



# **LITHUANIAN BODYBUILDING AND FITNESS FEDERATION**



## **GALINTA CUP**

**2018 11 04**

**KAUNAS**



**FITNESS LT**

**T E A M**

## WELCOME

The Lithuanian bodybuilding and fitness federation extend a warm welcome to all National Federations to participate in **IFBB GALINTA CUP**.

## DATE AND TIME

4<sup>th</sup> of November, 2018 (Sunday)

Registration of participants 10.00-11.30

Team Managers and Judges Meeting 13.00

Beginning of the contest 14.30

## ABOUT KAUNAS



Kaunas is the second-largest city in Lithuania with about 350 thousand people and has historically been a leading centre of Lithuanian economic, academic, and cultural life. Kaunas, the most student-centered city in Lithuania, located in the central part of the country it is surrounded by the two largest rivers of Lithuania, the Nemunas and the Neris. Kaunas is located 100 kilometers from the capital Vilnius and 212 kilometers from the Country's major seaport Klaipeda.

Kaunas is the provisional capital of Lithuania, famous for its colorful history, cosy parks, remarkable and wonderful Old Town and interwar spirit.

Kaunas Old Town - the oldest part of Kaunas town, located to the east of the confluence of the Nemunas and Neris rivers, occupies 144 hectares. There are a lot of surviving Gothic, Renaissance and Baroque buildings, especially in the western part of the Old Town. Many notable buildings and facilities are located in the Old Town, such as the Kaunas Town Hall, the Kaunas Castle and the Historical Presidential Palace, House of Perkūnas, also the Kaunas Cathedral, the Church of St. Gertrude, Vytauta's church and many other churches.

Kaunas is not only the most student-friendly city, the hometown of the Lithuanian theatre, the city of original museums and a member of the Hanseatic League but also the "Mecca" of athletes. No wonder that numerous significant sports events are held in Kaunas and BC Žalgiris is much more than a basketball team, while basketball as such rises above the concept of sport.



ACCOMMODATION

November 3-5th, 2018



Standard Single Room	46 Eur
Standard Double Room	50 Eur
Standard Triple Room	60 Eur
Apartments With Kitchenette, 1 pax.	90 Eur
Apartments With Kitchenette, 2 pax.	100 Eur
Apartments With Kitchenette, 3 pax.	110 Eur

ⓘ When making a reservation, please specify booking code "BODY BUILDING 2018"



CONFERENCE HALL



30 HOF II

15 EUR/hour  
35 Eur/4 hours  
50 Eur/Day



RESTAURANT

COFFEE BREAK

EUR/PERSON

Coffee / Tea, milk	1,40
Coffee / tea, milk, cookies or a sweet bun	1,95
Coffee / tea, milk, cookies and one or two buns	2,45
Coffee / tea, milk, mini homemade pie (sweet / unsweet)	2,20
Coffee / tea, milk, fresh fruits assorti	2,75
Coffee / tea, milk, cake	2,65
Coffee / tea, milk, canapes (3 units per person.)	3,20

LUNCH / DINNER

Soup, hot dish, water with lemon	6,50
Salad, hot dish, water with lemon	7,50
Salad, soup, hot dish, water with lemon	8,50
Soup, hot dish, dessert, water with lemon	9,00
Salad, hot dish, dessert, water with lemon	10,00

We hope a pleasant and successful cooperation!

IMPORTANT INFORMATION

All the costs for travelling, accommodation and meals are the responsibilities of the athletes and delegates themselves.

RECOMMENDED OFFICIAL HOTEL

Hof Hotel <http://www.hofhotel.eu/>

When making a reservation, please specify booking code: „**BODY BUILDING 2018**“

VISAS

A valid passport is required to entry into Lithuanian Republic. Please consult the Lithuanian Embassy in your country to determine if you need a visa. The Organizing Committee of the

Lithuanian Bodybuilding and fitness federation will help to arrange the visas for all the athletes and officials.

CURRENCY

The national currency in Lithuania Republic is Euro. All major credit cards are accepted in hotels, restaurants and most of the shops.

## VENUE SITE



### **Žalgirio arena, Bosca amphitheatre (Karalius Mindaugas pr. 50, Kaunas)**

Žalgirio Arena is the biggest multifunctional arena in the Baltic region. Many different events can take place here, starting from basketball, handball, volleyball, fitness competitions, ice skating to theatrical events, expos or private functions. Furthermore, it is home for Žalgiris Kaunas, the legendary basketball team. The pride of the city is playing its home games here in the most popular European League – the Euroleague.

The arena has exceptional acoustics, modern technologies and its versatility and geographical location places the Arena on the very top in the Baltic countries.

## REGISTRATION

Official Athlete Registration will take place on Sunday, November 4<sup>th</sup> from 10.00 till 11.30 at Žalgirio arena, Bosca amphitheatre (Venue site).

Registration of athletes will only be considered if they are entered by the National Federation of the athlete by sending the Final Entry Form with their names directly to the Organizing Committee.

Each athlete participating in the event will be provided with a wristband at the Registration.

This identification will allow daily admission and should not be removed.

## REGISTRATION FEE

All the athletes nominated by their IFBB National Federations have to pay the Registration Fee 40 EUR. Participants pay directly at the Registration.

3 or less competitors in team – 1 entrance ticket.

4-6 competitors – 2 entrance tickets.

More than 7 competitors – 3 entrance tickets.

Judges from all National Federations are invited to the venue site without entrance tickets. The cost of entrance ticket for supporters and other members of the team is 8 EUR.

## TEAM & JUDGES MEETING

Team Managers and Judges Meeting will start on November 4<sup>th</sup> at 13.00 at the Venue site.

## CATEGORIES OPEN FOR COMPETITIONS

The competition is held according to the rules of the IFBB and will include the categories:

-  Women's Body fitness: open
-  Women's Bikini Fitness: up to 166cm
-  Women's Bikini Fitness: over 166cm
-  Women's Fit Model: open
-  Women's Wellness Fitness: open
-  Men's Classic Bodybuilding: open
-  Men's Bodybuilding: open
-  Men's Physique: open
-  Men's Classic Physique: open.

## **TANNING NEEDS**

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athlete's backstage and if the tan comes off by simple wiping, the athlete will be told to remove the tan before going on stage.

## **AWARDS**

Trophies and prizes will be presented for the six finalists.

## **PASSPORT / MUSIC**

Competitors must provide their PASSPORT and MUSIC during the registration. The music must be on CD. The athlete's name must be affixed on the CD for identification purposes.

## **JUDGES**

All IFBB International Amateur Judges must be in possession of a valid Judging Card.

## **FINAL ENTRY FORMS**

Please confirm your participation not later than October 29<sup>th</sup>, 2018 to e-mail [kristina.stoliaroviene@gmail.com](mailto:kristina.stoliaroviene@gmail.com)

## **CONTACT INFORMATION**

### **Kristina Karaliūtė Stoliaroviėnė**

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### **Anastasija Sidorevič**

Head of contest

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