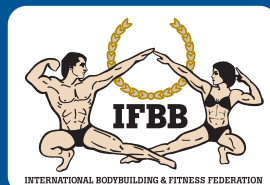


TURKU  SPORT



# Welcome to the 2021 IFBB Nordic Championships

IFBB ELITE PRO QUALIFIER  
September 4-5, Nordic Fitness Expo,  
Turku, Finland



[www.ifbbnordic.com](http://www.ifbbnordic.com)



# History of the Nordic Championships

**IFBB Nordic Championships has over 50 years of history in bodybuilding and fitness sports.**

In the early 1970's Nordic countries like Sweden, Norway, Iceland, Denmark and Finland decided to compete together as there were no other Championships besides European Championships and World Championships.

Nordic Champion was a great title and all the physique athletes wanted to win it. First, it was just for men's bodybuilding, but in the eighties women's bodybuilding was taken into the schedule. When fitness sports, mainly choreographed fitness with a free routine started in the middle of nineties, the Nordic Championships got more and more athletes.

In the 2000's Estonian Bodybuilding and Fitness Federation President Arnold Tokko asked if Estonia can join the Nordic Family and since any Nordic countries didn't have anything against it, Estonia was accepted to be part of the Nordic Championships.

For more than 30 years Nordic Championships have remained as one of the main title to train for in bodybuilding and fitness sports. When IFBB started to organize international events like Diamond Cups and other events like that, there were more possibilities for athletes to compete outside of their home country. New Diamond Cups were also appealing to the competitors as the overall winners were awarded with the Professional Status.





## IFBB ELITE PRO CARDS FOR OVERALL WINNERS!

In 2021 IFBB President Dr. Rafael Santonja encouraged the Nordic Fitness Expo promoter Mr. KP Ourama to raise up the Nordic Championships level back to their glory days and award the overall winners of Bikini Fitness, Body Fitness, Wellness Fitness, Men's Physique, Classic Physique and Classic Bodybuilding with the IFBB Elite Pro Cards.

This will be a great opportunity for Sweden, Norway, Iceland, Denmark, Estonia and Finland to have a competition where only Nordic countries athletes can turn to professional athlete. Who would have even dreamed about this few years ago?



## REGISTRATION AND PARTICIPATION

2021 IFBB Nordic Championships are open only for the National Federations of the Nordic countries: Sweden, Norway, Denmark, Iceland, Estonia and Finland. The number of competitors participating in these competitions is unlimited. Totally, six (6) IFBB Elite Pro Cards will be given to the overall winners in Bikini Fitness, Body Fitness, Wellness Fitness, Men's Physique, Classic Bodybuilding and Classic Physique.

## SCHEDULE

### TENTATIVE SCHEDULE OF ACTIVITIES

The following schedule of activities is tentative and is therefore subject to change.

#### FRIDAY, SEPTEMBER 3

16:00 to 20:00 – Official Athlete Registration at the venue of the Nordic Fitness Expo  
 20:00 – Team Managers & Judges Meeting at the venue of the Nordic Fitness Expo (congress rooms)

#### SATURDAY, SEPTEMBER 4

##### MAIN STAGE

09:00 Nordic Championships: Bikini Fitness open

##### EXPO STAGE

14:00 Nordic Championships:  
 Men's Physique juniors  
 Wellness Fitness juniors  
 Bikini Fitness juniors  
 Men's Physique open  
 Wellness Fitness open

#### SUNDAY, SEPTEMBER 5

##### MAIN STAGE

09:00 Nordic Championships: Body Fitness open

##### EXPO STAGE

14:00 Nordic Championships:  
 Classic Physique juniors  
 Classic Bodybuilding juniors  
 Body Fitness juniors  
 Women's physique open  
 Fitness open  
 Classic Physique open  
 Classic Bodybuilding open

#### MONDAY, SEPTEMBER 6

Official departure day for all participants.



## REGISTRATION

The official arrival day is Friday, September 3rd, 2021. The registration will be held at the Turku Fair Centre congress rooms (location of the Nordic Fitness Expo) from 16:00 to 20:00. Registration of athletes will only be considered if they are recommended or entered by the National Federation of the athlete by sending the Final Entry Form including their names directly to:

**IFBB Technical Committee:** [amichalak5@gmail.com](mailto:amichalak5@gmail.com)

**IFBB Head Office:** [info@ifbb.com](mailto:info@ifbb.com)

**Nordic Fitness Expo Organizing Committee:**  
[info@nordicfitnessexpo.com](mailto:info@nordicfitnessexpo.com)

The deadline for sending the Final Entry Form is Monday, August 23rd, 2020. The final decision to allow an athlete to compete in this event rests with the IFBB.

All athletes will have to produce their Passports and IFBB International Cards at the registration. Any athlete who has not yet purchased or renewed his/her IFBB International Card will have to buy one at the registration. IFBB Cards cost EUR €35 per year and are mandatory.

## REGISTRATION FEE

The IFBB registration fee of EUR €200 per athlete has to be paid online by PayPal or credit / debit card ([www.ifbb.com/competition-registration/](http://www.ifbb.com/competition-registration/)) no later than August 24th, 2021. Then, this possibility will be closed. Please include

your name in your online payment and bring a copy of your payment confirmation to the registration. You can also pay at the registration in cash but it will be EUR €250 in this case.

To participate in the second category (juniors in the senior classes) the additional fee of EUR €100 will be charged.

## JUDGES

To be taken into consideration during selection of judging panels at the competition, IFBB International Judges must be included in the 2021 IFBB NORDIC CHAMPIONSHIPS ENTRY FORM sent by National Federations, according to the IFBB rules. For more information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, via **e-mail address:** [pawelfilleborn@gmail.com](mailto:pawelfilleborn@gmail.com) All international judges must bring their International Judge's Cards to Turku.

IFBB International Judges must have a valid IFBB Judge's Card with the IFBB yearly judges fee of EUR €50 paid for 2021. This fee may also be paid at the competition in Turku. To be included in the panels, all judges must be present at the Team Managers and Judges Meeting to be held on Friday, 21:00 hours, at the Lahti Fair Centre congress rooms (location of the Nordic Fitness Expo).

## BACKSTAGE ACCESS

Access to the backstage area shall be strictly limited to the essential personnel only. Extra backstage passes can be



bought at the registration on Friday. Price for backstage pass is EUR €50 and it includes entry to the Expo area both on Saturday and Sunday.

#### **PRESS ACCREDITATIONS**

Any press representative that wishes to obtain press accreditation for this event has to contact the Organizing Committee no later than September 1st, 2020. Send an email to [kp.ourama@kpfitness.fi](mailto:kp.ourama@kpfitness.fi) and give the following information: name of the media you represent, phone number, email address, the person who applies for accreditation and information if he/she is a photographer or a writer. You will get a note if you are accepted as a media representative.

#### **SECRETARIAT**

The Organizing Committee will maintain the secretariat at the Turku Fair Centre congress rooms from 14:00 to 21:00 on an official arrival day, September 3rd. You may obtain information and assistance from the Secretariat. During the weekend the Secretariat will be placed at the Turku Fair Centre at Nordic Fitness Expo, near the Main Entrance at INFO booth.

#### **IMPORTANT NOTICE TO COMPETITORS**

Please be aware that is FULL RESPONSABILITY 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

the national or international level. Be also aware that if any athlete from your National Federation register and compete being suspended due to an Anti-Doping Rule Violation, both athlete and the National Federation will be subject to sanctions according to the World-Anti-Doping-Code, the IFBB Anti-Doping Rules and the IFBB Constitution and Rules. It is also the FULL OBLIGATION AND RESPONSIBILITY of your National Federation to MONITOR ALL YOUR ATHLETES from your country affiliated to your National Federation who are actually fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes WILL NOT REGISTER, COMPETE OR PARTICIPATE IN ANY CAPACITY in any event either at National or International level, Official or Invitational.

Each athlete participating in the championship will be provided with a badge at the registration. This badge allows a two-day admission to the Nordic Fitness Expo (expo area).

#### **IMPORTANT INFORMATION**

All the costs for traveling, hotel accommodations, transportation to and from the airport, as well as meals, are on responsibilities of the National Federations or individual athletes. Check with your National Federation for more information.

# IFBB NORDIC CHAMPIONSHIPS CATEGORIES:

Important note: If there are less than 5 athletes in a class, the classes will be combined, wherever possible.

## MEN'S PHYSIQUE

Up to 173 cm

Up to 179 cm

Over 179 cm

**Juniors** - one open category

## CLASSIC BODYBUILDING

Up to 180 cm

Over 180 cm

Maximum bodyweight limits [in kg] for classic physique:

Up to 168 cm: (Athlete's height [in cm] minus 100) + 4

Up to 171 cm: (Athlete's height [in cm] minus 100) + 6

Up to 175 cm: (Athlete's height [in cm] minus 100) + 8

Up to 180 cm: (Athlete's height [in cm] minus 100) + 11

Up to 188 cm: (Athlete's height [in cm] minus 100) + 13

Up to 196 cm: (Athlete's height [in cm] minus 100) + 15

Over 196 cm: (Athlete's height [in cm] minus 100) + 17

**Juniors** - one open category

Up to 168 cm: (Athletes height [cm] minus 100) + 2 [kg]

Up to 171 cm: (Athletes height [cm] minus 100) + 3 [kg]

Up to 175 cm: (Athletes height [cm] minus 100) + 4 [kg]

Up to 180 cm: (Athletes height [cm] minus 100) + 6 [kg]

Up to 188 cm: (Athletes height [cm] minus 100) + 7 [kg]

Up to 196 cm: (Athletes height [cm] minus 100) + 8 [kg]

Over 196 cm: (Athletes height [cm] minus 100) + 9 [kg]

## BIKINI FITNESS

Up to 160 cm

Up to 163 cm

Up to 166 cm

Up to 169 cm

Over 169 cm

**Juniors** - one open category

## BODY FITNESS

Up to 158 cm

Up to 163 cm

Up to 168 cm

Over 168 cm

**Juniors** - one open category

## WELLNESS FITNESS

Up to 163 cm

Over 163 cm

**Juniors** - one open category

**FITNESS** - one open category (if registered over 3 athletes)

**WOMEN'S PHYSIQUE** - one open category  
(if registered over 3 athletes)

**Crossovers:** juniors may participate in the senior categories as well.

## JAN TANA THE WINNING TAN – NORDIC CHAMPIONSHIPS OFFICIAL TANNING PARTNER

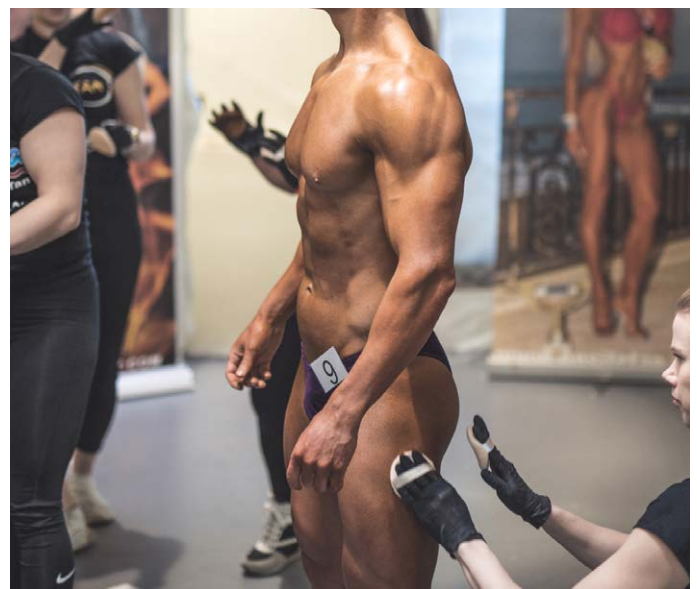
Onsite Tan is using the Jan Tana products for tanning. You can trust Jan Tana as their product is the winning tan of the champions! Onsite Tan crew have many years of experience of Arnold Classic's, IFBB World and European Championships and many other international competitions. Onsite Tan crew knows how to do a perfect tan – with Jan Tana products.

Onsite Tan will guarantee of their work and will take care of YOU since you get your first layer of tan until you step on stage!

Jan Tana and Onsite Tan is the official partners of 2021 IFBB Nordic Championships Pro and Nordic Fitness Expo.

The booking can be done by this link:

[www.onsitetan.com/book-here/](http://www.onsitetan.com/book-here/)



ONSITE TAN

Jan Tana

# OFFICIAL HOTELS FOR THE IFBB NORDIC CHAMPIONSHIPS

Scandic Hotels is the Nordic Fitness Expo hotel partner in 2021. Scandic Julia is the official competition hotel and it's located in the city center. There are three gyms very near to the hotel (for example P&P Fitness Center). Reservation code is BNOR030921. TO MAKE YOUR ROOM RESERVATION, CLICK THIS LINK. [www.scandichotels.fi/?bookingcode=BNOR030921](http://www.scandichotels.fi/?bookingcode=BNOR030921)



## SCANDIC JULIA

Address: Eerikinkatu 4, 20100 Turku

Phone +358 (0)2 336000. Email: [julia@scandichotels.com](mailto:julia@scandichotels.com)

Room prices:

EUR €104 one night, one person

EUR €124 one night, two persons

EUR €144 one night, three persons

**Scandic**



## SCANDIC PLAZA TURKU

Address: Yliopistonkatu 29, 20100 Turku

Phone +358 (0)2 33200. Email: [plaza.turku@scandichotels.com](mailto:plaza.turku@scandichotels.com)

Room prices:

EUR €104 one night, one person

EUR €124 one night, two persons



## SCANDIC ATRIUM

Address: Eerikinkatu 28-30, 20100 Turku

Phone +358 (0)2 48081614. Email: [atrium@scandichotels.com](mailto:atrium@scandichotels.com)

Room prices:

EUR €89 one night, one person

EUR €109 one night, two persons

EUR €129 one night, three persons

## TRANSPORTATION

### BUS TRANSPORTATION IN TURKU

Turku local bus line number 100 is driving from Turku City Center to Nordic Fitness Expo (Turku Exhibition Center) two times in a hour. The cost is only EUR €3 per one direction. Very handy and easy to use! We will publish the time table for the bus line 100.

### TURKU BY TRAIN

There are many trains from Helsinki to Turku on hourly basis. Normal ticket is about EUR €20 one direction.

### TURKU BY BUS

There are many bus lines from Helsinki to Turku on hourly basis. Normal ticket is about EUR €10-15 one direction.

### TURKU BY SHIP

Port of Turku is connected at least to Stockholm and Tallinn. More information: [www.portofurku.fi/en/passenger-traffic/](http://www.portofurku.fi/en/passenger-traffic/)

## AIRPORTS

You can use two airports when coming to Turku by flight. Turku International Airport is just a few kilometers from the City of Turku. Kindly see your connections to Turku airport.

Here are the airplane companies who have flights directly to Turku: Aero Airlines, Air Baltic, Finnair, Flexflight Aps, Flybe, Nordic Regional Airlines, Wizz Air and Wizz Air UK.

Finland's main airport Helsinki-Vantaa International Airport is another option if you come to Turku by flight. There are multiple bus lines daily between Helsinki Airport – Turku – Helsinki Airport. The bus drive takes from 2 hours to 2 hours and 45 minutes. There is also a train connection between Helsinki airport and Turku which is a faster option.

Turku Airport: [www.finavia.fi/en/airports/turku](http://www.finavia.fi/en/airports/turku)

Helsinki Airport: [www.finavia.fi/en/airports/helsinki-airport](http://www.finavia.fi/en/airports/helsinki-airport)

Check out the bus schedule at [www.matkahuolto.fi/in](http://www.matkahuolto.fi/in) schedules are available at [www.vr.fi/cs/vr/en/frontpage](http://www.vr.fi/cs/vr/en/frontpage)

If you need any assistance finding out the schedules, kindly contact the Organizing Committee.



## Nordic Fitness Expo

Nordic Fitness Expo is the biggest bodybuilding and fitness competition and exhibition event in the whole Scandinavia! NFE started in 1996 as "Fitness Expo" at the Helsinki House of Culture and has grown to one of the biggest events in the IFBB. In 2020 NFE moved from Lahti to Turku which will be the home of NFE for years to come.

Go to our webpage: [www.nordicfitnessexpo.com](http://www.nordicfitnessexpo.com)

Trade Show in Nordic Fitness Expo is pure fun and energy! At the Expo Stage you will see the best athletes competing in fitness sports at the IFBB Nordic Championships, the Strongest Man and Woman in Finland competition, NFE Powerlifting Challenge, fitness fashion, power sport shows and modeling pageant.

The second stage, the Auditorium Stage, is filled with seminars, lectures and interviews with the most well-known fitness and physique personalities in Finland.

On the Main Stage will have massive Finnish Fitness National Championships together with Nordic Championships bikini fitness and body fitness categories.

The Expo is very large with dozens of companies selling their products with good NFE offers and introducing their new products. You will meet and greet many international fitness stars, bodybuilders and celebrities at the Expo. That's why you are always welcome to see and experience it!

### NORDIC FITNESS EXPO DAY TICKET, 20 €

Expo Day ticket allows you to see the Trade Show and the Expo Stage program.

Tickets are available in advance from TicketMaster. Link will be open on July 2021.

### SATURDAY, SEPTEMBER 4

#### MAIN STAGE, ticket 50 €

including Finnish Championships and the Expo  
09:00 Nordic Championships: Bikini Fitness open

**EXPO STAGE, ticket 20 €** including the Expo

14:00 Nordic Championships: Men's Physique open + juniors, Bikini Fitness juniors

16:00 Nordic Championships: Wellness Fitness open + juniors

### SUNDAY, SEPTEMBER 5

**MAIN STAGE, ticket 50 €** including Finnish Championships and the Expo

09:00 Nordic Championships: Body Fitness open

**EXPO STAGE, ticket 20 €** including the Expo

14:00 Nordic Championships: Classic Physique open + juniors, Body Fitness juniors

15:30 Nordic Championships: Classic Bodybuilding open + juniors

#### NOTE:

Day ticket is valid only for one-day exhibition.

Expo Day Ticket can't be upgraded to any competition tickets.

Children (under 12 years) are free of charge.

Expo Day tickets are sold only from the Ticket Box Office at Nordic Fitness Expo.

Competition ticket includes Nordic Fitness Expo Day Ticket.





*Paavo Nurmi, the Flying Finn on the lead.  
Photo by Finnish Olympic Museum*

# Welcome to City of Turku

## – proud host of 2021 IFBB Nordic Championships!

In 2021, Turku is ready for the IFBB Nordic Championships. The City of Turku is now cooperating strongly with NFE organizers and we are expecting over 500 Finnish athletes competing in our National Championships only and added with Nordic Championships competitors we can reach near 700 athletes, simply the biggest Nordic Fitness Expo ever!

### **TURKU FITNESS SPORTS CITY**

The most famous sportsman from Turku and Finland is Paavo Nurmi (1897–1973). He was a middle- and long-distance runner who was called the “Flying Finn”. Nurmi set 22 official world records at distances between 1,500 m and 20 km and won 9 gold and 3 silver medals in his 12 events at the Olympic Games. At his peak, Nurmi was undefeated for 121 races at distances from 800 m upwards. Throughout his 14-year career, he remained unbeaten in cross country events and the 10,000 m. It has been said that Paavo Nurmi run Finland to a world-known country as Finland was a new country in the world map.

**THE PAAVO NURMI GAMES** is an annual track and field meet that takes place at Paavo Nurmi Stadium in Turku. It was first held in 1957. The competition is now part of the IAAF World Athletics Continental Tour Gold included with 5 Diamond League events!



The Turku Exhibition Centre is the venue of Nordic Fitness Expo and Nordic Championships.





*Rachel McLish and Kike Elomaa at 1981 Miss Olympia*

Turku also has a great history in Finnish bodybuilding and fitness. The most well-known bodybuilder is Kike Elomaa who won the Ms. Olympia title in 1981. Nowadays she is a member of the Finnish parliament. Since almost 40 years, Kike has motivated Finnish women to train in the gyms. That is probably one of the reasons why the Finnish team is so successful at the international fitness sports events nowadays.



*Overall posedown at 2020 Finnish Bikini Fitness National Championships.*



*Autum colors at the Castle of Turku park on October. Photo by Esko Keski-Oja / Studio Vizualis*

### **CITY FACTS**

The population of Turku is about 193, 000 making it the sixth largest city in Finland. There are over 330, 000 inhabitants living in the Turku region ranking it as the third largest urban area in Finland after the Greater Helsinki area and the Tampere region. The city is officially bilingual as 5.4 percent of its population identify Swedish as their mother language.

Due to its location, Turku is a notable commercial and passenger seaport with over 3 million passengers traveling through the Port of Turku each year to Stockholm and Mariehamn.





*City view from the air*

## **HISTORIC CITY**

Turku is a city on the southwest coast of Finland at the mouth of the Aura River in the region of Finland Proper. The region was originally called Suomi (Finland) which later became the name for the whole country.

Turku, as a town, was never founded. The Pope first mentioned the town Aboa in his Bulla in 1229 and the year is now used as the foundation year of the city. As the oldest town in the country, Turku was the most important city in Finland, a status it retained for hundreds of years throughout the centuries under the rule of the Kingdom of Sweden. After the war, Finland became an autonomous grand duchy of the Russian Empire in 1809 under the direct rule of the Tzar, and the capital of the autonomous Grand Duchy of Finland was moved to Helsinki in 1812.

It was only after the last great fire in 1827 that most governmental institutions were moved to Helsinki along with the Academy of Turku founded in 1640, which then became the University of Helsinki.

Turku continued to be the most populous city in Finland until the end of the 1840s, and it remains the regional capital and an important business and cultural centre and port.

Because of its long history, Turku has been the site of many important events, and it has extensively influenced Finnish history. The history of the country is closely linked to Turku, the former capital.



*Tall Ships Race in Turku*



*The Castle of Turku. Photo by Matias Tanner*