



# NORGES KROPPSBYGGER- OG FITNESSFORBUND

Norwegian Bodybuilding and Fitness Federation  
Address: NKF v/ Bjørn Winberg, Bølstadenga 9, 3430 Spikkestad, Norway

Website: [www.nkf-ifbb.no](http://www.nkf-ifbb.no) - [www.oslograndprix.com](http://www.oslograndprix.com)



Members of the  
International Federation  
of Body-Builders (IFBB)

February 2010

## OSLO GRAND PRIX 2010

AMATEUR COMPETITION - Oslo, Norway, April 17th 2010

- MEN'S AND WOMEN'S BODYBUILDING
- MEN'S AND WOMEN'S CLASSIC BODYBUILDING
- WOMEN'S BODYFITNESS
- MEN'S AND WOMEN'S ATHLETIC FITNESS

Welcome to "[Oslo Grand Prix 2010](#)" - Amateur competition in Bodybuilding and Bodyfitness. The competition is arranged by [The Norwegian Bodybuilding and Fitness Federation](#) and sponsored by [Norwegian Fitness](#).

### PRIZE MONEY

There is prize money to be won. The total is 6750 Euro, divided between the different overall classes!

### VENUE SITE

The competition will be held at [Chateau Neuf](#) on Saturday April 17th

Address: Slemdalsveien 15, 0369 Oslo, Norway

You will find the venue centrally located at Majorstuen (Oslo West). Walking distance from Majorstuen [T-bane] to Chateau Neuf (Slemdalsveien 15) is 254 meter.

### SCHEDULE

Prejudging starts at 10.00 hrs

Finals start at 16.00 hrs

### TICKETS

Tickets will be available at the venues box-office, and can also be purchased online at

[www.billett-service.no](http://www.billett-service.no) - telephone (+47) 815 33 133

Prices: Prejudging NOK 150,- / Finals NOK 250,-.

### WEIGH-IN/REGISTRATION

The weigh-in/registration will take place on Friday 16<sup>th</sup> April.

Time: 18:00 – 20:00

Place: [RPMGym.no](http://RPMGym.no)

Address: Industrigaten 36, 0357 Oslo

### COMPETITION FEE

There is a starting fee of NOK 200,- for the competitors.

The fee is to be paid at the weigh-in/registration.

### HOTELS

The closest hotel in the area would be [Thon Hotel Gyldenløve](#)

Address: Bogstadveien 20, 0355 Oslo

Booking: (+47) 23 33 23 00

There are plenty of other hotels in Oslo generally, visit [www.visitoslo.com](http://www.visitoslo.com)



# NORGES KROPPSBYGGGER- OG FITNESSFORBUND

Norwegian Bodybuilding and Fitness Federation  
Address: NKF v/ Bjørn Winberg, Bølstadenga 9, 3430 Spikkestad, Norway

Website: [www.nkf-ifbb.no](http://www.nkf-ifbb.no) - [www.oslograndprix.com](http://www.oslograndprix.com)



Members of the  
International Federation  
of Body-Builders (IFBB)

## RULES

The competition is arranged and the rules are set by IFBB/EFBB and NKF.

## CATEGORIES:

- **Men's BODYBUILDING:**
    - 80 kg
    - 90 kg
    - 100 kg
    - + 100 kg
  
  - **Women's BODYBUILDING:**
    - Open class
  
  - **Men's CLASSIC BODYBUILDING:**
    - 180 cm
    - + 180 cm
  
  - **Women's CLASSIC BODYBUILDING:**
    - 163 cm
    - + 163 cm
  
  - **Womens' BODY FITNESS:**
    - 163 cm
    - + 163 cm
- 
- **Women's ATHLETIC FITNESS:**
    - 165 cm
    - + 165 cm
  
  - **Men's ATHLETIC FITNESS:**
    - 180 cm
    - + 180 cm

The Athletic Fitness category will include following strength exercises before the symmetry round:

- 1 minute rowing
- 1 minute pause
- 1 minute dips

## SCORING:

Rowing counts as 25 % of the total score

Dips count as 25 % of the total score

Symmetry round 2 counts as 25 % of the total score

Symmetry round 3 counts as 25 % of the total score



# NORGES KROPPSBYGGGER- OG FITNESSFORBUND

Norwegian Bodybuilding and Fitness Federation

Address: NKF v/ Bjørn Winberg, Bølstadenga 9, 3430 Spikkestad, Norway

Website: [www.nkf-ifbb.no](http://www.nkf-ifbb.no) - [www.oslograndprix.com](http://www.oslograndprix.com)



Members of the  
International Federation  
of Body-Builders (IFBB)

## ENTRY FORM

Send an email to NKF's board member & webmaster Jorun Steine  
[web@nkf-ifbb.no](mailto:web@nkf-ifbb.no) with following personal data:

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Personal website: \_\_\_\_\_

Nationality / Country: \_\_\_\_\_

Category: \_\_\_\_\_

National Federation: \_\_\_\_\_

Name and email to your contact person in IFBB: \_\_\_\_\_

\_\_\_\_\_

A copy of this entry form will be sent to your National Federation. The registration has to be confirmed and approved by the National Federation.

Deadline for this entry form is April 3rd 2010

Visit our website for more information [www.oslograndprix.com](http://www.oslograndprix.com)

**President:**  
Bjørn Winberg  
Phone: +47 909 37 310  
Email: prs@nkf-ifbb.no

**Vicepresident:**  
Kim Torgersen  
Phone: +47 932 52 505  
Email: vprs@nkf-ifbb.no

**Secretary:**  
Jane Belinda McCarthy  
Phone: +47 917 57 695  
Email: sek@nkf-ifbb.no

**Board member:**  
Jorun Steine  
Phone: +47 924 13 066  
Email: web@nkf-ifbb.no

**Board member:**  
Kenneth Foss  
Phone: +47 458 01 602  
Email: fit@nkf-ifbb.no