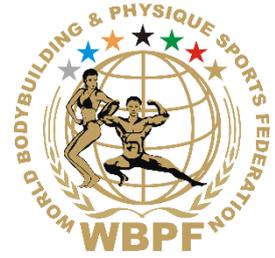


INSPECTION REPORT



10TH INTERNATIONAL AUSTRIAN & NEWCOMERS CHAMPIONSHIPS



SATURDAY 18TH MAY 2019
TOTAL PRIZE MONEY € 2.000,-

LUGNER CITY MALL
VIENNA, AUSTRIA

starlight[☆]



WELCOME MESSAGE OF THE ORGANIZER

Dear athletes, delegates and Bodybuilding and Physique Sports enthusiasts!

The Austrian Bodybuilding & Physique Sports Federation (ABPF) is proud to organize and conduct the 10th International Austrian Championships sanctioned by the World Bodybuilding & Physique Sports Federation (WBPF). We wish to extend our great pleasure and a warm welcome to all participants of these championships in Vienna, the capital city of Austria.

After the 9th International Austrian Championships on 19th May and the 9th International Austria Cup on 3rd November last year this is now the twelfth international event being organized and conducted at Lugner City Mall by ABPF under the leadership of its President Mag. Axel Bauer. Richard Lugner, the owner of the mall named after him, is a world-famous celebrity and strong supporter of bodybuilding and physique sports in Austria. Due to that we love to choose this venue site which also offers a lot of advantages.

You can be assured that during your visit we will do our best to make your stay comfortable, entertaining and unforgettable and to make these championships a great success.

Yours in sport

Mag. Axel Bauer
ABPF President

Mag. Horst Leser
ABPF Secretary General

TRAVEL INFORMATION

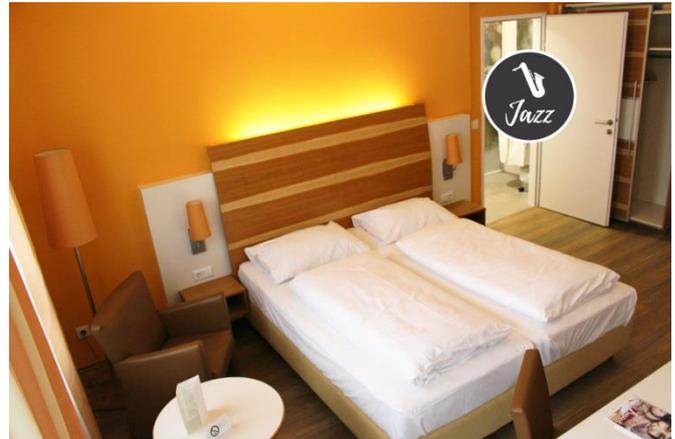
Austria is an alpine country in Central Europe with about 8.8 million people. The majority of the population speaks the official language German but many Austrians can also speak English. The official currency is the Euro (100 Eurocent is 1 Euro). The time zone is Central European Time (Coordinated Universal Time + 1 hour) except from the end of March to the end of October. For the competition the time zone is Central European Summer Time (Coordinated Universal Time + 2 hours). Concerning mains electricity the plug type is C and F, the residential voltage is 230 V and the frequency is 50 Hz.

Next to a highly developed industry, international tourism is the most important part of the national economy. Between 2005 and 2010 Vienna, the capital and largest city of Austria with a population of about 1.8 million, was the world's number-one destination for international congresses and conventions and still attracts over 6.8 million tourists a year. For further information just open the website www.wien.info in a browser and choose a language in the sub-menu "Deutsch"!

Vienna is served by Vienna International Airport, located 18 km southeast of the city centre. The Vienna S-Bahn line S7 provides the cheapest local service to the city centre taking approx. 25 minutes. The more expensive City Airport Train connects the airport directly to Wien Mitte railway station, close to the city centre, in just 16 minutes. Furthermore, there are buses from the airport to various places in Vienna. Of course, there are several taxi companies that operate at the airport and car rental facilities are also available. The railway system connects Vienna with other European cities, like Munich, Venice, Budapest, Prague, Bratislava and Zürich. Vienna has multiple road connections including motorways. In Vienna public transport is provided by buses, trams and 5 underground metro lines. Concerning the weather in May the lowest temperatures can range between 13 and 16 degrees Celsius and the highest between 20 and 29 degrees Celsius.

OFFICIAL HOTEL

The official hotel recommended by the organizer is the four-star hotel “arte” that is located in the same building as the venue site.



The room rates start at about € 130 per night for the single and the double room (with breakfast and WLAN) depending on the time of the actual booking and the availability. The rooms can be booked directly at the hotel. The address is:

arte Hotel Wien
Wurzbachgasse 17
1150 Wien
phone: +43 1 7898899
e-mail: willkommen@artewien.at
homepage: www.artewien.at

An alternative recommendation for the budget customer would be the hostel “A & O Wien Stadthalle”. The prices start at € 20 per person and night.



The address is:
A & O Wien Stadthalle
1160 Wien
Lerchenfelder Gürtel 9-11
phone: +43 1 4930480-3900
internet: www.aohostels.com/en/vienna/wien-stadthalle

There are many more nice hotels available near the venue site but it is recommended to make hotel bookings as early as possible to get better rates.

VENUE SITE

The “Lugner City” is a shopping mall and office building located directly on the so called “Gürtel” (the belt) in the 15th district of Vienna. There you can find all kind of shops and restaurants, an entertainment complex with cinemas, the modern fully equipped gym “McFIT” and the official four-star hotel “arte” that is located in the same building.



The competition will take place at the “Show-Bühne” (stage) that is located in the centre of the mall. The stage can be viewed from all floors and three sides (front, left and right) so a maximum visibility is granted. The official address is:

Lugner City
1150 Wien

Gablenzgasse 12-15
phone: +43 1 98150 0
fax: +43 1 98150 98

The mall can be easily reached with the metro line U6, station “Burggasse-Stadthalle”, exit “Burggasse”. Parking in the Lugner City garage is charged!

COMPETITION SCHEDULE

The registration/weigh-in takes place on Friday 17th May 2019 from 16 to 18 p.m. and on Saturday 18th May 2019 from 10 to 12 a.m. at the stage in Lugner City mall.

The competition will start on Saturday 18th May 2019 at 1 p.m. The categories and their planned order are:

1. Women’s Model Physique Newcomers (only for Austrians!)
2. Women’s Model Physique -160cm/-165cm/-170cm/+170cm height
3. Women’s Sport Physique -165cm/+165cm height
4. Women’s Athletic Physique -165cm/+165cm height
5. Discipline winners of Women’s Model, Sport and Athletic Physique
6. Junior Men’s Bodybuilding
7. Master Men’s Bodybuilding -50 years/+50 years
8. Men’s Sport Physique Newcomers (only for Austrians! See table of weights at the end!)
9. Men’s Sport Physique -178cm/+178cm height (See table of weights at the end!)
10. Men’s Athletic Physique -178cm/+178cm height (See table of weights at the end!)
11. Senior Men’s Bodybuilding -80kg/-90kg/-100kg/+100kg weight
12. Discipline winners of Men’s Sport and Athletic Physique
13. Men’s Bodybuilding Overall
14. Qualification for European Championships (only for Austrians!)

Attention: If there are less than 3 competitors in one category this category can be united with another one and if there are more than 10 competitors in a planned category this category can be divided in two categories. That is why the categories and their order will be finally determined after the weigh in!

PARTICIPATION AND REGISTRATION

To compete in the 10th International Austrian Championship you

- have to be at least 16 years old, as Junior you are born in 1996 or you are younger and as Master you are born in 1979 or you are older.

- have to **register by writing** to the organizer ABPF, Favoritenstraße 26/6, 1040 Wien, Austria and mentioning your surname and given name, nationality, date of birth, height, planned weight and category or categories, name of coach (if desired) and payment method of the registration (and eventually coach's) fee either by fax under the number +43 1 7105499-9 or by e-mail to office@wbpf.at (subject: REG10IACH+your name) **no later than 13th May 2019**.

- have the permission of your national WBPF- affiliated federation if you are not Austrian and have no residence in Austria. Such permission is not necessary if in the country of origin or residence of the competitor there is no WBPF-affiliated national federation

- have an appropriate physical development according to the final and binding decision of the chief judge.

- pay the **registration fee**. If paid **in advance** via bank transfer to the organizer ABPF, IBAN AT63 1100 0086 4558 6200 (Fill in your surname and given name in the field "payment reference"!) and **receipt no later than 15th May 2018** the registration fee is **€ 50** and if paid **in cash** during the weigh in it is **€ 60 per category!**

Please mind: For each athlete only one coach is allowed. For entering the preparation rooms an accreditation as coach is needed. If paid **in advance** via bank transfer to ABPF and **receipt no later than 15th May 2019** the coach's fee is **€ 20** and if paid **in cash** during the weigh in it is **€ 25!**

National federations that wish to bring a judge are welcome provided that the judge carries an international judges card and is appropriately dressed in the official WBPF uniform (grey suit, white shirt, official tie). All international WBPF judges will be considered for judging.

AWARDS

During the weigh in every participant receives a meal (diet or normal food) and beverage voucher valid for the restaurant "Jacky's" in Lugner City mall and a diploma (certificate of participation) during the victory ceremony. According to their placement the top three of each category receive a medal (gold, silver or bronze), 3rd and 2nd place receive additionally a cup and 1st place receives a statuette. The **discipline winners** of Women's Model, Sport and Athletic Physique and Men's Sport and Athletic Physique receive a **prize money of € 200,- each** and **Men's Bodybuilding Overall** receives a **prize money of € 1.000,-!**

COMPETITION RULES

The competition is conducted according to the WBPF rules book except for the scoring rounds. There is only one and final round! Concerning the posing music with a maximum duration of 60 seconds athletes can either use a CD (music at the beginning) or a USB flash drive (containing the music only).

Antidoping controls according to the WADA rules can be conducted!

For women's model and sport physique and men's sport physique competitors air-brush tan is obligatory. ABPF is cooperating with PROTAN and recommends the use of their services for the best possible appearance on stage. The price for tanning is

- for all women categories € 55,-
- for all men's physique categories € 65,-
- for all men's bodybuilding categories € 70,-

The prices mentioned include the application of the extra products

- Show Shine: ultralight oil mainly for women
- Muscle Juice: posing oil for a brighter shine
- Lock down: prevents the dissolving of the color (sweat production)
- Hot Stuff: oil that enhances the vascularity and the pump up of the muscles
- Bikini Bite: fixes the bikini that it stays where it has to be!

The extra products can also be ordered separately and the price is € 10,- per application.

The organizer highly recommends to reserve online at www.protan-europe.com under "Book your tan" for all services like make up (€ 45,-), tattoo covering (price from € 25,-) and hair style (€ 35,-)!

TICKETS

There is only a **limited number of VIP-tickets for € 50 each** that grant a seat on a couch and a meal and beverage voucher valid for the restaurant "Jacky's" in Lugner City mall. Additionally there is a limited number of **chair seatings for € 20 each**. These tickets can be bought in advance from ABPF, office of President, Mag. Axel Bauer, Favoritenstraße 26/6, 1040 Wien, Austria, phone: +43 1 7105499, fax: ad 9, e-mail: office@wbpf.at or at the registration desk during weigh-in/registration.

TROUBLE SHOOTING

If you need any help or have questions that are not covered by this report please feel free to contact the organizer!

Austrian Bodybuilding & Physique Sports Federation (ABPF)
c/o President Mag. Axel Bauer
Favoritenstraße 26/6
1040 Wien
Austria
phone: +43 1 7105499 fax: ad 9
cell phone: +43 664 4037197
e-mail: office@wbpf.at

This event is the sole intellectual property right of ABPF. Pictures and videos taken from the locked VIP area are only possible with the allowance of the chief judge. If the competition or parts of it is recorded for TV/Internet or broadcasted everyone participating in this event agrees with that and also declares to refrain from compensation. All rights reserved by ABPF.

Men's Physique categories: table of height/weight

height in cm	Sport Physique Maximum weight in kg	Athletic Physique Maximum weight in kg
155	53	57
156	54	58
157	55	59
158	56	60
159	57	61
160	58	62
161	59	65
162	60	66
163	61	67
164	62	68
165	63	69
166	64	70
167	65	71
168	66	74
169	67	75
170	68	76
171	71	77
172	72	78
173	73	79
174	74	80
175	75	81
176	78	84
177	79	85
178	80	86
179	81	87
180	82	88
181	85	89
182	86	90
183	87	93
184	88	94
185	89	95
186	90	96
187	91	97
188	92	98
189	93	99
190	94	100

For each cm more: Please add 1 kg ! For each cm less than 155: Please subtract 1 kg!