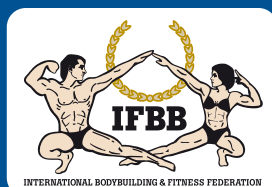


LAHTI



Welcome to the 2022 IFBB Nordic Championships

IFBB ELITE PRO QUALIFIER
October 8-9, Nordic Fitness Expo,
Lahti, Finland



www.ifbbnordic.com



Experience the Expo!

Nordic Fitness Expo is the biggest bodybuilding and fitness competition and exhibition event in Scandinavia! NFE started in 1996 as "Fitness Expo" at the Helsinki House of Culture and has grown to one of the biggest events in the IFBB.

Nordic Fitness Expo is best known fitness expo event/competition brand after Arnold Classic. What makes it special is good spirit with athletes, fans, spectators and the whole City of Lahti seems to be filled with Muscle and smell of Jan Tana!

Nordic Fitness Expo gives you a good look of Finnish fitness industry. You will meet and greet many international fitness sport stars and celebrities at the Expo. The Expo Stage will have non-stop program whole weekend with Nordic Championships, power sports like arm wrestling, bench press, chin ups, bicep curl and lectures by the professional experts.

Three large expo halls full of action whole weekend with more than 12.000 square meters of space! One hall is just the expo with Expo Stage, another hall is for the Finnish Fitness Sports National Championships and third hall for the first time CrossFit event called Unbroken, the largest CrossFit event in Finland with thousands of spectators. On the Main Stage will have massive Finnish Fitness National Championships together with Nordic Championships bikini fitness and body fitness categories.

That's why you are always welcome to see and experience it!



TICKETS

Tickets are available in advance from [ticketmaster.com/nordicfitnessexpo](https://www.ticketmaster.com/nordicfitnessexpo)

NORDIC FITNESS EXPO DAY TICKET, 20 €

Expo Day ticket allows you to see the Trade Show and the Expo Stage program.

MAIN STAGE SHOWS 50 €/DAY

(includes Finnish Championships and the Expo)

Saturday 10:00 Bikini Fitness

Sunday 10:00 Body Fitness

The Expo is open on Saturday and Sunday from 09:00 to 18:00

Go to our webpage: www.nordicfitnessexpo.com

You can find us instagram @nordicfitnessexpo and facebook.com/nordicfitnessexpo



IFBB Elite Pro Cards for Overall Winners!

IFBB Nordic Championships has over 50 years of history in bodybuilding and fitness sports. The overall winners of Women's Bikini, Bodyfitness, Wellness, Men's Physique, Classic Physique and Classic Bodybuilding will get the IFBB Elite Pro Card. The event gathered record breaking plus 300 athletes on stage and so the story continues in 2022 again! This will be a great opportunity for Sweden, Norway, Iceland, Denmark, Estonia and Finland to have a competition where only Nordic countries athletes can turn to professional athlete.



REGISTRATION AND PARTICIPATION

2022 IFBB Nordic Championships are open only for the National Federations of the Nordic countries: Sweden, Norway, Denmark, Iceland, Estonia and Finland. The number of competitors participating in these competition is unlimited. Totally, six (6) IFBB Elite Pro Cards will be given to the overall winners in Bikini, Bodyfitness, Wellness, Men's Physique, Classic Physique and Classic Bodybuilding.

REGISTRATION

The official arrival day is Friday, October 7th, 2022. The registration will be held at the Lahti Fair Centre congress rooms (location of the Nordic Fitness Expo) from 16:00 to 20:00. Registration of athletes will only be considered if they are recommended or entered by the National Federation of the athlete by sending the Final Entry Form including their names directly to:

IFBB Technical Committee: amichalak5@gmail.com

IFBB Head Office: info@ifbb.com

Nordic Fitness Expo Organizing Committee:
info@nordicfitnesssexpo.com

The deadline for sending the Final Entry Form is Monday, October 3rd, 2022. The final decision to allow an athlete to compete in this event rests with the IFBB.



All athletes will have to produce their Passports and IFBB International Cards at the registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy one at the registration. IFBB Cards cost EUR €35 per year and are mandatory.

REGISTRATION FEE

The IFBB registration fee of EUR €200 per athlete has paid online by PayPal or credit / debit card (www.ifbb.com/competition-registration/) no later than October 3rd, 2022. Then, this possibility will be closed. Please include your name in your online payment and bring a copy of your payment confirmation to the registration. You can also pay at the registration in cash, but it will be EUR €250 in this case. To participate in the additional categories, EUR €100 per each of additional categories will be charged.

JUDGES

To be taken into consideration during selection of judging panels at the competition, IFBB International Judges must be included in the 2022 IFBB NORDIC CHAMPIONSHIPS ENTRY FORM sent by National Federations, according to the IFBB rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, via e-mail address: pawelfilleborn@gmail.com
All international judges must bring their International Judge's Cards to Lahti.



IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2022. This fee may also be paid at the competition in Lahti. To be included in the panels, all judges must be present at the Team Managers and Judges Meeting to be held on Friday, Oct. 07th, 21:00 hours, at the Lahti Fair Centre congress rooms (location of the Nordic Fitness Expo).



BACKSTAGE ACCESS

Access to the backstage area shall be strictly limited to the essential personnel only. Extra backstage passes can be bought at the registration on Friday. Price for backstage pass is EUR €50 and it includes entry to the Expo area both on Saturday and Sunday.

PRESS ACCREDITATIONS

Any press representative that wishes to obtain press accreditation for this event will have to contact the Organizing Committee no later than October 3rd, 2022. Send an email to kp.ourama@kpfitness.fi and give the following information: name of the media you represent, phone number, email address, the person who applies for accreditation and information if he/she is a photographer or a writer. You will get a note if you are accepted as a media representative.

SECRETARIAT

The Organizing Committee will maintain the secretariat at the Lahti Fair Centre congress rooms from 14:00 to 21:00 on an official arrival day, October 7th. You may obtain information and assistance from the Secretariat. During the weekend the Secretariat will be placed at the Lahti Fair Centre at Nordic Fitness Expo, near the Main Entrance at INFO booth.

IMPORTANT NOTICE TO COMPETITORS

Please be aware that is FULL RESPONSABILITY 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 the national or international level. Be also aware that if any athlete from your National Federation register and compete being suspended due to an Anti-Doping Rule Violation, both athlete and the National Federation will be subject to sanctions according to the World-Anti-Doping-Code, the IFBB Anti-Doping Rules and the IFBB Constitution and Rules.

It is also the FULL OBLIGATION AND RESPONSIBILITY of your National Federation to MONITOR ALL YOUR ATHLETES from your country affiliated to your National Federation who are actually fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes WILL NOT REGISTER, COMPETE OR PARTICIPATE IN ANY CAPACITY in any event either at National or International level, Official or Invitational.

Each athlete participating in the championships will be provided with a badge at the registration. This badge allows a two-day admission to the Nordic Fitness Expo (expo area).

IMPORTANT INFORMATION

All the costs for traveling, hotel accommodations, transportation to and from the airport, as well as meals, are on responsibilities of the National Federations or individual athletes. Check with your National Federation for more information.



IFBB NORDIC CHAMPIONSHIPS CATEGORIES:

Important note: If there are less than 5 athletes in a class, the classes will be combined, wherever possible.

WOMEN'S BIKINI

Up to 160 cm
Up to 163 cm
Up to 166 cm
Up to 169 cm
Up to 172 cm
Over 172 cm

WOMEN'S BODY FITNESS

Up to 158 cm
Up to 163 cm
Up to 168 cm
Over 168 cm

WOMEN'S WELLNESS

Up to 158 cm,
Up to 163 cm
Up to 168 cm
Over 168 cm

WOMEN'S ACROBATIC FITNESS - one open category

WOMEN'S PHYSIQUE - one open category

MEN'S PHYSIQUE

Up to 173 cm
Up to 180 cm
Over 180 cm

MEN'S CLASSIC PHYSIQUE

Up to 180 cm
Over 180 cm

MEN'S CLASSIC BODYBUILDING

Up to 180 cm
Over 180 cm

Maximum bodyweight limits [in kg] for classic physique:

Up to 168 cm: (Athlete's height [in cm] minus 100) + 4
Up to 171 cm: (Athlete's height [in cm] minus 100) + 6
Up to 175 cm: (Athlete's height [in cm] minus 100) + 8
Up to 180 cm: (Athlete's height [in cm] minus 100) + 11
Up to 188 cm: (Athlete's height [in cm] minus 100) + 13
Up to 196 cm: (Athlete's height [in cm] minus 100) + 15
Over 196 cm: (Athlete's height [in cm] minus 100) + 17

SCHEDULE

TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change.

FRIDAY, OCTOBER 7th

16:00 to 20:00 – Official Athlete Registration at the venue of the Nordic Fitness Expo

20:00 – Team Managers & Judges Meeting at the venue of the Nordic Fitness Expo (congress rooms)

SATURDAY, OCTOBER 8th

MAIN STAGE

10:00 Nordic Championships: Women's Bikini

EXPO STAGE

13:00 Women's Wellness, Men's Physique

SUNDAY, OCTOBER 9th

MAIN STAGE

10:00 Nordic Championships: Women's Bodyfitness

EXPO STAGE

13:00 Women's Physique, Acrobatic Fitness, Artistic Fitness, Men's Classic Physique, Classic Bodybuilding

MONDAY, OCTOBER 10th

Official departure day for all participants.

JAN TANA THE WINNING TAN – NORDIC CHAMPIONSHIPS OFFICIAL TANNING PARTNER

You can trust Jan Tana as their product is the winning tan of the champions! Onsite Tan crew knows how to do a perfect tan – with Jan Tana products.

Jan Tana and Onsite Tan are official partners of 2022 IFBB Nordic Championships Pro and Nordic Fitness Expo. Book your tan here: <https://www.onsitetan.com/book-here/>



OFFICIAL HOTEL

Scandic LAHTI CITY is the official hotel partner of Nordic Fitness Expo. It's located in the city center about 1,5 km away from Lahti Fair Centre.

SCANDIC LAHTI CITY

Kauppakatu 10, 15140 Lahti

Phone +358 3 410 81624

Fax +358 20 601 9118

lahticity@scandichotels.com

Website: scandichotels.fi/hotellit/suomi/lahti/scandic-lahti-city

Make your reservation here: www.scandichotels.fi/?bookingcode=BNOR071022

ROOM PRICES:

One bed room 139 €

Two bed room 159 €



TRANSPORTATION

LAHTI BY TRAIN

There are many trains on daytime from Helsinki or Helsinki Airport to Lahti. Normal ticket is about EUR €15 one direction.

LAHTI BY BUS

There are many bus lines from Helsinki to Lahti on hourly basis. Normal ticket is about EUR € 10 to15 one direction.

AIRPORTS

Helsinki-Vantaa International Airport is the official airport. There are multiple bus lines daily between Helsinki Airport

– Lahti – Helsinki Airport. The bus drive takes about 60 to 90 minutes. There is also a train connection between Helsinki Airport and Lahti which is good option.

Helsinki Airport: www.finavia.fi/en/airports/helsinki-airport
Check out the bus schedule at www.matkahuolto.fi/
The train schedules are available at: www.vr.fi/cs/vr/en/frontpage