

6<sup>th</sup> Annual Arnold Amateur  
IFBB International Bodybuilding,  
Classic Bodybuilding  
Fitness, Figure and Bikini Championships  
and NPC Men's Physique

March 1-3, 2012  
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 6<sup>th</sup> Annual Arnold Amateur IFBB International Bodybuilding, Classic Bodybuilding, Fitness, Bodyfitness/Figure and Bikini Championships and NPC Men's Physique in Columbus, Ohio. The Arnold Amateur features more than 500 competitors 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 45 sports and events. The Arnold Classic, Ms. International, Fitness International, Bodyfitness/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**

Any Bodybuilding, Fitness or Bodyfitness/Figure 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; or the top international IFBB amateur competitors who are recommended by their respective national IFBB affiliates. **THERE IS NO QUALIFICATION NEEDED FOR MEN'S CLASSIC, MEN'S PHYSIQUE AND BIKINI DIVISIONS FOR U.S. CITIZENS.** 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, 2012.

No registrations will be accepted after this date. No Refunds On Accepted Applications. There Will Only Be Refunds On Denied Applications

## REGISTRATION FORMS

U.S. ATHLETES ONLY register through the Arnold Amateur office. All others register through the IFBB. Forms available at [www.arnoldamateur.com](http://www.arnoldamateur.com).

## HOST HOTELS



### **The Sheraton Columbus at Capitol Square**

(formerly the Hyatt on Capitol Square)

75 East State Street

Columbus, OH 43215

Reservations by phone: 1-888-421-1442



### **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 1, 2012. Mandatory athlete check-in for MEN'S CLASSIC BODYBUILDING is from 10-noon on Thursday, March 1 at Veterans Memorial. Mandatory athlete check-in for FITNESS, BODYFITNESS/FIGURE AND BIKINI is from 3-6 p.m. at Veterans Memorial.

Mandatory athlete check-in for MEN'S & WOMEN'S BODYBUILDING, MEN'S PHYSIQUE and FIGURE MASTERS is from 7-8 a.m. Friday, March 2 at Veterans Memorial.

**PLEASE NOTE:** MEN'S CLASSIC BODYBUILDING ATHLETES SHOULD ARRIVE ON WEDNESDAY AS THERE IS AN **EARLY** WEIGH IN/CHECK IN FOR MEN'S CLASSIC BODYBUILDING FROM 10 A.M. TO NOON ON THURSDAY, MARCH 1 AT VETERANS MEMEORIAL.

### **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 Sheraton Columbus at Capitol Square and the Westin Columbus for their respective national teams.

### **SHUTTLE SERVICE**

Amateur athlete shuttle service will be available from The Sheraton Columbus to Westin to Veterans Memorial on Thursday, March 1 from 3-5:45 p.m. Shuttle returns from backstage to hotel after competition. Shuttle runs from 8:30-11:30 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 your registration has been received and accepted, an official letter will be sent confirming your participation in the 2012 Arnold Amateur IFBB International Bodybuilding, Classic Bodybuilding, Fitness, Bodyfitness/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.

### **OVERALL WINNERS NOTIFICATION**

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

A group photograph of overall winners with Gov. Arnold Schwarzenegger will be taken on Saturday evening.

Overall winners will also have individual photographs photo taken with Gov. Schwarzenegger at noon on Sunday, March 4.

### **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 2 through Sunday, March 4. For a complete schedule of Arnold Sports Festival events visit [www.ArnoldSportsFestival.com](http://www.ArnoldSportsFestival.com)

Any competitor in the Saturday, March 3 finals must wear this wrist band for admission into the competition hall at the Greater Columbus Convention Center.

## **VENUES**

The 2012 Arnold Amateur IFBB International Men's & Women's Bodybuilding, Fitness, Bodyfitness/Figure, Figure Masters and Bikini Championships will be held at Veterans Memorial, 200 W. Broad St., Columbus, Ohio; and the Greater Columbus Convention Center, 400 N. High St., Columbus, Ohio.

### Thursday, March 1

Prejudging for the Arnold Amateur Men's Classic Bodybuilding will be held at Veterans Memorial Auditorium, 300 West Broad Street, at 1 p.m. Admission is Free.

Prejudging for the Arnold Amateur Women's Fitness, Bodyfitness/Figure and Bikini will be held at 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](http://ticketmaster.com/Arnold) or at the venue site.

### Friday, March 2

Prejudging for the Arnold Amateur Men's & Women's Bodybuilding and Bodyfitness/Figure Masters Finals will also 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](http://ticketmaster.com/Arnold) or at the venue site.

Prejudging and Finals for the 2012 Arnold Amateur Men's Physique will be held on the Arnold Fitness EXPO stage at the Greater Columbus Convention Center, 200 North High Street, at 5 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](http://ticketmaster.com/Arnold) or via telephone at 800-745-3600. Tickets may be purchased the morning of the event at the venue site.

### Saturday, March 3

Finals for the 2012 Arnold Amateur IFBB International Men's & Women's Bodybuilding, Bodyfitness/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](http://ticketmaster.com/Arnold) or via telephone at 800-745-3600. Tickets may be purchased the morning of the event at the venue sit.

**IMPORTANT NOTES:**

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 2012 NPC cards at the Arnold Amateur.

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 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.

**GENERAL QUESTIONS**

Arnold Amateur  
Bob Lorimer, Promoter  
614-430-5962 ext. 103  
[bob@arnoldexpo.com](mailto:bob@arnoldexpo.com)

IFBB  
IFBB General Secretary  
William Tierney  
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Schedule of Events

**Thursday, March 1, 2012 – Veterans Memorial**

- 10 a.m. Competitors Check-In (Men's Classic)
- 1 p.m. Men's Classic Bodybuilding Prejudging
- 3 p.m. Competitors Check-In (Fitness, Bodyfitness/Figure and Bikini)
- 6 p.m. Competitors Meeting (Fitness, Bodyfitness/Figure and Bikini)
- 7 p.m. *Men's Classic Finals*
- 7:30 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 2, 2012 – Veterans Memorial**

- 7 a.m. Competitors Check-In (Men's & Women's Bodybuilding, Men's Classic, Men's Physique and Bodyfitness/Figure Masters)
- 8 a.m. Competitors Meeting
- 9 a.m. Bodyfitness/Figure Masters Two-Piece Round
- 9:40 a.m. Women's Bodybuilding
- 10:40 a.m. Men's Bodybuilding
- Noon Awards for Bodyfitness/Figure Masters

**Friday, March 2, 2012 – Greater Columbus Convention Center**

- 5 p.m. Men's Physique Prejudging and Finals

**Saturday, March 3, 2012 – Greater Columbus Convention Center**

- 8 a.m. Competitors Check-In (Men's & Women's Bodybuilding, Bodyfitness/Fitness, Figure and Bikini)
- 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