

INSPECTION REPORT

FITNESS AUTHORITY GRAND PRIX

Tarnobrzeg, Poland, November 21, 2009

Tarnobrzeg is a town in south-eastern Poland, on the east bank of the river Vistula, with 49,753 inhabitants, as of June 2009. Distance from Tarnobrzeg to: Belarus border (Terespol) – 254 km; Ukrainian border (Medyka) – 134 km; Slovak border (Barwinek) – 136 km; Czech border (Cieszyn) – 256 km; Cracow – 148 km; Warsaw – 207 km.

ORGANIZER:

- Integracja – Stowarzyszenie Sprawnych Inaczej i Przyjaciol - Tarnobrzeg
(Association of People Fit in a Different Way and Their Friends)

CO-ORGANIZERS:

- Polish Bodybuilding, Fitness & Powerlifting Federation
- OSiR „Wisla” - Tarnobrzeg

MAIN SPONSOR:

- Fitness Authority – Authorized importer and distributor of food supplements for athletes

DATE AND PLACE OF THE SHOW

The Show will take place on November the 21st, 2009, beginning at 16:00, in OSiR's Sport & Entertainment Hall in Tarnobrzeg, 2 Niepodleglosci Str.

More info: <http://osir.tarnobrzeg.pl/php/index.php>

PARTICIPATION

Only athletes nominated by their IFBB affiliated National Federations will be allowed to participate in the Show.

Final Entry Forms should be sent to the Organizer as soon as possible but not later than

November 2nd, 2009, by e-mail: integracja.tb@gmail.com

or by post to the following address:

Stowarzyszenie „Integracja”

ul. Sokola 14

39-400 TARNOBRZEG

POLAND

The entry fee of PLN 25.00 should be paid to the Organizing Committee before the registration.

- **Registration** (weigh-in and measurements) of the competitors will take place on the day of the Show, on November the 21st, between 13:30 and 15:00.
- Each athlete will be asked to present his/her valid Identity Card and Competitor's License issued by his/her National Federation affiliated with the IFBB.
- Fitness model girls don't need to be members of any National Sport Federations.
- Each competitor must provide a CD with music to his/her posing routine. CD must be signed with the competitor's name, music must be recorded on the track one.

Judges and Technical Meetings will take place immediately after the registration.

CATEGORIES OPEN TO THE SHOW:

- Women's bodyfitness – open
- Wheelchair bodybuilding – open
- Men's bodybuilding – open
- Fitness model - open

TRANSPORT AND ACCOMODATION

Competitors are coming on their own expense and should register with the Organization Committee Office at the OSiR” Sport Hall in Tarnobrzeg, 2 Niepodleglosci Str. The Organizing Committee is ready to assist the foreign teams to book the hotel.

SCHEDULE OF THE SHOW – SATURDAY, NOVEMBER 21ST, 2009.

BEGINNING OF THE SHOW - AT 16:00:

- Women's bodyfitness – first round (black bikini)
- Fitness model – first round (black bikini)
- Wheelchair bodybuilding: compulsory poses, comparisons, routine and victory ceremony
- Men's bodybuilding – first round (compulsory poses, comparisons)
- Women's bodyfitness – second round (one-piece swimsuit).
- Fitness model – second round (any bikini with obligatory G-string)
- Men's bodybuilding – second round (compulsory poses for the finalists + posedown)
- Women's bodyfitness - (bikini) + victory ceremony
- Fitness Model – third round (evening dress) + victory ceremony
- Men's bodybuilding - third round (posing routine).+ victory ceremony
- Banquet for the city authorities, sponsors, officials, organizers, judges, competitors (with one accompanying person) and special guests.

JUDGES PANELS

Judges will be nominated by the Polish Federation.

The contest (except the Fitness Model show) will be judged according to the IFBB Rules.

AWARDS

Women's bodyfitness:

- 1st place: PLN 2000 + souvenir (food supplements) + diploma
- 2nd place: PLN 1000 + souvenir (food supplements) + diploma
- 3rd place: PLN 500 + souvenir (food supplements) + diploma
- 4th place: PLN 300 + souvenir (food supplements) + diploma
- 5th place: PLN 200 + souvenir (food supplements) + diploma
- 6th place: PLN 100 + souvenir (food supplements) + diploma
- Places from 7th to the last: souvenirs + diploma

Attention! The current rate is 4.20 PLN/EUR (on Oct. 08, 2009)

Men's wheelchair bodybuilding:

- 1st place: PLN 1000 + souvenir (food supplements) + diploma
- 2nd place: PLN 750 + souvenir (food supplements) + diploma
- 3rd place: PLN 500 + souvenir (food supplements) + diploma

Attention! The current rate is 4.20 PLN/EUR (on Oct. 08, 2009)

Men's bodybuilding:

- 1st place: PLN 4000 + souvenir (food supplements) + diploma
 - 2nd place: PLN 3000 + souvenir (food supplements) + diploma
 - 3rd place: PLN 2000 + souvenir (food supplements) + diploma
 - 4th place: PLN 1000 + souvenir (food supplements) + diploma
 - 5th place: PLN 500 + souvenir (food supplements) + diploma
 - 6th place: PLN 200 + souvenir (food supplements) + diploma
- Places from 7th to the last: souvenirs + diploma

Attention! The current rate is 4.20 PLN/EUR (on Oct. 08, 2009)

QUESTIONS AND CORRESPONDENCE

All questions, which may arise in reference to the Show and all correspondence should be sent to: integracja.tbg@gmail.com

FINAL PROVISIONS

Entering the Show implies acceptance of these Regulations.

Any matters of argument, not regulated by these Regulations will be settled by the Ad Hoc Committee, composed of: the Polish Federation President, Chief Judge and representative of the Organizing Committee, after paying a deposit of PLN 200 by the Team Manager.

Approved by:

Andrzej Michalak, M.Sc.
Vice-President for Bodybuilding,
Polish Federation

Warsaw, 20.05.2009.