



**LATVIAN BODYBUILDING, FITNESS AND BODYFITNESS  
FEDERATION**



**GIGANTS.LV**



**L'OREAL BALTIC**



**ROYAL CASINO  
SPA & HOTEL RESORT**

*Invite to participate in*



**THE BALTIC MATCH**  
RIGA, LATVIA 2011 05 07

**BALTIC MATCH 2011  
BIKINI MODEL LATVIA CHAMPIONSHIP**

**RIGA, LATVIA  
6-7 MAY, 2011**

Dear Friends,

On behalf of the Latvian Bodybuilding, fitness and bodyfitness federation I have the great pleasure of inviting you to participate in BALTIC MATCH 2011 and BIKINI MODEL LATVIA CHAMPIONSHIP which will be held on 6<sup>th</sup> – 7<sup>th</sup> May, 2011 in Riga, Latvia.

Please find enclosed the regulations of the competition and the other necessary information.

We look forward to host your delegation in Riga.

Yours Sincerely,

Christina Vedernikova  
President  
Latvian Bodybuilding, Fitness and Bodyfitness Federation

## WELCOME

The Latvian Bodybuilding, Fitness and Bodyfitness Federation extend a warm welcome to Baltic country National Federations to participate in the IFBB International Baltic Championship BALTIC MATCH 2011 and BIKINI MODEL LATVIA CHAMPIONSHIP in Riga, Latvia on May 6-7, 2011.

## ABOUT RIGA



**Riga, the capital of Latvia**, was officially founded in 1201. Riga is located along the Baltic Sea at the southern coast of the Gulf of Riga. The historical core of Riga is situated on the right bank of the Daugava River, about 10 kilometres from where the Daugava flows into the Gulf of Riga.



Climate in Riga is influenced by its proximity to the sea; therefore it is moderately warm and humid. Summers are comparatively cool and cloudy (average temperature in July +18.9 C; average precipitation (rainfall) – 85 mm). Winters are comparatively warm (average temperature in January – 4, 7 C). Snow covers forms in the middle of December and remains through the middle of March.



Due to its geographical location on the Baltic Sea (where East and West meets), Riga has been an important centre of trade, finance and culture for centuries. Representatives of many nations have lived and worked in Riga – apart from local Livs and Latvians, Germans, Swedes, Russians and Poles also considered Riga to be their city.

Riga has unique values due to its rather intact medieval architecture. The regular building of the turn of the 19th and 20th centuries is characteristic for the planning of the historic centre, oriented towards the direction of main streets in the Old City, which emerged approximately in the 14th century. In some districts of Riga, for various reasons, complex wooden constructions of that time have still been preserved, and that is an amazing phenomenon in the 21st century. In 1997 the historic center of Riga due to this valued architecture was inscribed on the UNESCO World Heritage List.

Riga belongs to the cultural space of Western Europe. For the city, dynamic and diverse music and arts activities are typical. Over centuries, the creative atmosphere evolved in Riga and inspired composers, poets and artists.



Riga has hundreds of ways for enticing visitors – its rich history, architecture, spacious gardens and parks, museums, art galleries and world-class opera...and daily treats like a walk in the enormous colorful central market or going to a cosy café, club or pub.



## OFFICIAL HOTEL

The Official Arrival Date is Friday, May 6, 2011.  
The Official Departure Date is Saturday, May 7, 2011.

### Islande Hotel

Address: 20, Kipsalas Street, Riga LV-1048

The Hotel is located in the centre of Riga, near the Vanšu Bridge and Kipsala Exhibition Hall.



Islande Hotel was opened on March 2006 and it offers all facilities and services which might be expect in a four star hotel. The hotel is located in Kipsala, in the centre of Riga, just 10 minutes walk from the Old City.



For comfort of guest's Islande Hotel offers:

- 205 well-equipped rooms, including two suites – „Odins” and „Freija”;
- restaurants „Reykjavik” and „Arctic lights” with view to the Old City;
- 5 conference rooms supplied with the latest technical equipment;
- business center;
- bowling hall;
- SPA and Wellness center;
- gym;
- closed parking lot.

## **HOTEL SECURITY DEPOSIT**

An initial deposit of **€ 50 per person** is required upon check-in for incidental and personal expenses which may arise (telephone, room service, mini bar, etc). The unused portion of this deposit will be returned upon check-out. Please inform the members of your team before departure not to create additional expenses.

## **ACCOMMODATION**

The accommodation (with breakfast) 1 night (May 6) will be free for the official delegacy members: athletes participating in the tournament and the officials of the team. The delegacy include 14 (fourteen) sportsmen and 2 (two) officials of the team.

All Athletes and Delegates will be accommodated in double rooms (two persons per room). Any coach, trainer or supporter who is not a member of the official delegacy will be responsible for all of his or her own expenses.

All National Team Official Participants (athletes and delegates) must check-in **BEFORE** the start of the Weigh-in and Registration; by Friday, May 6, 2011, 3:00 pm.

## **VENUE SITE**

**Royal Casino SPA & Hotel Resort** is located in the city centre of Riga. Entertainment centre is only 15 minutes walk from the Old Riga, 20 minutes from central train station, 15 minutes drive from the Islande Hotel.



Royal Casino SPA & Hotel Resort is a unique luxury five star hotel and entertainment centre that offer the highest class services to satisfy all your needs and wishes. Royal Casino SPA & Hotel Resort offers to stay in the highest class suites and experience the unforgettable feeling of different world cities and styles just in one place.

Centre proposes to relax in the Season SPA beauty salon and feel fit in the Global fitness centre.

Sense the atmosphere of Riga nightlife in our nightclubs Studio 69, RAI, Tutti Frutti and get inspired in the Royal Casino.

You can fulfil all your culinary wishes by visiting our prestige restaurant Le Bouquet, cosy and light café Bellagio, and Lobby bar.

Royal Casino SPA & Hotel Resort  
Terbatas street 73, Riga  
[reception@royalhotel.lv](mailto:reception@royalhotel.lv), telephone +371 67092299  
[www.royalhotel.lv](http://www.royalhotel.lv)

## **CATEGORIES OPEN FOR BALTIC MATCH 2011 COMPETITION**

### **Four men's overall categories:**

Fitness  
Junior's bodybuilding  
Classic bodybuilding  
Bodybuilding

### **Three women's overall categories:**

Fitness  
Bodyfitness  
Bikini

The competition is held according to the rules of the IFBB.

### **TANNING NEEDS**

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.

No spray tanning will be allowed to do at the venue.

### **DOPING CONTROLS**

In order to compete in the Championships, all competitors at the Weigh-in and Registration will be required to sign a *Doping Control Consent & Waiver of Liability Form*.

### **AWARDS**

Trophies, medals and diplomas will be presented for 1-6 places. Best team will be awarded with bridging Cup.

### **TEAM AWARDS**

Best team scoring (2 athletes per category) will proceed as follows: 1st place – 6 pts., 2nd place – 5 pts. and etc. 6th place – 1 point.

### **PASSPORT / MUSIC**

All competitors must provide their PASSPORT and MUSIC at weigh-in/height measurement, failing which the competitor will not be registered. The music must be on CD, at the start of the CD. The athlete's name must be affixed on the CD for identification purposes.

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

### **JUDGES**

Team of judges will consist of seven judges - two from each of the guest country, and three - from the host side.

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

## **JUDGES / TEAM MANAGERS MEETING**

Each National Federation must ensure that it's nominated judges and/or team manager attends the Judges/Team Managers Meeting.

## **COMPETITOR INFORMATION FORM**

This form must be completed by each competitor BEFORE the weigh-in/height measurement and must be given to the LBFBB Registrar at the weigh-in/height measurement. This information is used to promote the competitor during the competition on the stage, in the press, on TV, the website and other media.

## **FINAL ENTRY FORMS**

Please confirm your team participation till **April 18th, 2011** to [ifbb@ifbb.lv](mailto:ifbb@ifbb.lv)  
[christinaifbb@inbox.lv](mailto:christinaifbb@inbox.lv)

National Federations must submit the actual names of all Official Participants (Athletes by category and Delegates, including judges) in the Final Entry Form. You must also include approximate arrival information.

## **TIME SCHEDULE**

### **Friday, May 6, 2011**

Arrivals: from 14:00 and check-in Islande Hotel

Weigh-in and registration: 15:00 – 16:30 at the conference hall Islande Hotel

Judges meeting: from 16:30 to 18:00 at the conference hall Islande Hotel

### **Saturday, May 7, 2011**

Breakfast: 07:00 – 11:30 in the Restaurant "Reykjavik" Islande Hotel

Beginning of contest: 14:00 at Royal Casino SPA & Hotel Resort

Closing ceremony: 18:00 – 19:00 at Royal Casino SPA & Hotel Resort

Departures: 19:00

## **CONTACT INFORMATION**

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