



**IFBB ELITE PRO MASTER WORLD**  
**CHAMPIONSHIPS**

***NOVEMBER 20<sup>TH</sup> 2021***

***PÓVOA DE LANHOSO PORTUGAL***

**MASTER Bodybuilding Open**

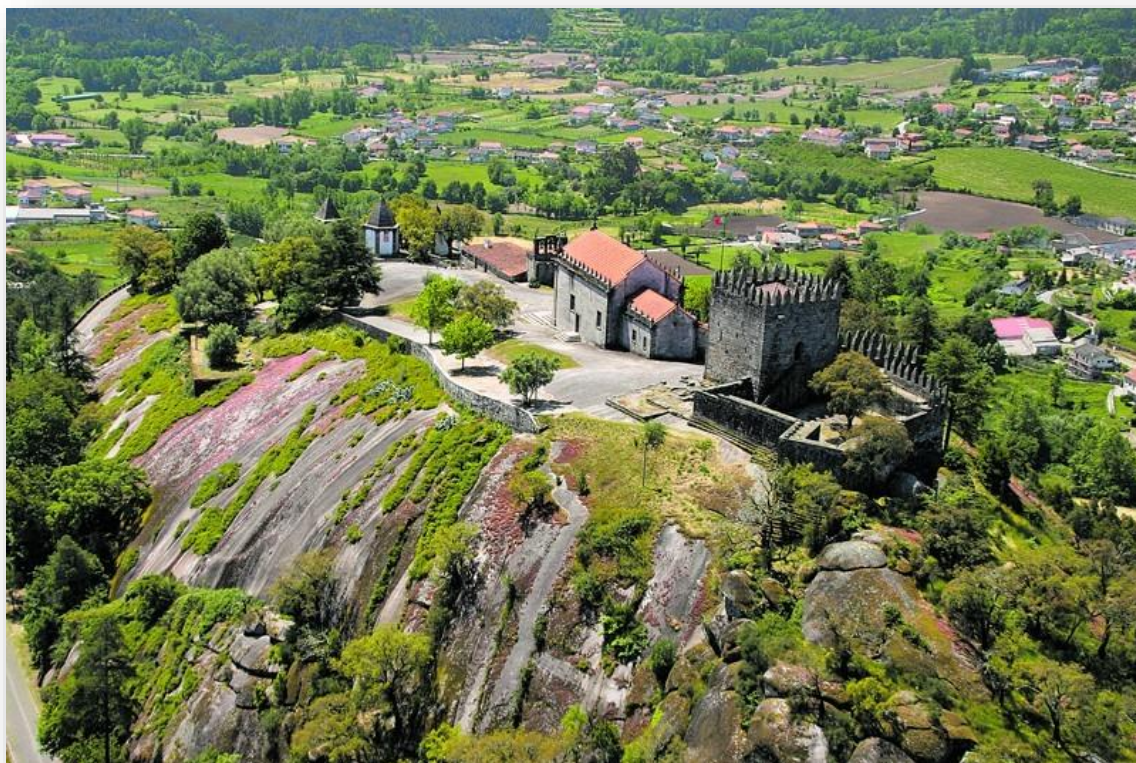
**MASTER Bikini Fitness**

**MASTER Bodyfitness**

**WELCOME** to the

# **IFBB ELITE PRO MASTER WORLD CHAMPIONSHIPS**

**The City of Póvoa de Lanhoso, Portugal, will host the IFBB Elite PRO Master World Championships on November 20<sup>th</sup>, 2021.**



## **VENUE SITE**

**Secundária da Povoá de Lanhoso**

Address: N205 226, Póvoa de Lanhoso

## **HOTELS**

**The accommodation for all the Elite Pro Master athletes will be covered by the Organization.**

DIVER LANHOSO

Marisa Sousa  
00351 91 739 83 17

Lugar de Porto de Bois - Oliveira,  
4830-602 Póvoa de Lanhoso  
Portugal  
[www.diver.com.pt](http://www.diver.com.pt)

## **ARRIVALS AND AIRPORT**

**Friday 19<sup>th</sup> November, it's the official arrival day.**

**OPORTO INTERNATIONAL AIRPORT:**

AEROPORTO SÁ CARNEIRO (Oporto), 4470-558 Vila Nova da Telha

More information at:

<https://www.aeroportoporto.pt/en/opo/home>

## **PARTICIPATION**

This event is open for all the IFBB Elite PRO Athletes.

In order to participate, athletes should have their IFBB Elite PRO cards on duty and registering by their profiles at the IFBB Elite PRO system:

<https://www.elitepro.gbispportinnovation.com/licence-access>

## **REGISTRATION & WEIGH-IN**

Registration will be in the SECUNDÁRIA DA POVOA DE LANHOSO, N205 226, Póvoa de Lanhoso **on Friday 19th from 20:00 hrs.**

## **CATEGORIES & PRIZE MONEY**

Master Bodybuilding Open	€1.000
Master Bikini Fitness	€1.000
Master Bodyfitness	€1.000

## **CORRESPONDENCE AND INFORMATION**

Further information can be requested by email, addressed to the promoter, Mr. José Monteiro:  
[josemonteiro.ifbb@gmail.com](mailto:josemonteiro.ifbb@gmail.com)

IFBB Elite Pro Office: [info@eliteproifbb.com](mailto:info@eliteproifbb.com)

## **MUSIC**

All posing music must be on an USB drive or submitted in the Elite Pro system.  
The posing music in the MP3 format must also be the only file on USB and should be marked as the athlete's name.

## **TANNING, HAIR & MAKE-UP**

Tanning services at this competition will be offered by **Elite Tan**.  
You may book your service here [patriciatanning@gmail.com](mailto:patriciatanning@gmail.com)

## **LANGUAGE**

Portuguese is the official language Portugal.

## **TIME DIFFERENCE**

UTC+2 hour (CEST - Central European Summer Time Zone)

## **CURRENCY**

The official currency is Euro.

## **ELECTRICAL CURRENT**

230 V, 50 Hz. Plugs and sockets of type C and E. Better to check at: <http://www.worldstandards.eu>

# **TENTATIVE SCHEDULE**

FRIDAY 19<sup>TH</sup> – Technical Meeting at 20h

SATURDAY 20<sup>TH</sup> – IFBB Elite Pro Show from 19h