

OCTOBER 21



STOCKHOLM



NORDIC CHAMPIONSHIPS 2018
BODYBUILDING & FITNESS
DENMARK - ESTONIA - FINLAND - ICELAND - NORWAY - SWEDEN

INVITATION

tyngre 

INVITATION

Welcome to the 2018 Nordic Championships in Bodybuilding & Fitness, held in Stockholm, Sweden on October 21st at Kistamässan!

INVITED COUNTRIES

- Denmark
- Estonia
- Finland
- Iceland
- Norway
- Sweden

OFFICIAL HOTEL

Hotel Scandic Victoria Tower

+46 8 517 533 00

The code "802TYNGRE" will give you a 15% discount when booking your rooms.

ABOUT THE VENUE / THE HOTEL

Kistamässan is situated 33 km from Arlanda Airport, 15 km from the Stockholm city center. The official hotel, Scandic Victoria Tower, is immediately adjacent to the venue, which makes transportation a non-issue.

When arriving, the commuter train will take you just 20 minutes to get there from Arlanda Airport. If you choose to use a taxi from the airport, you will likely to arrive within 30 minutes.

For more information, see the website of the hotel [here](#).

REGISTRATION

Official registration*

Date: Saturday October 20th

Time: 19.00

Place: Hotel Scandic Victoria Tower

*Note: For athletes also competing at Tyngre Classic, the night before the Nordic Championships (October 20th), it will be possible to register both for the Nordic Championships & Tyngre Classic at the registration for the Tyngre Classic on Friday October 19th, at 19.00. More info on Tyngre Classic can be found [here](#).

FEE

500 Skr, or 50 Euro per athlete.

POSING MUSIC

Send your posing music, together with information on *full name, country, category*, and a comment on *when you wish the music to start (on stage/off stage)* to info@tyngre.se.

SPRAYTAN SERVICE

Will be served on site. For reservations, please contact:

info@onsitespraytan.se

+46 21 130 550

For more information: www.onsitespraytan.se

SCHEDULE

Friday October, 19th, at 19.00: Registration for Tyngre Classic

Saturday, October 20th, at 09.00: Tyngre Classic starts

Saturday, October 20th, at 19.00: Registration for Nordic Championships*

Sunday: October 21st, at 09.00: Nordic Championships starts

MAKE-UP & HAIR

Will be catered backstage on site, free of charge. No reservations needed.

CATEGORIES

Women's Physique

Open Class

Classic Bodybuilding

Up to 180 cm

Over 180 cm

Bodybuilding

Up to 80 kg

Up to 90 kg

Over 90 kg

Body Fitness

Up to 163 cm

Over 163 cm

Masters, Open Class

Men's Physique

Up to 174 cm

Up to 178 cm

Over 178 cm

Juniors, Open Class

Bikini Fitness

Up to 163 cm

Up to 169 cm

Over 169 cm

Juniors, Open Class

Wellness Fitness

Up to 163 cm

Over 163 cm

Fitness Female

Open Class

FOR MORE INFORMATION

Contact:

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+46 706 969748

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+46 702 430209

ATHLETE NOMINATION

COUNTRY:

PRESIDENT'S NAME:

FEDERATION NAME:

	COMPETITOR NAME:	CATEGORY:	IFBB BLUE BOOK NO:
1			
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DEADLINE FOR RETURNING COMPLETED ENTRY FORM IS: OCTOBER 12TH, 2018

ATHLETE NOMINATION

COUNTRY:

PRESIDENT'S NAME:

FEDERATION NAME:

	COMPETITOR NAME:	CATEGORY:	IFBB BLUE BOOK NO:
31			
32			
33			
34			
35			
36			
37			
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39			
40			

JUDGES NOMINATION

	NAME OF JUDGES (AS STATED IN PASSPORT)
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DEADLINE FOR RETURNING COMPLETED ENTRY FORM IS: OCTOBER 12TH, 2018