

5th Annual Arnold Amateur
IFBB International Bodybuilding,
Fitness, Figure and Bikini Championships

March 3-5, 2010
Columbus, Ohio USA

Inspection Report

WELCOME

The honorable Gov. Arnold Schwarzenegger, James L. Lorimer and Bob Lorimer are proud to host the 5th annual Arnold Amateur IFBB International Bodybuilding, Fitness, Figure and Bikini Championships in Columbus, Ohio. The Arnold Amateur has grown into one of the most prestigious amateur contests in the world and will feature more than 500 competitors in 2011.

LOCATION

The Arnold Amateur is held in Columbus, Ohio USA in conjunction with the Arnold Sports Festival, the largest multi-sport event in the USA with more than 18,000 athletes competing in 45 sports and events. The Arnold Classic, Ms. International, Fitness International, Figure International and Bikini International are among the Professional IFBB contests held in conjunction with the Arnold Sports Festival.

GENERAL INFORMATION

Any Bodybuilding, Fitness, Figure, or Bikini athlete residing in the United States who is registered as a member of the National Physique Committee and has placed in the top five in an NPC National qualifying event; and the top international IFBB amateur competitors from throughout Europe, Asia, and Canada who are qualified or have been recommended by their respective national IFBB affiliates. The Arnold Amateur reserves the right to decline entry to any athlete who does not meet these requirements.

NUMBER OF ATHLETES/ COMPETITORS THAT WILL BE ACCEPTED

Due to the scope of the Arnold Sports Festival and time restrictions in the facilities we are utilizing, the number of athletes accepted will be limited. Applications are being received at this time. We strongly encourage you to register early. No registrations will be accepted after January 31, 2011. Registration Deadline is January 31 , 2011.

REGISTRATION FORMS

See Attached Forms. U.S. and Canadian athletes register through the Arnold Amateur office. All others register through the IFBB.

HOST HOTELS



Hyatt on Capitol Square

75 East State Street, Columbus, OH 43215

Reservations by phone: 1-888-421-1442

Questions: Lisa Kuhn: lisa.kuhn@hyatt.com



The Westin Columbus

310 South High Street, Columbus, Ohio 43215

Reservation by phone: 1-800-937-8461

IMPORTANT ARRIVAL AND CHECK-IN NOTICES

All Arnold Amateur Competitors should arrive in Columbus, Ohio by Thursday, March 3, 2011. Mandatory athlete check-in for CLASSIC BODYBUILDING competitors is from 10pm -12noon on Thursday, March 3, 2011. FITNESS, FIGURE AND BIKINI competitors is from 3-6 p.m. at Veterans Memorial, 300 West Broad Street, Columbus, Ohio 43215. The mandatory athlete check-in will be held in the Wayne Brehm Room.

MEN'S & WOMEN'S BODYBUILDING and FIGURE MASTERS competitors may check-in EITHER from 3-6 p.m. Thursday, March 3 or from 7-8 a.m. Friday, March 4 at Veterans Memorial.

SHUTTLE SERVICE

Amateur athlete shuttle service (Crowell Motor Coach) will be available from the Hyatt on Capitol Square to Westin to Veterans Memorial on Thursday, March 3 from 3:00 to 5:45 p.m. Shuttle returns from backstage to hotel after competition. Shuttle runs from 8:30 p.m. to 11:30 p.m.

TANNING NEEDS

For those of you with tanning or makeup needs, contact Jan Tana at www.jantana.com to book an appointment. We'll have competitor staff backstage to assist with all competition needs. No spray tanning will be done at the venue, so be sure to book appointments accordingly.

THE IFBB HAS BANNED ALL TANS THAT CAN BE WIPED OFF. AN OFFICIAL WILL CHECK THE TAN OF ALL ATHLETES BACKSTAGE AND IF THE TAN COMES OFF BY SIMPLY WIPING, THE ATHLETE WILL BE TOLD TO REMOVE THE TAN BEFORE GOING ON STAGE.

COMPETITOR NOTIFICATION

Once the entry form from the National Federation has been received and accepted, an official letter will be sent confirming your participation in the 2011 Arnold Amateur IFBB International Bodybuilding, Fitness, Figure and Bikini Championships. Those athletes who have not met the established requirements, who missed the deadline for registration, or who registered in a division that has

already been closed out, will also be notified that they will be unable to participate in this competition.

We strongly encourage you to register early and make the appropriate arrangements to compete in Columbus.

Men's & Women's Bodybuilding and Women's Fitness, Figure and Bikini overall winners will receive two tickets to attend the Saturday evening's Arnold Classic Bodybuilding Finals.

Overall winners will also have their photo taken with Arnold Schwarzenegger at noon on Sunday, March 6.

POSING MUSIC

All posing music must be on an audio CD only. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

IMPORTANT NOTICE TO TRAINERS

No trainers will be permitted in the backstage area. Noncompliance with this rule will result in disqualification and possible suspension.

CORRESPONDENCE IMPORTANT NOTICE TO COMPETITORS

Each competitor will be provided with an athlete competitor wrist band at the Mandatory Competitor Check-In. This wrist band allows daily admission to the Arnold Fitness EXPO Friday, March 4, 2011 through Sunday, March 6, 2011.

For a complete schedule of Arnold Sports Festival events visit www.ArnoldSportsFestival.com

Any competitor in the Saturday, March 5, 2011 finals must wear this wrist band for admission into the competition hall at the Greater Columbus Convention Center.

IMPORTANT NOTES:

The Organizer of the event in USA will not accept any direct registration except ones from Canada (through Canadian Bodybuilding & Fitness Federation) and the United States of America. U.S. competitors must be members of the National Physique Committee (NPC). Athletes can get 2011 NPC cards at the Arnold Amateur.

Entry Forms from athletes from countries other than Canada and the United States will only be considered if they are sent by the National Federation of the athlete and directly to IFBB Headquarters in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB. The Entry Form must be submitted to IFBB Head Office in Madrid with a brief resume of each athlete registered on the form.

All the costs for traveling, hotel, accommodations, transport from and to the airport and meals are the responsibilities of the national federations or individual athletes. Check with your national federation for more information. List of recommended hotels and contacts are provided on the Inspection Report.

VENUES

The 2011 Arnold Amateur IFBB International Men's & Women's Bodybuilding, Fitness, Figure, Figure Masters and Bikini Championships will be held at Veterans Memorial and the Greater Columbus Convention Center.

Thursday, March 3 prejudging for the Arnold Amateur Men's Classic Bodybuilding, Women's Fitness, Figure and Bikini will be held on the historic stage of Veterans Memorial Auditorium, 300 West Broad Street, at 7 p.m. A general admission ticket may be purchased for \$25 in advance at ticketmaster.com/Arnold or at the venue site on Thursday, March 3, 2011.

Friday, March 4 prejudging for the Arnold Amateur Men's & Women's Bodybuilding and Figure Masters Finals will also be held on the stage of Veterans Memorial Auditorium, 300 West Broad Street, at 9 a.m. A general admission ticket may be purchased for \$25 in advance at ticketmaster.com/Arnold or at the venue site on Thursday, March 3, 2011.

Saturday, March 5 finals for the 2011 Arnold Amateur IFBB International Men's & Women's Bodybuilding, Fitness, Figure and Bikini Championships will be held on the Arnold Fitness EXPO stage at the Greater Columbus Convention Center, 200 North High Street, from 10 a.m. to 1:30 p.m. An Arnold Fitness EXPO ticket (\$10 in advance, \$15 at the door) is required and may be purchased in advance at ticketmaster.com/Arnold or via telephone at 800-745-3600. Tickets may be purchased the morning of the event at the Greater Columbus Convention Center

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Tentative Schedule

Thursday, March 3, 2011 – Veterans Memorial

10 a.m. Competitors Check-In Men's Classic Bodybuilding
12 noon Competitors meeting (Classic)
3 p.m. Competitors Check-in Fitness, Bodyfitness (Figure) and Bikini
6 p.m. Competitors Meeting
7 p.m. Fitness Routine Round
8 p.m. Bikini Two-Piece Round
8:30 p.m. BodyFitness (Figure) Two-Piece Round
9:30 p.m. Fitness Two-Piece Round

Friday, March 4, 2011 – Veterans Memorial

7 a.m. Competitors Check-In
8 a.m. Competitors Meeting
9 a.m. Figure Masters Two-Piece Round
9:40 a.m. Women's Bodybuilding
10:40 a.m. Men's Bodybuilding
11:40 a.m. Awards for Figure Masters

Saturday, March 5, 2011 – Greater Columbus Convention Center

8 a.m. Competitors Check-In
9 a.m. Competitors Meeting
10 a.m. Fitness and Figure
Awards for Fitness and Figure
10:45 a.m. Women's Bodybuilding Top 5 Routines
Awards for Women's Bodybuilding
11:30 a.m. Bikini
Awards for Bikini
Noon Men's Bodybuilding Top 5 Routines
Awards for Men's Bodybuilding
1:30 p.m. Overall Pose Down for Men's and Women's Bodybuilding