



GARDERMOEN OPEN FITNESS - BODYBUILDING CONTEST 2018
SATURDAY 15TH SEPT

**TEAM TOPPPFORM
PROUDLY PRESENT
GARDERMOEN
OPEN2018**

The competition is only open to Norwegian and Nordic athletes that are members in a National Federation affiliated to the IFBB.



GARDERMOEN OPEN

FITNESS - BODYBUILDING CONTEST 2018
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It is only Open for Nordic Countries!

Competitors must be current members of their IFBB-affiliated National Federation at the time of the competition to be eligible to compete
To participate in this event all the athletes must be registered through their corresponding nationale federation.

Pleas make sure that you have been registered by your national federation, otherwise You will not be allowed to parcitipate and your payment will be reimbursed.

Date:

Saturday 15 sept. Starting 09.00 with running order in blocks.

Venue:

The venue is Thon Congress Gardermoen. Thon Congress Gardermoen is a modern congress center with a central location by Oslo Airport Gardermoen. Our exceptionally flexible venue allows us to cater for conferences on any scale, and with two hotels next door to the venue, we have overnight accommodations for around 1400 guests.

Sign up:

Last day of entry is 1st September.

All Norwegian competitors will use the online registration at www.gardermoenopen.no

All foreign competitors must sign up through their national federation first, before completing the online registration at www.gardermoenopen.no

The National Federation will send their entry final form to jane@nkf-ifbb.no with the Norwegian Bodybuilding & Fitness Federation.

Entry fee:

Registration fee for athletes to enter this competition is 800,- NOK

The fee for the second category (like master, junior and senior) is 450,- NOK

The fee has to be paid in advance only by credit/debit card on this site.

<http://gardermoenopen.no/registration/>

The deadline is September 1st.

Current rates at: <https://www.xe.com/currency/nok-norwegian-krone>

You must do the weigh in with your posing suit on.

At the registration you will receive badges for competitors and coaches.

Rules: Gardermoen Open is arranged according to the rules set by the IFBB, EBFF and NKF

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Registration:

Will be Friday 14th September, Time 18.00 at the competition venue.

To enter this event all Norwegian athletes must be a licensed athletes Norwegian Bodybuilding & Fitness Federation (NKF). Foreign athletes must be licensed athletes of their national federation affiliated to the IFBB.

International athletes must be entered through their National Federations by sending the Final Entry Form with their names to the Norwegian Federation Office at: jane@nkf-ifbb.no

Norwegian athletes must be a licensed athletes of Norwegian Bodybuilding & Fitness Federation (NKF) and they register through the Organizer's website: www.gardermoenopen.no

Please be aware that it is FULL RESPONSIBILITY 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 national or international level.

Hotel/Accommodation:

Thon Hotels Gardermoen/Thon Congress Gardermoen

Thon Hotel Oslo Airport /

Thon Congress Gardermoen

Balder Allé 2, N-2060 Gardermoen

Tlf +47 63 92 94 00

Fax +47 63 92 94 01

E-mail osloairport@thonhotels.no

www.thonhotels.no/osloairport

For accommodation/rooms at the hotels, please email: osloairport.booking@thonhotels.no with reference number 24805326

Please use the following subject: "booking of room for Gardermoen Open2018"

NOK 895,- for single room

NOK 1095,- for double room

NB! The price is available to 10th of august.

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Transportation:

Directions by car:

Take the E6 out of Oslo going north. Take the first exit after Oslo Airport (Oslo Lufthavn) The signs are marked "Gardermoen Næringspark / Jessheim Nord". Go right in the first roundabout, straight ahead in the next roundabout and then to the left in the third roundabout. From Hamar exit towards Gardermoen Næringspark / Jessheim Nord. Take a right in the first roundabout and left in the second roundabout.

Parking

We have free parking at both hotels.

Public transportation

Shuttle bus from Oslo Airport

The shuttle bus leaves from the arrival terminal and is marked "S22"

You will find the correct platform by checking the screens by the exit of the arrival terminal.

Trains

The nearest station for arriving by train is Oslo Airport. From the airport, you may use the shuttle bus.

Bus

The nearest bus stop is "Gardermoen Park"

There are several buses going to and from this stop. For more information we recommend that you use the following web site: Trafikanten

Taxi from the airport

Viken Romerike Taxi has fixed prices from Oslo Airport to the Thon Hotels at Gardermoen, but this has to be booked in advance. Fixed price from May 2017 is NOK 285,-

For other taxi companies and their prices, please see information at Oslo Airport.

Thon Hotel Oslo Airport | Hotel in Gardermoen | Thon Hotels

Posing music:

All posing music must be send to music@gardermoenopen.no Use MP3 versions.

Each competitor must affix his/her name on the mp3 file for easy identification.

And if he/her are starting on the mark or before. M/B

Eks. **Name_M.mp3**

The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

Make a note if you want your music to start when you are on stage or if you will walk into the stage with the music already started

Tanning needs:

There will be Spray Tanning Team by ONSITE TAN / JAN TANA at the venue.

The service includes everything needed to get the best possible color and oil. Pay by cash or Credit Card on the Onsite site. More information at: <https://www.bokamera.se/OnSiteSprayTanning/Home>

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Categories:

The organizer will add or remove categories depending if the amount of competitors gets too high or too low in each category.

Men's Fitness & Women's Fitness:

Open class

Bodybuilding:

Master open, -85 kg, -95 kg, +95 kg

Classic Bodybuilding:

Master open, Senior -180 cm, +180 cm

Womens Physique:

Open class

Wellness:

Open class

Bodyfitness:

Junior open, Master open, Senior -168 cm, +168 cm

Bikinifitness:

Junior -166 cm, +166 cm, Master open, Senior -162 cm, -166 cm, -169 cm, +169 cm

Men's Physique:

Junior -178 cm, +178 cm, Master open, Senior -173 cm, -179 cm, -182 cm +182 cm

SEE YOU IN NORWAY!

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