

IFBB
ELITE PRO



MAY 10-12, 2024

PRIZE MONEY \$100,000

BODYBUILDING | CLASSIC PHYSIQUE | MEN'S PHYSIQUE
BIKINI FITNESS | WELLNESS | BODYFITNESS



INSPECTION REPORT

WELCOME

We are glad to present to you the 9th edition of largest multi-sports festival in Russia - **"Siberian Power Show" 2024**. Every year, athletes, fans and spectators come to Krasnoyarsk to fully immerse themselves in the incredible atmosphere of sports for several days and take part in an event that has become special in the global gym and fitness culture. The festival program includes more than 20 sporting disciplines, as well as an exhibition dedicated to healthy lifestyle. This all takes place under one roof in the international exhibition and business center "Siberia".

Due to its unique geographical location, the Siberian Pro Show is a great place where athletes from all over the world can meet each other to exchange experiences and identify who is the best. So, the Siberian Pro Show is an event that clearly demonstrates the progress of bodybuilding and fitness in various regions and countries of the world. We will witness an event that annually gathers apex a top of the heap of Russian bodybuilding on one stage and gives unforgettable emotions to both the participants and the audience of this amazing show!

Don't miss this opportunity!

Follow us



LOCATION

Krasnoyarsk city will be a meeting place for athletes from all over the world again and for two days will immerse you in an incredible atmosphere of sports, beauty and health! The territory of Krasnoyarsk has a rich sports history and serious experience in conducting competitions of various levels. In 2019, the World Winter Universiade was held here, which confirmed that Krasnoyarsk is ready to host the largest and most serious world tournaments.

COMPETITION VENUE

The Crystal Ice Arena was built for the Games of the XXIX World Winter Universiade 2019 in Krasnoyarsk. It is the home arena for Krasnoyarsk ice hockey teams. The total area of 42 854 sq. m allows placing the whole range of services: main ice arena measuring 60x30 metres; training arena; 12 changing rooms for the teams; rooms for technical delegates, referees, service personnel; media areas; medical facilities. Arena capacity - 3 500 people.



CRYSTAL ICE ARENA



Partizana Zheleznaya St., 42



Scan the code to
see the location



ARRIVAL AIRPORT

Krasnoyarsk is served by Yemelyanovo Airport, the main airport that handles both medium and long haul domestic and international flights, and located 27 kilometers (17 min) northwest of the city.

The Organizing Committee will pick you up at the airport on arrival. The organizer shall arrange the transfer between airport and official hotels on Friday, May 10th and Saturday May 11th, 2024 transfer between hotels and airport on Monday, May 13th, 2024 based on the stated times of arrivals and departures.

Please notify the Organizing Committee of the details of your arrival time not later than May 6th, 2024.

The suitable transfer will be arranged for your National Team members. **The transfer service is free.**

Any questions about transfer you can contact us proshow@siberianpowershow.ru

By taxi:



You can use **Yandex Go App**



OFFICAL HOTELS

Due the number of events that Krasnoyarsk will host this weekend and the high hotel occupancy we recommend to plan your stay in advance and book your accommodation the earliest as possible.

📍 **“HILTON GARDEN INN”**
37, Molokova Street



📍 **“PACK CITY HOTEL”**
40B, Partizana Zhelezyaka



📍 **“IBIS HOTEL”**
123, Karla Marksa Street



📍 **“NOVOTEL”**
123, Karla Marksa Street



Reservation, booking and all costs for hotel accommodation, travelling, meals, are the responsibilities of the National Federations or individual athletes.

The average cost of a hotel room is about 45\$ - 70\$ per night.

**IT IS VERY IMPORTANT THAT YOU BOOK THROUGH THE ORGANIZER'S E-MAIL
IN ORDER TO BENEFIT FROM THE SPECIAL RATES!**

Please, book your accommodation and free transfer from this address proshow@siberianpowershow.ru



PARTICIPATION

All IFBB ELITE PRO competitors from ALL OVER THE WORLD, who have the Elite Pro Cards in order, are eligible to compete in this IFBB Elite Pro Competition by sending request of approval to the IFBB Elite Pro Office in Madrid:

info@ifbbelitepro.com

The Declaration should include:

- Name, date and place of the contest
- 1 given name + 1 family name of a competitor
- Represented Country (passport drawer)
- Category
- Date of birth
- Email address
- Mobile phone number

The athletes need to register also in the IFBB Elite Pro System:

<https://app.eliteprocard.com>

The deadline date for submitting the request is May 4th, 2024.

The number of participating athletes is unlimited.

The final decision to allow an athlete to compete in this event rests with the IFBB Elite Pro.

REGISTRATION

**THERE IS NO REGISTRATION FEE
FOR IFBB ELITE PRO ATHLETES**

Each athlete should have at the Registration:

- ID Document or Passport
- IFBB Elite Pro Card
- Music on USB Drive. The posing music must be the only track on USB.
- Posing music for Bodybuilding and Classic Physique music is 2 minutes.
- Each competitor must affix his name on the USB Drive for easy identification.

IMPORTANT NOTICE TO COMPETITORS



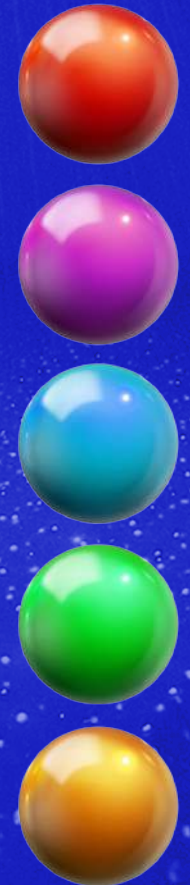
The posing music must be the only one on USB Drive, ready to be played. Please use MP3 file format. The athletes name must be added



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

**FOR THE WOMEN'S BIKINI
FITNESS CATEGORY**

**YOU CAN CHOOSE
THE BACKGROUND
COLOR OF THE STAGE:**



CATEGORIES

The open categories for this event are:

BODYBUILDING

CLASSIC PHYSIQUE

MEN'S PHYSIQUE

BIKINI FITNESS

WELLNESS FITNESS

BODYFITNESS

AWARDS

THE TOTAL PRIZE MONEY FOR THIS COMPETITION IS USD 100,000 AND WILL BE DISTRIBUTED AS FOLLOWS:

BODYBUILDING PRO	CLASSIC PHYSIQUE PRO	BIKINI FITNESS PRO	BODYFITNESS PRO
1 place \$ 20 000	1 place \$ 3 000	1 place \$ 7 000	1 place \$ 2 000
2 place \$ 9 000	2 place \$ 2 500	2 place \$ 4 500	2 place \$ 1 500
3 place \$ 6 000	3 place \$ 2 000	3 place \$ 3 500	3 place \$ 1 000
4 place \$ 4 500	4 place \$ 1 500	4 place \$ 3 000	4 place \$ 300
5 place \$ 4 000	5 place \$ 1 000	5 place \$ 2 000	5 place \$ 200
6 place \$ 2 500			
7 place \$ 2 000			
8 place \$ 1 600			
9 place \$ 1 400			
10 place \$ 1 000			
MEN'S PHYSIQUE PRO	WELLNESS FITNESS PRO		
1 place \$ 3 000	1 place \$ 2 000		
2 place \$ 2 500	2 place \$ 1 500		
3 place \$ 1 000	3 place \$ 1 000		
4 place \$ 800	4 place \$ 300		
5 place \$ 700	5 place \$ 200		

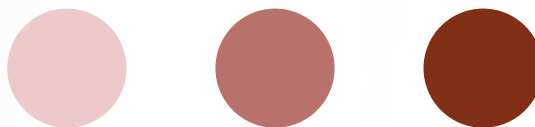
BACKSTAGE ACCESS

Elite Pro athletes will be given an extra wristband for only coach or companion. Don't forget to take this wristband at the Registration area at International Exhibition and Business Centre "Siberia" 11st May 2024. This wristband allows access to the Elite Pro Show backstage, a seat at the Elite Pro Show in a specific zone and access to the Expo as well. It must be worn all the time during the event.

**General access + auditorium tickets can be purchased
at the gate or online through website**

<https://siberianpowershow.ru>

TANNING



For information please contact: tanning@siberianpowershow.ru

The cost of the tanning service is 80\$.

TENTATIVE SCHEDULE



SATURDAY, May 11th, 2024

Arrivals

- 19:00

Athletes Registration (“Siberia” Aviatorov St., 19)

- 20:00

Elite Pro Judging Meeting

SUNDAY, May 12th, 2024

- 10:00 - 16:00

Elite Pro Competition:

Men’s Physique, Classic Physique, Wellness, Bodyfitness

- 16:00

Elite Pro Competition:

Bodybuilding, Bikini Fitness, Prejudging

- 18:00

Bodybuilding, Bikini Finals

- 21:00

Banquet (free entry)

MONDAY, May 13th, 2024

- Till 12:00

Check-Out and Departures

*Updated time schedule will be received upon arrival

JUDGES

IFBB Elite Pro Judges should declare their readiness to work at this Elite Pro event by sending a request to the IFBB Elite Pro Head Office e-mail address: **info@ifbbelitepro.com** (Ms. Alba Sánchez) not later than April 19th, 2024.

Please send us the following information via e-mail:

- Contest name, date and place, judge would like to work at
- The name and surname of a judge (according to his/her passport or ID)
- Represented country (passport drawer)
- Passport or ID number
- Current place of stay (address)
- Email address
- Mobile phone number

CURRENCY

The national currency in Russia is Ruble (RUB).

EUR €1.00 = RUB 97,81

USD \$1.00 = RUB 91,43

(as at February 15th, 2024)

After the deadline, the Elite Pro Head Office will analyze submitted request and will compose the panel, taking into account the place of the contest and location of judges. Then, the Elite Pro Head Office will inform selected judges on the final decision and participating conditions. All IFBB Elite Pro judges must have a valid IFBB Elite Pro Judge's Cards with the IFBB Elite Pro yearly judges fee of **EUR €150** for 2024 to be paid through the Elite Pro website by PayPal:

<https://eliteproifbb.com/annual-membership>

All IFBB Elite Pro judges must be present at the Team Managers and Judges Meeting and hand over their Elite Pro Judge's Cards to the IFBB ELITE PRO Judges Committee representative present there. Any judges, absences at this Meeting, will not be allowed to judge at this Elite Pro event.

LANGUAGE

The official language is Russian. You can speak English in hotels, restaurants and tourist areas.

CLIMATE

During the month of May, the average daily temperature is 10°C. The lowest temperature is 2°C and the highest 18°C. Daylight hours in May is 12 hours (04:48 - 20:41)

MEDIA

All the media professionals who wish to have access to the event must apply for the official accreditation. You have to send your contact information (name of the media you represent, phone number, email, the person who look accreditation for, representor's position) to **media@siberianpowershow.ru** no later than April 26th. Person in charge is Liubov .

LIVE STREAMING

Can't physically join the event? Want to watch performances unlimited number of times? Busy during the festival and want to watch it later? No worries, we got your back! The event will be streamed online by professional video team "Master Group". By purchasing a broadcast, you will jump into the atmosphere of the competition from anywhere around the world, and if you are a participant of the show, you can easily review your performance any time. The broadcast can be purchased by your friends and relatives, who can enjoy the show and fully support you. Don't miss a chance to experience watching top sportsmen, motivate yourself and being a part of such a unique festival!



Life stream cost: USD \$25

Visit our website to check life stream: <https://siberianpowershow.ru>



INFORMATION

If needed, you can contact us for any doubt or issue you may have:

ELITE PRO OFFICE info@ifbbelitepro.com

SPS ASSISTANCE proshow@siberianpowershow.ru

Download the TELEGRAM app on your phone in order to receive the latest news, instant updates, schedule information, results and possibly changes during the championships.



Check the Running Order on Telegram
https://t.me/SPS_media/82

