



8th Annual Arnold Amateur
IFBB International Bodybuilding,
Fitness, BodyFitness, BikiniFitness and Physique
Championships

February 27-March 1, 2014
Columbus, Ohio USA



Inspection Report



WELCOME

The honorable Gov. Arnold Schwarzenegger, James L. Lorimer and Promoters Bob Lorimer and Mike Davies are proud to host the 8th Annual Arnold Amateur IFBB/NPC International Bodybuilding, Fitness, Bodyfitness/Figure, BikiniFitness & Physique Championships in Columbus, Ohio.

The Arnold Amateur features more than 600 competitors from more than 80 nations and is one of the most prestigious amateur bodybuilding contests in the world.

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 50 sports and events. The Arnold Classic, Arnold Classic 212, Fitness International, Figure International and Bikini International are among the IFBB Pro League contests held in conjunction with the Arnold Sports Festival. Venues for the Arnold Amateur include:

Veterans Memorial
300 W. Broad St.
Columbus, Ohio 43215

Greater Columbus Convention Center
400 N. High St.
Columbus, Ohio 43215

COMPETITOR ELIGIBILITY

Only IFBB amateur competitors who are recommended by their respective national IFBB affiliates are eligible to compete. 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. Registration is now open. We strongly encourage you to register early.

Registration Deadline is January 31, 2014.

No registrations will be accepted after Jan. 31, 2014. No Refunds On Accepted Applications. There Will Only Be Refunds On Denied Applications

E-Mail Completed International Registration Forms To:

William Tierney
IFBB General Secretary
w.tierney@ifbb-uk.com
Please copy IFBB Head Office
internacional@santonja.com



2104 ARNOLD AMATEUR ATHLETE HOST HOTELS

DoubleTree By Hilton Columbus Downtown

50 South Front Street
Columbus, Ohio 43215

Rate: \$172/night plus taxes

Booking Contact: Miya Jackson at 614-228-4600 ext. 19 or email at

miya.jackson@hilton.com

Note: Use Code C-AXC when booking to get special rate.

Sheraton Columbus at Capitol Square

75 East State Street
Columbus, Ohio 43215

Rate: \$172/night plus taxes

Booking Info: <https://www.starwoodmeeting.com/Book/AmateurBodybuilding> or 800-325-3535

Note: Use Code "Arnold Amateur Bodybuilding" when booking to get special rate.

IMPORTANT ARRIVAL AND CHECK-IN NOTICES

All Arnold Amateur Competitors should arrive in Columbus, Ohio by Thursday, Feb. 27, 2013.

Please note that there will be **additional check-in** on WEDNESDAY, 26TH FEBRUARY, between 5-9 PM for Men's Masters Bodybuilding, Men's Classic Bodybuilding, Bikini-Fitness, Body-Fitness and Fitness. These categories start on Thursday afternoon with Pre-judging. The check-in for these category will also be on Thursday morning from 9am till 12 noon.

CHECK-IN FOR MEN'S BODYBUILDING, MASTERS BODY-FITNESS(FIGURE), MEN'S PHYSIQUE AND WOMEN'S PHYSIQUE COMPETITORS is from 11:30 a.m.- 8 p.m. on Thursday, Feb. 27 at Veterans Memorial.

AIRPORT SHUTTLE SERVICE

IFBB national federation presidents who are traveling through Port Columbus International Airport with their athletes should contact Bob Lorimer at bob@arnoldexpo.com to arrange shuttle service to and from the airport to the **Host Hotel** for their respective national teams.

SHUTTLE SERVICE HOURS

Amateur athlete shuttle service will be available from the **Host Hotel** to Veterans Memorial and the Greater Columbus Convention Center. Shuttle Hours are:

Thursday, February 27: 1-11:30 p.m.

Friday, February 28: 7 a.m.-11 p.m.

Saturday, March 1: 7 a.m.-2:30 p.m.

Sunday, March 1: 7 a.m.-5 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 your registration has been received and accepted, an email will be sent confirming your participation in the 2014 Arnold Amateur. 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 HOTEL AND OTHER ARRANGEMENTS to compete in Columbus.

OVERALL WINNERS NOTIFICATION

Men's Bodybuilding, Men's Classic Bodybuilding, Fitness, Bodyfitness/Figure, Bikini and Men's & Women's Physique OVERALL WINNERS will receive two (2) tickets to attend the Saturday evening's Arnold Classic Bodybuilding Finals on Saturday, March 1 at Veterans Memorial.

A group photograph of overall winners with Gov. Arnold Schwarzenegger will be taken on Saturday evening during the Arnold Classic Finals at Veterans Memorial.

Overall winners will also have individual photographs photo taken with Gov. Schwarzenegger at noon on Sunday, March 2, 2013 at the Sponsor Luncheon at the Greater Columbus Convention Center.

POSING MUSIC

All posing music – 30 seconds for Women's Physique, 60 seconds for bodybuilding and 90 seconds for fitness -- must be on an **audio CD** only. **Please, don't use MP3 version.** 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 COMPETITORS

Each competitor will be provided with an athlete competitor wristband at the Mandatory Competitor Check-In. This wristband allows daily admission to the Arnold Fitness EXPO Friday, February 28 through Sunday, March 2. For a complete schedule of Arnold Sports Festival events visit www.ArnoldSportsFestival.com

Any competitor in the Saturday, March 1, 2014 finals must wear this wristband for admission into the competition hall at the Greater Columbus Convention Center.



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

VENUES

The 2014 Arnold Amateur will be held at Veterans Memorial, 200 W. Broad St., Columbus, Ohio.

All finals except Men's Masters Bodybuilding, Men's Classic Bodybuilding and Figure Masters will be held at Greater Columbus Convention Center, 400 N. High St., Columbus, Ohio.

Thursday, February 27, 2014

Fitness, Bodyfitness (Figure) and Bikini PREJUDGING and Men's Masters Bodybuilding and Men's Classic Bodybuilding PREJUDGING AND FINALS will be held at 5 p.m. at Veterans Memorial Auditorium, 300 West Broad Street. A general admission ticket may be purchased for \$25 in advance at ticketmaster.com/Arnold or at the venue site.

Friday, February 28, 2014

Men's & Women's Bodybuilding, Men's & Women's Physique PREJUDGING and Bodyfitness (Figure) Masters PREJUDGING and FINALS will be held at 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.

Men's and Women's Physique Finals will be held at 5 p.m. at the Arnold Fitness EXPO Stage at the Greater Columbus Convention Center.

Admission to the Men's and Women's Physique Finals is included in a Daily EXPO Ticket (\$15 at the door, \$10 in advance at ticketmaster.com/Arnold).

Saturday, March 1, 2014

Men's & Women's Bodybuilding, Fitness, Figure and Bikini Finals 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. Tickets may be purchased the morning of the event at the venue site.

IMPORTANT NOTES:

Entry Forms from athletes from countries other than the United States will only be considered if they are sent by the National Federation of the athlete and directly to IFBB General Secretary and the IFBB Headquarters in Madrid. The final decision to allow an athlete to compete in this event rests with the IFBB.

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.



The Organizer of the event in USA will only accept registrations from U.S. athletes. U.S. competitors must be members of the National Physique Committee (NPC). Athletes can get 2014 NPC cards at the Arnold Amateur.

Registration fee is 150 EUROS or 200 US \$ per athlete and will have to be paid in advance online on the IFBB website: <http://www.ifbb.com/page.php?id=74> or through your own Paypal account to email address accounts@ifbb-madrid.org.

GENERAL QUESTIONS

International Athletes

William Tierney
IFBB General Secretary
+44 151 931 4090 (phone)

ENTRY FORMS should be forwarded by the IFBB affiliated National Federation to:

w.tierney@ifbb-uk.com

With copy to IFBB Head Office, Madrid

internacional@santonja.com

USA Athletes

U.S. ATHLETES ONLY register through the Arnold Amateur office.

Bob Lorimer, Promoter

Arnold Amateur

614-430-5962 ext. 103

Mail Completed U.S. Registration Forms to:

ARNOLD AMATEUR

c/o Bob Lorimer

1215 Worthington Woods Blvd.

Worthington, OH 43085



CATEGORIES ACCEPTED IN THE ARNOLD AMATEUR CLASSIC, COLUMBUS, OHIO

MEN'S BODYBUILDING CLASSES

UPTO & INCLUDING 70 kg
UPTO & INCLUDING 75 kg
UPTO & INCLUDING 80 kg
UPTO & INCLUDING 85 kg
UPTO & INCLUDING 90 kg
UPTO & INCLUDING 100 kg
OVER 100 kg

MEN'S CLASSIC BODYBUILDING*

See table below

UPTO & INCLUDING 175cm
OVER 175 cm

MASTERS MEN OVER 40 YEARS

UPTO & INCLUDING 80KG
UPTO & INCLUDING 90KG
OVER 90KG

MEN'S PHYSIQUE

UPTO & INCLUDING 170 cm
UPTO & INCLUDING 174 cm
UPTO & INCLUDING 178 cm
OVER 178cm

WOMEN'S PHYSIQUE

UPTO & INCLUDING 163cm
OVER 163cm

WOMEN'S BODYFITNESS

UPTO & INCLUDING 158cm
UPTO & INCLUDING 163cm
UPTO & INCLUDING 168cm
OVER 168cm

WOMEN'S FITNESS

1 OPEN CATEGORY

WOMEN'S BIKINI

UPTO & INCLUDING 160 cm
UPTO & INCLUDING 163 cm
UPTO & INCLUDING 166 cm
UPTO & INCLUDING 169 cm
UPTO & INCLUDING 172 cm
OVER 172 cm

MASTERS WOMEN BODY-FITNESS OVER 35 YRS

UPTO & INCLUDING 163 cm
OVER 163 cm

The weight to height limits for Classic Bodybuilding are as follows

Height

Up to168 cm
Up to171 cm
Up to175 cm
Up to180 cm
Up to190cm
Up to198cm
Over 198 cm

Bodyweight limit [kg]

Athlete's height [in cm] minus 100
Athlete's height [in cm] minus 100) + 2
Athlete's height [in cm] minus 100) + 4
Athlete's height [in cm] minus 100) + 6
Athlete's height [in cm] minus 100) + 8
Athlete's height [in cm] minus 100) + 9
Athlete's height [in cm] minus 100) + 10

- example: If athlete is 165 cm tall, his weight should be below, but NOT MORE than 65 kg (165 minus 100 is 65)
- example: If athlete is 170,5 cm tall, his weight should be below, but NOT MORE than 72,5 kg (170,5 minus 100 is 70,5 plus 2 is 72,5)



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February 27-March 1, 2014 * Columbus, Ohio

Schedule of Events
(All Times Approximate)

REGISTRATION AND WEIGH-IN

Wednesday, February 26, 2014 – Veterans Memorial

5-9 p.m. EARLY REGISTRATION ONLY FOR THE FOLLOWING CATEGORIES

Men's Masters Bodybuilding,
Men's Classic Bodybuilding,
Bikini-Fitness,
Body-Fitness (Figure)
Fitness

Thursday, February 27, 2014 – Veterans Memorial

**9 am – 12 Noon FINAL REGISTRATION and WEIGH-IN for the following categories
ONLY**

(Closes at 12 Noon)

Men's Masters Bodybuilding, Men's Classic Bodybuilding, Bikini, Bodyfitness (Figure) &
Fitness ONLY

Thursday, February 27, 2014 – Veterans Memorial

11:30- 8 pm

REGISTRATION for the following categories ONLY

Men's Bodybuilding,
Men's & Women's Physique
Masters Body-Fitness (Figure).



RUNNING ORDER
THURSDAY FEBRUARY 27, 2014 – Veterans Memorial

- 4 p.m.** Men's Masters Bodybuilding (40 and over) Prejudging
Start Time Subject To Change Based on Number of Athletes
- 5 p.m.** Men's Classic Bodybuilding Prejudging
- 6 p.m.** **Competitors Meeting (Fitness, Bodyfitness/Figure, Bikini)**
- 7 p.m.** Men's Classic Bodybuilding: Rnd 2 Compulsory Poses – Rnd 3 Routines
Awards Ceremony
- 7:45 p.m.** Men's Masters Bodybuilding: Rnd 2 Compulsory Poses – Rnd 3 Routines
Awards Ceremony
- 8 p.m.** Fitness Routine Round 1
- 8:30 p.m.** Bikini Two-Piece Round 1
- 9 p.m.** Fitness Two-Piece Round 2
- 10 p.m.** Bodyfitness (Figure) Two-Piece Round 1

RUNNING ORDER
FRIDAY, February 28, 2014 – Veterans Memorial

- 8 a.m.** **Competitors Meeting (Men's Bodybuilding, Men's & Women's Physique, Body-Fitness/Figure Masters)**
- 9 a.m.** Body-Fitness/Figure Masters Two-Piece Round
- 10 a.m.** Men & Women's Physique Prejudging
- 11:30 a.m.** Body-Fitness/Figure Masters Finals
Awards Ceremony
- Noon** Men's Bodybuilding Prejudging

FRIDAY, February 28, 2014 – Greater Columbus Convention Center

- 4 p.m.** CHECK-IN FOR **FINALISTS** Men's & Women's Physique ONLY
- 5 p.m.** Men's & Women's Physique Finals and Awards Ceremony

RUNNING ORDER
SATURDAY, March 1, 2014 – Greater Columbus Convention Center

- 8 a.m.** CHECK-IN FOR ALL **FINALISTS** Men's Bodybuilding, Fitness, Body-Fitness & Bikini
- 9 a.m.** **Competitors Meeting**
- 10 a.m.** Fitness and Body-Fitness/Figure Finals and Awards
- 11:30 a.m.** Bikini Finals and Awards
- Noon** Men's Bodybuilding Top 5 Routines
Men's Bodybuilding Awards
- 1:30 p.m.** Overall Pose Down for Men's Bodybuilding

