



DIAMOND CUP LUSOFONIA

17 e 18 Novembro

PÓVOA DE LANHOSO
PORTUGAL



ENTRANCE OFFER
for José Monteiro international cup



IFBB JOSÉ MONTEIRO INTERNATIONAL CUP



19
NOV

FREE
REGISTRATION

FREE REGISTRATION FOR ALL ATHLETES COMPETING IN PORTUGAL DIAMOND CUP
PÓVOA DE LANHOSO, PORTUGAL



2 Competitions 1 Fee

17, 18 and 19 Nov. 2023
Póvoa de Lanhoso - Portugal

Location



Póvoa de Lanhoso is a Portuguese village located , belonging to the North region and the district of Braga.

It is the seat of the Municipality of Póvoa de Lanhoso, which has a total area of 134.65 km², 21,787 population. Póvoa de Lanhoso is a village full of history where Maria da Fonte plays a main role

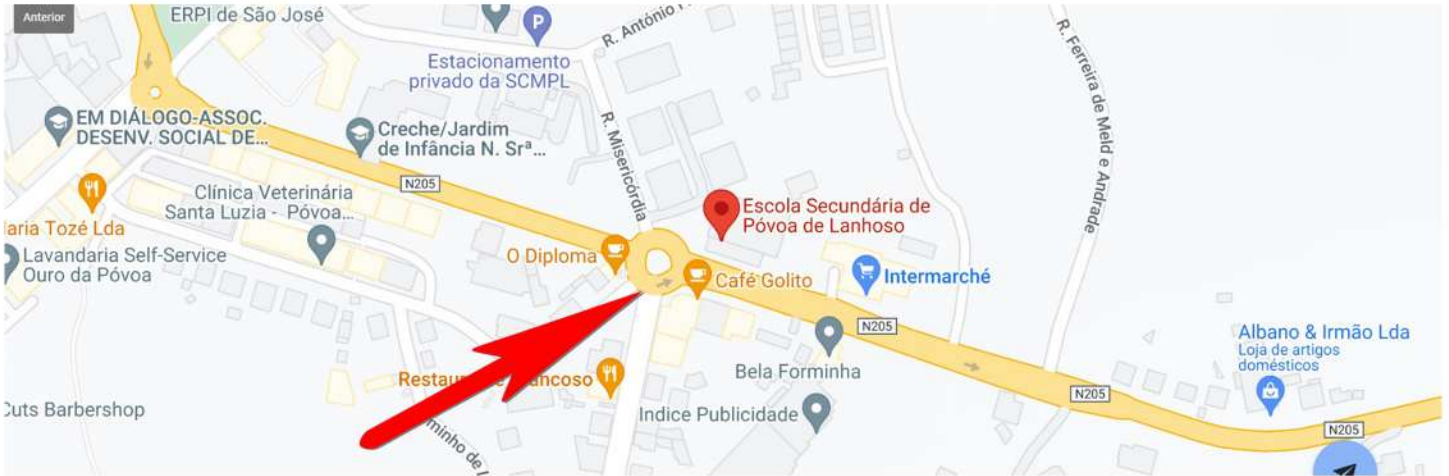


Nearby we have the city of Braga. Braga is a vibrant, metropolitan city full of historical monuments. Braga has a vast cultural heritage, whose ex-libris is the Bom Jesus do Monte Sanctuary, a UNESCO World Heritage Site.

Braga has a total area of 183.40 km², 193 324 inhabitants. It is the city with the youngest population in Portugal



Venue



Multi-sport Póvoa de Lanhoso
Adress - Escola Secundária de Póvoa de Lanhoso
Rua Pte. de Pereiros Povoas de Lanhoso



How to get to the Multi-sport Povoas de Lanhoso?



Airport Francisco Sá Carneiro Porto

**Outside the airport there will be Uber
and bus "getbus" 9€ to Braga**

Accommodation



Hotel das Taipas Guimarães *******

Official hotel **Free Transfer** Hotel - Venue
Venue - Hotel



Booking

hoteltaipas@gmail.com

Phone (+351)253479980



Room and breakfast - Single 40€

- Double 50€

- Triple 65€

(Prices by night)



Participation



Participation in the IFBB Diamond Cup Lusofonia and José Monteiro International cup is open for all athletes representing the IFBB- affiliated National Federations from all over the world. Participation is unlimited. The athletes' registration will be only considered if they are nominated by their IFBBaffiliated National Federation

Registration <https://ifbb.com/competition-registration/>

Registration closes on November 12th

Entry Form and Contact Details

All the entry forms must be addressed to the IFBB Technical Committee, Eng.Andrew Michalak, amichalak5@gmail.com and to the IFBB Office contact@ifbb.com. The submitting deadline for the Final Entry Form is on Nov. 14th.



Registration fee

The registration fee for athletes (2 competitions) is €200



IFBB ELITE PRO CARD for the senior overall champions or for the senior champion of the category (if there is no overall) as long as there are at least 6 athletes.



2 Competitions 1 registration fee



To be taken into consideration during the selection of judges' panels at the competition, IFBB International Judges and test-judges shall be included in the Final Entry form sent by National Federations, according to the IFBB rules.

For further information, please contact Mr. Pawel Filleborn, Chairman of the IFBB Judges Committee, here: pawelfilleborn@gmail.com

All international judges must bring their International Judge's Card to Povoá de Lanhoso. IFBB international judges must have a valid IFBB Judge's Card, having previously paid the annual judges fee of €50. All judges must be present at the Team Managers and Judges' Meeting. Any judge who is absent at this meeting, will not be allowed to judge at these Championships.

The Judges' Meeting will take place on Thursday 17th Nov at 7pm. It will be held At the Venue

Championships schedule



REGISTRATION & WEIGH

- Friday, November 17th at 9:30am. at 6pm.

Diamond Cup Lusofonia

- Saturday 18th Nov. start at 10am.

José Monteiro Internatiobal Cup

- Sunday 19th Nov. start at 10am.

Open categories

- Bikini Fitness Junior
- Bikini Fitness Master
- Bikini Fitness
- Body Fitness Master
- Body Fitness
- Wellness Junior
- Wellness Master
- Wellness
- Woman's Fit Model
- Women's Artistic Fitness
- Fit Pairs
- Mixed Pairs
- Men's Physique Junior
- Men's Physique Master
- Men's Physique
- Muscular Men's Physique
- Classic Bodybuilding Junior
- Classic Bodybuilding Master
- Classic Bodybuilding
- Classic Physique Junior
- Classic Physique Master
- Classic Physique
- Junior Bodybuilding
- Master Bodybuilding
- Bodybuilding

Crossovers - According to the IFBB judgement, crossovers (additional categories) will have a fee of €100 per category. Athletes competing in Junior or Master categories can compete in the senior height or weight class.

VISA for IFBB athletes

A valid passport is required to enter Portugal. EU country citizens, Iceland, Liechtenstein, Norway and Switzerland do not need to obtain a Visa. Also, citizens of other 65 other countries do not need a Visa. Check at

https://en.wikipedia.org/wiki/Visa_policy_of_the_Schengen_Area

It is the National Federations' responsibility to obtain an entry Visa for the country organizing the Championship. All National Federations will be able to ask for an invitation letter either to the Diamond Cup Lusofonia organization Office (portugalifbb@gmail.com). The invitation letter does not mean you are granted your Visa. Neither IFBB nor Diamond Cup Lusofonia organization is responsible for the attendant's visas.

To receive an invitation letter, the applicant should forward the following information to the Diamond Cup lusofonia organization:

- A copy (scan) of passport.**
- Staying place of the attendance (hotel, apartment, etc. address).**

If the Visa is not granted, the cancellation policy for the Championship still applies. An athlete, who requested and received a Visa invitation from the IFBB Head Office or the Organizing IFBB Committee and decides to use this Visa unlawful to stay in the host country or in any other country, will be subject to the disciplinary proceedings and measures.



Time zone

Povoa de Lanhoso
UTC +0 / Western
European Time
(WET)

Currency

The official currency
in Spain is Euro (€).
Price in dollars may
vary depending on
the currency
exchange rate
(1€ = 1,10\$)

Climatology

During the 17th to
19th of November it
should be cloudy and
the temperature
should be around
5 to 15 degrees

Electricity

In order to use your
personal devices
properly, please
note that voltage in
Portugal is 230V,
50Hz, C plug type.

Additional services

For all athletes, free access to the Porto D'ave gym



Tanning - 70€

Backstage access - 50€

Makeup

Hairdresser

Photos - 30€

Video - 30€