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**LATVIAN BODYBUILDING, FITNESS AND BODYFITNESS
FEDERATION**

IFBB OPEN LATVIAN CHILDREN FITNESS CHAMPIONSHIPS 2012

**RIGA, LATVIA
14 APRIL, 2012**



WELCOME

The Latvian Bodybuilding, Fitness and Bodyfitness Federation extend a warm welcome to National Federations to participate in the IFBB OPEN LATVIAN CHILDREN FITNESS CHAMPIONSHIPS 2012 in Riga, Latvia on April 14th, 2012.

ABOUT RIGA

Riga, the capital of Latvia, was officially founded in 1201. Riga is located along the Baltic Sea. The historical core of Riga is situated on the right bank of the Daugava River. The average temperature in April is +15 C.



DATE AND TIME

14th of April 2012 (Saturday).

Weigh in: 10:30 – 11:30.

Competition: 13:00.

ACCOMODATION

All athletes, coaches, extra delegates, supporters will be responsible for his or her own expenses. The Latvian Bodybuilding, fitness and bodyfitness federation will not cover the accommodation and meals for participants. Federation can organize and order the hotel on request (double room 30 EUR).

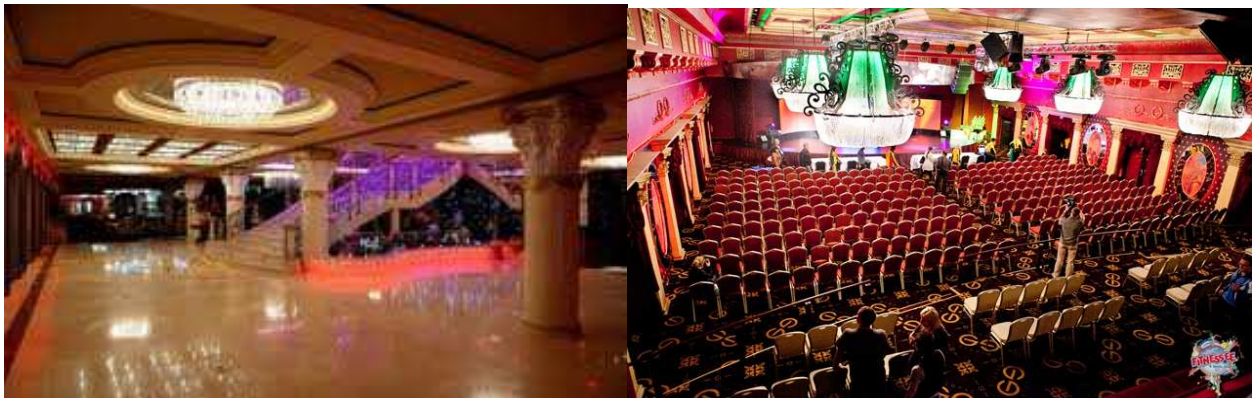
All National Team Official Participants (athletes and delegates) must check-in BEFORE the start of the Registration; by Saturday, April 14, 2012.

VENUE SITE

Royal Casino SPA & Hotel Resort

Terbatas street 73, Riga

www.royalhotel.lv



Concert Hall Studio 69 is located in the city centre of Riga. Entertainment centre is only 15 minutes walk from the Old Riga, 20 minutes from the central train station.

Royal Casino SPA & Hotel Resort is a unique luxury five star hotel and entertainment centre that offer the highest class services to satisfy all your needs and wishes. Royal Casino SPA & Hotel Resort offers to stay in the highest class suites and experience the unforgettable feeling of different world cities and styles just in one place. Centre proposes to relax in the Season SPA beauty salon and feel fit in the Global fitness centre. You can fulfil all your culinary wishes by visiting our prestige restaurant Le Bouquet, cosy and light café Bellagio, and Lobby bar.

CATEGORIES OPEN FOR COMPETITION

The competition is held according to the rules of the IFBB.

Exclusively according to regulations of children fitness!

Maximum duration of routine for all categories is 90 seconds.

Skin correction using oil or colour is prohibited at the competition of children!

Use of bronzing cream is permitted.

Compulsory clothing for quarter turns: black top and black shorts without shoes!



1) From 8 up to 9 years of age (born 2003-2004)

2) From 10 up to 11 years of age (born 2001-2002)

3) From 12 up to 13 years of age (born 1999 -2000)

4) From 14 up to 16 years of age (born 1996-1998)

Children compete in their own category during the whole year (until the 31st of December) in which they reach upper age limit of their category.

REGISTRATION FEE

All the foreign athletes nominated by their IFBB National Federations don't pay the Registration Fee. Three delegates (including judges) per country are invited to the venue site without entrance tickets.

ENTRANCE TICKETS

Entrance tickets to the competition: LVL 5. - (approx. EUR 7.-)

AWARDS

Trophies and diplomas will be presented for all competitors. Medals for the first three places.



PASSPORT / MUSIC

All competitors must provide their PASSPORT and MUSIC at weigh-in/height measurement, failing which the competitor will not be registered. The music must be on CD, at the start of the CD. The athlete's name must be affixed on the CD for identification purposes.

JUDGES

Team of judges will consist of seven (nine) judges. All IFBB International Amateur Judges must be in possession of a valid Judging Card. Each National Federation must ensure that its nominated judges attend the Judges Meeting.

COMPETITOR INFORMATION FORM

This form must be completed by each competitor BEFORE the weigh-in and must be given to the LBFBB Registrar. This information is used to promote the competitor during the competition on the stage, in the press, on TV, the website and other media.

CURRENCY

The official currency is Latvian Lat. 1 Euro is 0.70 Latvian Lat. 1 US dollar is 0.50 Latvian Lat.

FINAL ENTRY FORMS

Please confirm your team participation till **March 23rd, 2012** to christinaifbb@inbox.lv

National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including judges) in the Final Entry Form. You must also include arrival information.

CONTACT INFORMATION

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