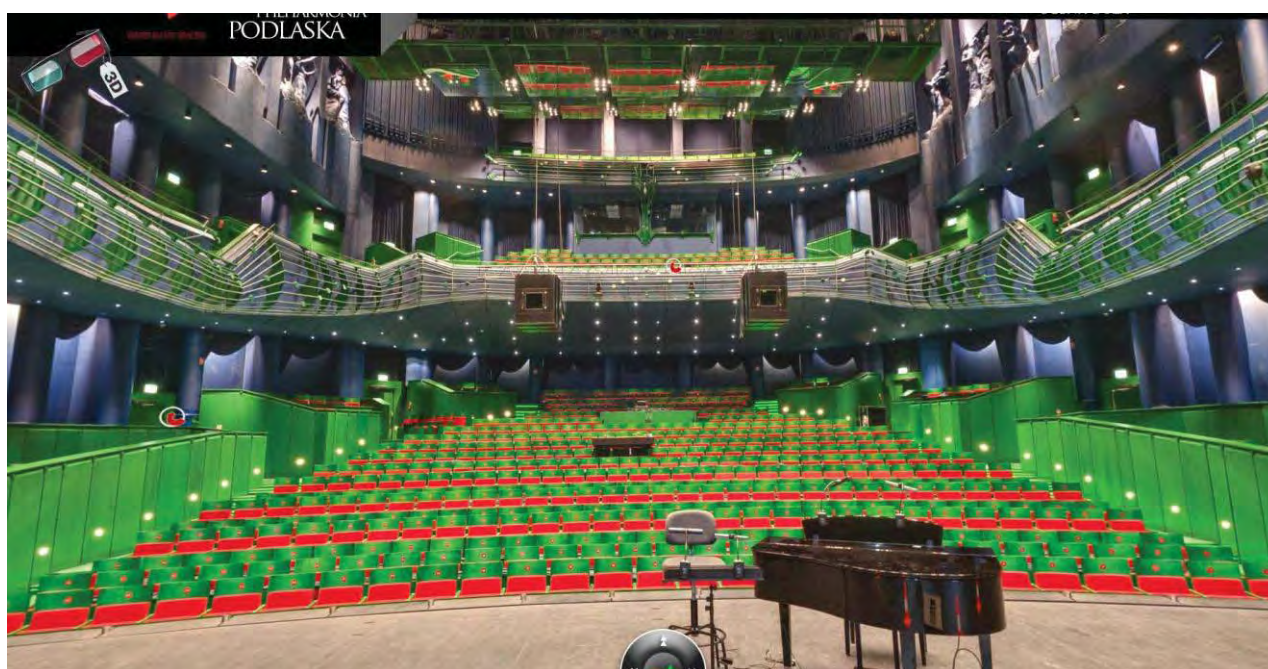
The Organizer has also established **Partial Special Package Rates** as follows:

Partial Special Package Rate, which includes tickets to the Prejudging and Finals, tickets to the Farewell Dinner and local transport at a cost of **EUR €100.**

For more information, contact the Organizing Committee office, please.

THE VENUE

Podlasie Opera
2 Odeska Str.
15-406 Bialystok
Poland



Podlasie Opera and Philharmonic – European Art Centre in Bialystok is the largest arts institution in north-eastern Poland and the most modern cultural center in this region of Europe. With its modern architecture and excellent

technological solutions, the Podlaskie Opera guarantees high quality of all projects, ventures and productions. 2012 IFBB World Fitness Championships were held here, just next weekend after official opening of the building, so the beauty of the human body will be exposed once again on the Grand Stage of this complex.

ARRIVAL/AIRPORT

The official airport for arrivals is the Warsaw Frederic Chopin Airport. The transportation from the airport to the Golebiewski Hotel will be arranged for all teams. The Organizing Committee will pick you up at the Frederic Chopin Airport in Warsaw on arrival and will take you to the hotel. Transportation for all teams from the airport to the hotel will be arranged on Friday, November 11th, 2016 for **EUR €30** per person and the transportation from the hotel and the airport will be arranged on Monday, November 14th, 2016, for **EUR €30** per person, based on the stated times of arrivals and departures. Transport in both directions will cost **EUR €60** per person.

Please notify the Organizing Committee the details of your arrival time no later than 14 days before the Championships, so that suitable transportation can be arranged for your National Team members.

It is very important that every National Federation provide to the Organizing Committee complete arrival details of its team, including the number of people in its delegation.

Your cooperation is essential to ensuring 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 11th, 2016** and/or staying on after the **Official Departure Date of November 14th, 2016**, will be responsible for all of their own expenses, including arranging their own transportation between the airport and the hotel.

The Organizing Committee may arrange transportation before/after the Official Arrival/Departure Dates for **EUR €80** per person one way. Accommodations before the Official Arrival Date and after the Official Departure Date will be approximately **€100** per person per day in a double room, breakfast included. You must notify the Organizing Committee of any early arrivals and/or late departures **no later than October 28th, 2016**.

FLIGHT RECONFIRMATION

For the reconfirmation for your flight, you may seek the assistance of the Secretariat. Please reconfirm your flight 24 to 36 hours after your arrival, personally or by e-mail sent to fitness@maniacgym.pl

VISAS

A valid passport is required to enter the territory of the European Union (Schengen Zone). Schengen Area nowadays covers most of the European Countries with an exception made for the United Kingdom and the countries that are soon to be part of this agreement as Romania, Bulgaria, Croatia, Cyprus and Ireland. Although not members of the European Union, the following countries like Norway, Iceland, Switzerland and Lichtenstein are also part of the Schengen zone enjoying the same freedom of movement policy as the others EU-country citizens do not require a visa.

Citizens of the following 90 countries are not required to be in possession of a visa when entering Poland for less than 90 days:

http://www.msz.gov.pl/en/travel_to_poland/entering_poland/visa_free/visa_free_countries

All other persons should consult the Polish Embassy in their country to determine if they require a visa.

More info at: <http://www.schengenvisainfo.com/poland-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 (scan) of passport

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.

PARTICIPATION

These Championships are open for **ALL the IFBB-affiliated National Federations** from all over the world. **Participation of athletes is limited to A-Team and B-Team from each country, except the host country.** Registration of athletes will only be considered if they are nominated by their IFBB-affiliated National Federation.

OFFICIAL ATHLETE REGISTRATION

The official arrival day is Friday, November 11th, 2016.

The weigh-in and registration of athletes will be conducted on Friday, November 11th, 2016, between 10:00 and 21:00 hrs at the Golebiewski Hotel, 7 Palacowa Str., Bialystok, Poland.

IFBB Registration Fee of EUR €250 will have to be paid upon arrival at the Official Hotel in Bialystok.

All athletes will have to produce their **Passport** or Identity Card and the **IFBB International Cards** at the registration. Any athlete who has not yet purchased this IFBB International Card will have to buy one at registration. IFBB Cards are EUR €30 per year.

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/her 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 Championship will be provided with a **competitor wrist band** at the Registration. This wrist band allows daily admission to the competition venue and should not be removed.

IFBB REGISTRATION FEE

Each Official **A-team** Athlete and **Delegate** must pay the IFBB Registration Fee of **EUR €250**. This fee is payable to the IFBB upon arrival at the Official Hotel in Bialystok.

B-team athletes are not required to pay the IFBB Registration Fee since this is included in the Full Special Package Rate.

The IFBB Registration Fee is completely separate from the hotel security deposit.

CATEGORIES OPEN FOR COMPETITION

	DISCIPLINE	CATEGORY	A-TEAM	B-TEAM
1	Women Bodyfitness	Up to & incl 158 cm	4	4
2	Women Bodyfitness	Up to & incl 163 cm		
3	Women Bodyfitness	Up to & incl 168 cm		
4	Women Bodyfitness	Over 168 cm		
5	Women Fitness	Up to & incl 163 cm	2	2
6	Women Fitness	Over 163 cm		
7	Women Bikini Fitness	Up to & incl 160 cm	6	6
8	Women Bikini Fitness	Up to & incl 163 cm		
9	Women Bikini Fitness	Up to & incl 166 cm		
10	Women Bikini Fitness	Up to & incl 169 cm		
11	Women Bikini Fitness	Up to & incl 172 cm		
12	Women Bikini Fitness	Over 172 cm		
13	Women Physique	Up to & incl 163 cm	2	2
14	Women Physique	Over 163 cm		
15	Men Fitness*	Open Class	1	1
16	Men Physique	Up to & incl 170 cm	4	4
17	Men Physique	Up to & incl 174 cm		
18	Men Physique	Up to & incl 178 cm		
19	Men Physique	Over 178 cm		
20	Muscular Men's Physique	Open	1	1
21	Mixed Pairs	Open Class	1	1

* - Men's Fitness category weight / height limits:

Height	Bodyweight limit
Up to 168 cm	Height - 100
Up to 171 cm	(Height -100) + 1 kg
Up to 175 cm	(Height -100) + 2 kg
Up to 180 cm	(Height -100) + 3 kg
Up to 180 cm	(Height -100) + 4 kg
Up to 198 cm	(Height -100) + 4,5 kg
Over 198 cm	(Height -100) + 5 kg

The rules regarding A- and B-teams for this event are the follows:

The A-Team

- Each National Federation may enter an A-Team. The maximum allowable number of competitors in the A-Team is 21, including two (2) Women's Physique competitors, two (2) Women's Fitness competitors, four (4) Women's Bodyfitness competitors, six (6) Women's Bikini-Fitness competitors, one (1) Men's Fitness competitor, four (4) Men's Fitness competitors, one (1) Muscular Men's Physique competitor, one (1) man athlete for Mixed Pair. Woman athlete for the A-Team Mixed Pair must compete in Women's Physique, Women's Fitness or Women's Bodyfitness divisions.
- A maximum allowable number of A-Team competitors per National Federation in any one individual category shall not exceed two (2) and one (1) couple in the Mixed Pair category.
- Pursuant to applicable rules, the Organizer will provide free-of-charge accommodation, meals, onsite transportation and access to the Prejudging, Finals and Farewell Dinner to all A-Team competitors and delegates.
- National Federation shall pay the Registration Fee of EUR €250 for each A-Team competitor and delegate.
- The A-Team competitors shall compete for placings and awards, including the Best National Team award.
- A National Federation must fully declare its A-Team competitors on the Final Entry Form and must register the A-Team competitors upon check-in at the official hotel, failing which any undeclared competitor shall be responsible for all his or her expenses.

The B-Team

- Each National Federation may enter a B-Team. The maximum allowable number of competitors in the B-Team is 21, including two (2) Women's Physique competitors, two (2) Women's Fitness competitors, four (4) Women's Bodyfitness competitors, six (6) Women's Bikini-Fitness competitors, one (1) Men's Fitness competitor, four (4) Men's Fitness competitors, one (1) Muscular Men's Physique competitor, one (1) man athlete for Mixed Pair. Woman athlete for B-Team Mixed Pair must compete in Women's Physique, Women's Fitness or Women's Bodyfitness divisions.
- A National Federation shall be obliged to pay the Full Package Rate for each B-Team competitor: EUR €350 per person in a double room and EUR €450 per person in a single room. This package shall comprise the competitor accommodation, meals, onsite transportation, and access for Prejudging, Finals and Farewell Dinner.
- There shall be no requirement for B-Team competitors to pay the Registration Fee.
- The B-Team competitors shall compete for placings and awards, excluding the Best National Team award.
- A National Federation must fully declare its B-Team competitors on the Final Entry Form and must register the B-Team competitors upon check-in the official hotel, failing which any undeclared competitor shall be disqualified.

IFBB ELITE WORLD CUP EVENT

(See appendix at the end of this report – pages 16-17)

Categories:

- **Women's Bikini-Fitness**
- **Men's Physique**

Prize money: US \$6000

QUALIFIER FOR THE IFBB ELITE WORLD CUP GRAND FINAL - MAY 2017

Participation: if not in the A-Team or B-team, competitor must be nominated by National Federation (included in the Final Entry Form) as the Elite World Cup participants only and pay the Full Package Rate of EUR €350 per person in a double room and EUR €450 per person in a single room. No Registration Fee will be required. More information on pages 16-17.

SECRETARIAT

The Organizing Committee will maintain a Secretariat at the Official Hotel, from 08:00 till 16:00 hrs each day (November 11th - 14th, 2016). You may obtain information and assistance from the Secretariat.

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 in Bialystok without their Team Manager or Chief Delegate, that athlete or delegate must pay the Hotel Security Deposit and IFBB Registration Fee BEFORE a room can be assigned.

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 Official Athlete Registration will be required to sign a Drug Testing Consent & Waiver of Liability Form (available in the Appendix).

Doping tests 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 the IFBB international competitions.

DRUG TESTING CONSENT & WAIVER OF LIABILITY FORM

IMPORTANT NOTICE

Doping tests may be conducted using any or all of the following methods:

- 1. *Random Selection:* A number of athletes selected at random throughout the event e.g. at Weigh-in or Prejudging.**
- 2. *Weighted Selection:* A number of athletes selected at random from among the top finalists e.g. at Finals**

****The IFBB reserves the right to Target Test any athlete***

NATIONAL ANTHEM

All National Federations* must bring with them to Bialystok the music of their National Anthem (**shortened version up to 60 seconds only**) on CD. This must be on a separate CD to any posing music.

**Note: For all European countries, the IFBB already has a copy of their National Anthems on CD.*

PARADE OF NATIONS

The dress code for all Delegates and/or officials taking part in the Parade of Nations is the IFBB official uniform. One (1) delegate per country must take part in the Parade of Nations

JUDGES

To be taken into consideration during selection of judges panels at the Championships, 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

PLEASE DO NOT FAX YOUR NOMINATIONS OF JUDGES TO THE IFBB HEADQUARTERS.

All international judges must bring their International Judge's Cards to Bialystok.

IMPOTANT NOTICE

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2016. This fee may also be paid at the Championships in Bialystok.

Test judges must pay the IFBB judge's test fee of EUR €50. This fee may also be paid at the Championships in Bialystok.

All judges and test judges must be present at the Team Managers and Judges Meeting. Any judge absent at this Meeting, will not be allowed to judge at these Championships.

If any of the above conditions hasn't been met, judges will be unable to carry out their duties at the Championships.

MEDIA ACCREDITATION

All media accreditation, accept 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, said form which must be remitted to the IFBB by e-mail at info@ifbb.com **no later than October 14th, 2016.**

[IFBB MEDIA ACCREDITATION FORM](#)

COMPETITOR INFORMATION FORM

This form must be completed by each competitor BEFORE the weigh-in/height measurement and must be given to the IFBB Press Commission representative at the Official Athlete Registration. This information is used to promote the competitor in the press, on TV, the website and other media.

COMPETITOR INFORMATION FORM

GREEN CARDS

Green cards, used to limit access to the Weigh-in and backstage area during the Prejudging and Finals, will be distributed at the Team Managers and Judges Meeting as follows:

- Five (5) or more competitors - two (2) green cards
- Less than five (5) competitors - one (1) green card

**IF NATIONAL FEDERATION OFFICIALS DO NOT ATTEND
THE TEAM MANAGERS AND JUDGES MEETING,
THIS FEDERATION WILL NOT BE ISSUED A GREEN CARD.**

BACKSTAGE ACCESS / DRESSING ROOM ACCESS

Access to the backstage and/or dressing room areas shall be strictly limited to essential personnel only. Coaches and trainers who assist athletes in the dressing room area must be of the same sex as the athlete they are assisting.

CAMERA/VIDEOTAPE EQUIPMENT

Camera and/or videotape equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by IFBB-authorized media persons and, in any event, these devices shall be strictly prohibited in the dressing room area.

TRAINING FACILITY

Competitors may have a workout at the "Maniac Gym" Fitness Center, 79a Warszawska Str., not so far from the Golebiewski Hotel. Phone: +48 85 740-6931.

TIME DIFFERENCE

UTC (GMT) +1 hour. Poland is located in the Central European Time zone (CET).

CURRENCY

The national currency in Poland is the Polish Zloty.

1 EUR = 4.36 PLN (as for July 2016)

1 USD = 3.97 PLN (as for July 2016)

Current rates may be checked at: <http://www.xe.com/currency/pln-polish-zloty>

All major credit cards are widely accepted at most major hotels, department stores and restaurants. You may be requested to show your passport.

CLIMATE

During the month of November, the daily mean temperature is 1.5°C (34.7°F), with average high 4.0°C (39.0°F) and average low -1.0° (30.0°F). Average rainy days: 9. Average snowy days: 5.

ELECTRICAL CURRENT

The electrical outlets are 220 V, 50 Hz. Socket / plug of type C plug, with two round prongs, popularly known as the europlug and used in all continental Europe countries.

Detailed info at: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

LANGUAGE

The official language in Poland is Polish. English is widely spoken in hotels, restaurants, shopping centers and tourist areas.

ATHLETES WITHOUT DELEGATES

All Athletes competing at these Championships must be Members in Good Standing of their National Federations. All athletes must be nominated by their National Federation by sending the Final Entry Form with their names.

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 status but 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 acceptable for a National Federation to unilaterally withdraw an Athlete without the prior approval of the IFBB Chief Judge, who has the right to verify the reason for the withdrawal.

Any National Federation that fails to seek the prior approval of the IFBB Chief Judge before withdrawing an Athlete shall, for that Athlete's non-participation, be fined an amount equal to the Special Package Rate.

FAILURE TO COOPERATE

Failure to cooperate with the Organizing Committee is contrary to the IFBB *Code of Ethics* and may result in disciplinary measures being taken by the IFBB against the offending National Federation.

PRELIMINARY ENTRY FORM

The deadline date for the Preliminary Entry Form is **September 15th, 2016**. National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but not later than deadline date, 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.

PRELIMINARY ENTRY FORM

FINAL ENTRY FORM

The deadline date for sending the Final Entry Form is **October 31st, 2016**. National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including judges). You must also include flight 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 date. Your co-operation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

The National Federations must send the room assignments (who wants to share a room with someone (please name the room-mates) and who wants a single-room) in the Final Entry Form.

FINAL ENTRY FORM

If a National Federation fails to respect the deadline written on the Final Entry Form, each "Official Participant" from that federation will be required to pay EUR €350 (in a double room) or EUR €450 (in a single room) instead of the IFBB Registration Fee.

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.

CORRESPONDENCE AND ENTRY FORM SENDING DETAILS:

<p><u>Please send your Entry Forms to:</u></p> <p>Organizing Committee office: Dr. Joanna Zapolska Tel./fax +48 85 740 69 31 E-mail: fitness@maniacgym.pl www.maniacgym.pl ; www.maniacgym.home.pl/fitness</p> <p><i>and:</i> IFBB Technical Committee: Eng. Andrew Michalak E-mail: amichalak5@gmail.com</p>	<p><u>Please Send a copy to:</u></p> <p>IFBB Head Office: Ms. Celia de la Rosa E-mail: headquarters@ifbb.com</p>
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Thursday, November 10 th , 2016		
09:00 - 17:00	Arrivals of IFBB Ex. Council Members	Golebiewski Hotel
13:30 - 15:30	Lunch	Golebiewski Hotel
18:00	IFBB Executive Council Meeting (only Executive Members)	Golebiewski Hotel
20:00	Dinner	Golebiewski Hotel
Friday, November 11 th , 2016		
10:00 - 20:00	Official arrival day of National Teams	At the corresponding host hotel
10:00 - 21:00	Official Athlete Registration	Golebiewski Hotel
12:00 - 14:00	Lunch	Golebiewski Hotel
18:00	Team Managers and Judges Meeting	Golebiewski Hotel
20:00 - 22:00	Dinner	At the corresponding host hotel
Saturday, November 12 th , 2016		
07:00 - 10:00	Breakfast	At the corresponding host hotel
10:00 - 13:30	Prejudging and finals - Part 1	Podlaskie Opera
13:00 - 14:30	Lunch	
15:00	Prejudging and finals - Part 2 Elite World Cup - Part 1	Podlaskie Opera
19:00 - 22:00	Dinner	At the corresponding host hotel
Sunday, November 13 th , 2016		
07:00 - 10:00	Breakfast	At the corresponding host hotel
10:00	Official Opening & Parade of Nations	Podlaskie Opera
10:30 - 13:30	Prejudging and finals - Part 3	Podlaskie Opera
13:00 - 14:30	Lunch	
15:00	Prejudging and finals - Part 4 Elite World Cup - Part 2	Podlaskie Opera
21:00 - 24:00	Farewell Dinner	

Monday, November 14th, 2016		
07:00 - 10:00	Breakfast	At the corresponding host hotel
Up to 12:00	DEPARTURES	



IFBB ELITE WORLD CUP QUALIFIER

Prize money USD \$6000

(QUALIFIER FOR THE ELITE WORLD CUP GRAND FINAL - MAY 2017)

This event is open to the IFBB ELITE CARD HOLDERS only. IFBB World Fitness Championships in Bialystok have been selected to stage the IFBB Elite World Cup Qualifier.

PARTICIPATION:

The following athletes are eligible to participate in this World Cup Qualifier:

- Top 6 from the 2015 World Championships in each category
- Top 3 from the 2016 Continental Championships in each category
- Top 3 from the 2016 Olympia Amateur Asia in each category

Top 3 athletes of all categories in MEN'S PHYSIQUE and WOMEN'S BIKINI-FITNESS at the 2016 WORLD FITNESS CHAMPIONSHIPS in Bialystok will become IFBB ELITE CARD HOLDERS and will have the right to participate in the IFBB ELITE WORLD CUP QUALIFIERS!

**Prize money for the IFBB Elite Qualifying event in Bialystok is
US Dollars 6000 !!!!**

Women's Bikini-Fitness

1 st place	1000 \$
2 nd place	750 \$
3 rd place	500 \$
4 th place	300 \$
5 th place	250 \$
6 th place	200 \$

Men's Physique

1 st place	1000 \$
2 nd place	750 \$
3 rd place	500 \$
4 th place	300 \$
5 th place	250 \$
6 th place	200 \$

IFBB ELITE WORLD CUP GRAND FINAL

SPAIN, MAY 2017

**WINNERS OF ALL THE IFBB ELITE WORLD CUP QUALIFYING EVENTS WILL
GET AN INVITATION TO THE FIRST EVER
IFBB ELITE WORLD CUP GRAND FINALS IN MAY 2017**

2nd till 10th places at all the qualifying events will be awarded points. If an athlete accumulates 36 points through placings in various qualifiers, he/she will receive an invitation to the

IFBB ELITE WORLD CUP GRAND FINALS

and the opportunity to compete for the Grand Final Prize money
More info will be placed on WWW.IFBB.COM

PRIZE MONEY AT THE IFBB ELITE GRAND FINALS - MAY 2017

Men's Classic BB	Women's Bikini-Fitness	Men's Physique
1 st place 15,000 \$	1 st place 12,000 \$	1 st place 12,000 \$
2 nd place 10,000 \$	2 nd place 6,000 \$	2 nd place 6,000 \$
3 rd place 5,000 \$	3 rd place 3,500 \$	3 rd place 3,500 \$
4 th place 3,000 \$	4 th place 2,000 \$	4 th place 2,000 \$
5 th place 2,000 \$	5 th place 1,500 \$	5 th place 1,500 \$
6 th place 1,000 \$	6 th place 1,000 \$	6 th place 1,000 \$
7 th place 1,000 \$	7 th place 1,000 \$	7 th place 1,000 \$
8 th place 1,000 \$	8 th place 1,000 \$	8 th place 1,000 \$
9 th place 1,000 \$	9 th place 1,000 \$	9 th place 1,000 \$
10 th place 1,000 \$	10 th place 1,000 \$	10 th place 1,000 \$