

7th Annual Arnold Amateur
IFBB International Bodybuilding,
Fitness, Bodyfitness/Figure, Bikini and Physique
Championships

February 28 - March 1, 2013
Columbus, Ohio USA

Inspection Report

WELCOME

The honorable Gov. Arnold Schwarzenegger, James L. Lorimer and Bob Lorimer are proud to host the 7th Annual Arnold Amateur IFBB International Bodybuilding, Classic Bodybuilding, Fitness, Bodyfitness (Figure), Bikini and Physique Championships and in Columbus, Ohio. The Arnold Amateur will feature more than 700 competitors from more than 80 nations and is one of the most prestigious amateur bodybuilding contests in the world.

LOCATION

The Arnold Amateur is held in Columbus, Ohio USA in conjunction with the Arnold Sports Festival, the largest multi-sport event in the USA with more than 18,000 athletes competing in 45 sports and events. The Arnold Classic, Ms. International, Fitness International, Figure International and Bikini International are among the Pro League contests held in conjunction with the Arnold Sports Festival.

Venues for the Arnold Amateur include:

Veterans Memorial
300 W. Broad St.
Columbus, Ohio 43215

Greater Columbus Convention Center
400 N. High St.
Columbus, Ohio 43215

COMPETITOR ELIGIBILITY

Participation in the Arnold Amateur Classic will only be considered if approved by their National Federation. The Entry form should be forwarded by the National Federation directly to IFBB Headquarters in Madrid with a copy to William Tierney, IFBB General Secretary. The final decision to allow an athlete to compete in this event rests with the IFBB.

COMPETITORS FROM USA/CANADA

Any Bodybuilding, Fitness or Bodyfitness/Figure athlete residing in the United States who is registered as a member of the National Physique Committee and has placed in the top five in an NPC National qualifying event, will be able to participate. There is no qualification needed for Men's Classic, Men's Physique and Bikini divisions for athletes from the USA. The Arnold Amateur reserves the right to decline entry to any athlete who does not meet these requirements.

NUMBER OF ATHLETES/ COMPETITORS THAT WILL BE ACCEPTED

Due to the scope of the Arnold Sports Festival and time restrictions in the facilities we are utilizing, the number of athletes accepted will be limited. Registration is now open. We strongly encourage you to register early.

Registration Deadline is January 31, 2013.

No registrations will be accepted after this date. No Refunds On Accepted Applications. There Will Only Be Refunds On Denied Applications

ENTRY FORMS/REGISTRATION

All Entry Forms should be forwarded by email (or fax) to the IFBB Head Quarters with copy to IFBB General Secretary William Tierney

IFBB Head Office

Email: internacional@santonja.com

Fax: +34 91 636 1270

Copy IFBB General Secretary

w.tierney@ifbb-uk.com

U.S. ATHLETES ONLY should register through the Arnold Amateur office in Ohio. All others register through the IFBB. Forms available at www.arnoldamateur.com.

Please mail the completed U.S. and Canadian Registration Forms to:

ARNOLD AMATEUR

c/o Bob Lorimer

1215 Worthington Woods Blvd.

Worthington, OH 43085

HOST HOTEL

The DoubleTree Suites Downtown

50 South Front Street

Columbus, OH 43215

Reservations by phone (ask for Sales Coordinator): 1-614-228-4600

Password: CP 2013

Email reservations to: CMHSB.DS@hilton.com

**Indicate Arnold Amateur Athlete 2013 in email subject line / must have password.

\$159+tax. Suites with microwaves and refrigerators. Access to the attached gym.

Other hotels

A list of hotels can be found on the Arnold Classic website under "VISITORS INFO".

IMPORTANT ARRIVAL AND CHECK-IN NOTICES

All Arnold Amateur Competitors should arrive in Columbus, Ohio by **Thursday, February 28, 2013**.

Mandatory athlete check-in for MEN'S BODYBUILDING, WOMEN'S BODYBUILDING, FITNESS, FIGURE, FIGURE MASTERS, MEN'S CLASSIC BODYBUILDING, MASTERS MEN'S BODYBUILDING, MEN'S PHYSIQUE AND WOMEN'S PHYSIQUE is from 10 am till 4 pm on Thursday, February 28th at Veterans Memorial.

MEN'S & WOMEN'S BODYBUILDING and FIGURE MASTERS can also check In from 7-8 a.m. Friday, March 1 at Veterans Memorial.

AIRPORT SHUTTLE SERVICE

IFBB national federation presidents who are traveling through Port Columbus International Airport with their athletes should contact Bob Lorimer at bob@arnoldexpo.com to arrange shuttle service to and from the airport to the DoubleTree Suites Downtown for their respective national teams.

SHUTTLE SERVICE HOURS

Amateur athlete shuttle service will be available from the DoubleTree Suites Downtown to Veterans Memorial and the Greater Columbus Convention Center.

Shuttle Hours are:

Thursday, Feb. 28: 1-11:30 p.m.

Friday, March 1: 7 a.m.-11 p.m.

Saturday, March 2: 7 a.m.-2:30 p.m.

Sunday, March 3: 7 a.m.-5 p.m.

TANNING NEEDS

For those of you with tanning or makeup needs, contact Jan Tana at www.jantana.com to book an appointment. We'll have competitor staff backstage to assist 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.

COMPETITOR NOTIFICATION

Once the entry form for registration has been received and accepted, an official letter will be sent confirming your participation in the 2013 Arnold Amateur IFBB International Championships. 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 out, will also be notified that they will be unable to participate in this competition.

We strongly encourage you to register early and make the appropriate arrangements to compete in Columbus.

IFBB REGISTRATION FEE

Each athlete must pay the IFBB Registration Fee of 150 EUROS or US\$ 200. This fee can be paid before the event online by PAYPAL or during the check-in on Thursday February 28th 2013.

OVERALL WINNERS NOTIFICATION

Men's & Women's Bodybuilding, Men's Classic Bodybuilding, Fitness, Bodyfitness/Figure, Bikini and Physique overall winners will receive two tickets to attend the Saturday evening's Arnold Classic Bodybuilding Finals. A group photograph of overall winners with Gov. Arnold Schwarzenegger will be taken on Saturday evening during the Arnold Classic Finals at the Veterans Memorial.

Overall winners will also have individual photographs photo taken with Gov. Schwarzenegger at noon on Sunday, March 3, at the Sponsor Luncheon.

POSING MUSIC

All posing music -60 seconds for bodybuilding and 90 seconds for fitness- 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

Each competitor will be provided with an **athlete competitor wrist band** at the Mandatory Competitor Check-In. This wrist band allows daily admission to the Arnold Fitness EXPO Friday, March 1 through Sunday, March 3. For a complete schedule of Arnold Sports Festival events visit www.ArnoldSportsFestival.com

Any competitor in the Saturday, March 2, 2013 finals must wear this wrist band for admission into the competition hall at the Greater Columbus Convention Center.

No trainers will be permitted in the backstage area. Noncompliance with this rule will result in disqualification and possible suspension.

VENUES

The 2013 Arnold Amateur will be held at Veterans Memorial, 200 W. Broad St., Columbus, Ohio.

All finals except Men's Classic Bodybuilding, Men's Masters Bodybuilding and Bodyfitness (Figure) Masters will be held at Greater Columbus Convention Center, 400 N. High St., Columbus, Ohio.

Thursday, Feb. 28, 2013

Prejudging Fitness, Figure Bikini and:

Prejudging and Finals Men's Classic Bodybuilding will be held at **6 p.m.** at Veterans Memorial Auditorium, 300 West Broad Street.

A general admission ticket may be purchased for \$25 in advance at ticketmaster.com/Arnold or at the venue site.

Friday, March 1, 2013

Prejudging Men's & Women's Bodybuilding, Men's & Women's Physique and:

Prejudging and Finals Bodyfitness (Figure) Masters and Men's Masters Bodybuilding will be held at Veterans Memorial Auditorium, 300 West Broad Street, at **9 a.m.**

A general admission ticket may be purchased for \$25 in advance at ticketmaster.com/Arnold or at the venue site.

Finals Men's & Women's Physique will be held at **5 p.m.** at the Arnold Fitness EXPO Stage at the Greater Columbus Convention Center.

Admission to the Men's & Women's Physique Finals is included in a Daily EXPO Ticket (\$15 at the door, \$10 in advance at ticketmaster.com/Arnold).

Saturday, March 2, 2013

Finals Men's & Women's Bodybuilding, Fitness, Figure and Bikini will be held on the Arnold Fitness EXPO stage at the Greater Columbus Convention Center, 200 North High Street, from 10 a.m. to 1:30 p.m.

An Arnold Fitness EXPO ticket (\$10 in advance, \$15 at the door) is required and may be purchased in advance at ticketmaster.com/Arnold. Tickets may be purchased the morning of the event at the venue site.

IMPORTANT NOTES:

The Organizer of the event in USA will only accept registrations from U.S. athletes. U.S. competitors must be members of the National Physique Committee (NPC). Athletes can get 2012 NPC cards at the Arnold Amateur.

Entry Forms from athletes from countries other than the United States will only be considered if they are sent by the National Federation of the athlete and directly to IFBB Headquarters in Madrid.

The final decision to allow an athlete to compete in this event rests with the IFBB.

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.

GENERAL ENQUIRIES

USA Athletes

Arnold Amateur
Bob Lorimer, Promoter
614-430-5962 ext. 103
bob@arnoldexpo.com

Canadian Athletes

Mark Smishek
Canadian IFBB
msmishek@regina.ca
1-306-596-7277

International Athletes

IFBB Head Office
internacional@santonja.com

IFBB General Secretary
William Tierney
+44 151 931 4090 (phone)
+44 151 931 4090 (fax)
w.tierney@ifbb-uk.com

7th Annual Arnold Amateur
IFBB International Bodybuilding,
Fitness, Bodyfitness, Bikini and Physique Championships

February 28 till March 2, 2013 * Columbus, Ohio
Schedule of Events (All Times are Approximate)

Thursday, February 28, 2013 – Veterans Memorial

- 10 a.m. Competitors Check-In (All Competitors)
- 5 p.m. Competitors Meeting (Fitness, Figure, Bikini, Men's Classic, Masters BB)
- 6 p.m. Men's Classic Bodybuilding, Prejudging
- 7 p.m. Fitness Routine Round
- 7:40 p.m. Men's Classic Bodybuilding and Masters BB Finals and Awards
- 8 p.m. Bikini Two-Piece Round
- 9 p.m. Fitness Two-Piece Round
- 10 p.m. Figure Two-Piece Round

Friday, March 1, 2013 – Veterans Memorial

- 7 a.m. Competitors Check-In (Men's & Women's Bodybuilding, Men's & Women's Physique, Masters Men Bodybuilding, Bodyfitness/Figure Masters)
- 8 a.m. Competitors Meeting (Men's & Women's Bodybuilding, Men's & Women's Physique, Masters Men Bodybuilding, Bodyfitness/Figure Masters)
- 9 a.m. Men & Women's Physique Prejudging
- 10 a.m. Bodyfitness/Figure Masters Two-Piece Round
- 10:30 a.m. Master Men's Bodybuilding Prejudging
- 11:00 a.m. Women's Bodybuilding Prejudging
- 11:30 a.m. Bodyfitness/Figure Masters Finals and Awards
- 12 Noon Master Men's Bodybuilding Finals and Awards
- 12:30 p.m. Men's Bodybuilding Prejudging

(Finalists must check in at Room 243 at the Greater Columbus Convention Centre)

Friday, March 1, 2013 – Greater Columbus Convention Center

- 4 p.m. Competitors Check-In (Men's & Women's Physique)
- 5 p.m. Men's & Women's Physique Finals and Awards

Saturday, March 2, 2012 – Greater Columbus Convention Center

- 8 a.m. Competitors Check-In (All finalists in Men's & Women's Bodybuilding, Fitness, Bodyfitness (Figure) and Bikini)
- 9 a.m. Competitors Meeting
- 10 a.m. Fitness and Bodyfitness (Figure) Finals and Awards
- 10:45 a.m. Women's Bodybuilding Top 5 Routines
Women's Bodybuilding Awards
Overall Pose Down for Women's Bodybuilding
- 11:30 a.m. Bikini Finals and Awards
- Noon Men's Bodybuilding Top 5 Routines
Men's Bodybuilding Awards
- 1:30 p.m. **Overall** Pose Down for Men's Bodybuilding



FINAL ENTRY FORM

ARNOLD AMATEUR CLASSIC CHAMPIONSHIPS

Columbus, Ohio, USA

DEADLINE FOR ENTRY FORM 31ST JANUARY 2013

COUNTRY	PRESIDENT NAME	FEDERATION NAME
CONTACT No FEDERATION (OFFICE OR CELL PHONE)	EMAIL FEDERATION	

	Responsible Delegate present at this event (if any):	POSITION IN NF	CONTACT NR
1			
2			
	Competitor NAME:	CATEGORY	IFBB INTERNAT. CARD OR PASSPORT
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

	Competitor NAME:	CATEGORY		IFBB INTERNAT. CARD OR PASSPORT
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				

If you have more official athletes, please add them on a separate sheet.

	JUDGE NAME (if any):		
1		1	
2		2	

The Organizer of the event in USA will not accept any direct registration except ones from Canada (through Canadian Bodybuilding & Fitness Federation) and United States of America (through NPC).

Entry Forms from athletes will only be considered if they are sent by the National Federation of the athlete and directly to IFBB Headquarters in Madrid and IFBB General Secretary Mr William Tierney (see email addresses below). The final decision to allow an athlete to compete in this event rests with the IFBB.

Registration fee is 150€ or US \$200 per athlete and will have to be paid online to the IFBB or to the IFBB official when registering.

The categories accepted for the above mentioned championships are:

Men's Bodybuilding:

- Lightweight: Up to and incl. 70 kg (154 lbs)
- Welterweight: Up to and incl. 75 kg (165 lbs)
- Light-Middleweight: Up to and incl. 80 kg (176 lbs)
- Middleweight: Up to and incl. 85 kg (187 lbs)
- Light-Heavyweight: Up to and incl. 90 kg (198 lbs)
- Heavyweight: Up to and incl. 100 kg (220 lbs)
- Super-Heavyweight: Over 100 kg (220 lbs)

Men's Classic Bodybuilding* (see table below):

- A: Up to and including 168 cm (5'6")
- B: Up to and including 171 cm (5'7¼")
- C: Up to and including 175 cm (5'9")
- D: Up to and including 180 cm (5'11")
- E: Over 180 cm (over 5'11")

Men's Masters Bodybuilding:

- Over 40 years up to and including 49 years of age
- Over 50 years of age

Women's Bodybuilding:

- Lightweight: Up to and including 55 kg (121 lbs)
- Heavyweight: Over 55 kg (121 lbs)

Women's Fitness:

- Short: Up to and including 163 cm (5'-4")
- Tall: Over 163 cm (over 5'-4")

Women's Bodyfitness (Figure):

- A: Up to and including 155 cm (5'1")
- B: Up to and including 159 cm (5'2½")
- C: Up to and including 163 cm (5'4")
- D: Up to and including 167 cm (5'5½")
- E: Up to and including 170 cm (5'7")
- F: Over 170 cm (Over 5'7")

Women's Masters Bodyfitness (Figure):

- Short: Up to and including 163 cm (5'4")
- Medium: Up to and including 168 cm (5'6")
- Tall: Over 168 cm (Over 5'6")

Women's Bikini

- A: Up to and including 158 cm (5'2")
- B: Up to and including 163 cm (5'4")
- C: Up to and including 168 cm (5'6")
- D: Over 168 cm (Over 5'6")

***The weight/height limits tolerance of the Men's Classic has the following criteria:**

Height	Bodyweight limit
A. Up to and incl 168 cm	Height -100
B. Over 168 cm Up to and incl 171 cm	(Height -100) + 2 kg
C. Over 171 cm Up to and incl 175 cm	(Height -100) + 4 kg
D. Over 175 cm Up to and incl 180 cm	(Height -100) + 6 kg
E. Over 180cm <i>(with the following height/weight criteria)</i>	
<i>Over 180 cm Up to and incl 190 cm</i>	<i>(Height -100) + 8 kg</i>
<i>Over 190cm Up to and incl 198 cm</i>	<i>(Height -100) + 9 kg</i>
<i>Over 198 cm</i>	<i>(Height -100) + 10 kg</i>

Please send Entry Form no later than January 31st, 2013 to:

International Federation of Bodybuilding and Fitness
Dr. Rafael Santonja
IFBB President
Phone: +34 91 535 2819
Fax: +34 91 636 1270
E-mail: internacional@santonja.com

Please Send a copy to:

IFBB General Secretary
William Tierney
Phone: +44 7778348855
Email: w.tierney@ifbb-uk.com
And
wanda.tierney@ifbb-uk.com