

IFBB ARMENIA OPEN CHAMPIONSHIP

DECEMBER 4-5 12:00



Categories

Women's Bikini

Men's Physique

Men's Fit Model

Muscular Men's Physique

Men's Bodybuilding

Men's Classic Bodybuilding

Master Men's Bodybuilding >40 YRS

Men's Classic Physique

Junior Men's Physique 16-23 YEARS

Registration of athletes December 4th, 2023 12:00.

The competition will take place on December 5, 2023 at 12:00.

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www.ifbbarmenia.com



ARMENIAN NATIONAL FEDERATION OF BODYBUILDING & FITNESS

IFBB ARMENIA OPEN CHAMPIONSHIP

DECEMBER 4-5

YEREVAN, ARMENIA

12:00

WELCOME



LOCATION

Armenia formally referred to as the Republic of Armenia in an independent country in the South Caucasus area of Eurasia. It is situated in Western Asia, on the Armenian Highland. Turkey borders Armenia to the west, Azerbaijan and the de facto Independent Nagorno-Karabakh Republic to the east, Azerbaijan's exclave of Nakhchivan and Iran to the south, and Georgia to the north. The name Armenia was given to the nation by the neighbouring countries, and it traditionally originated from Armenak or Aram who is believed to be the ancestor of all Armenians.



HISTORY

Current territory of Armenia is 10 times smaller than Armenian historical kingdom - Armenia Major (Mets Hayk), which remained from 331 to 428 BC.

On the 21st of September, 1991, as a result of a popular referendum, Armenia withdrew from the composition of the USSR and pronounced independence of the Republic of Armenia.

Armenia is the first country in the world to adopt Christianity as a state religion. Armenian Apostolic Church is one of the most ancient national churches and one of the most ancient Christian communities, which belongs to the group of Eastern Orthodox Churches. Center – Mother Cathedral of Holy Echmiatsin.

State language is Armenian, which is considered to be a separate branch in the Indo – European family of languages. Mesrop Mashtots created Armenian alphabet in 405.

The main symbol of Armenia is biblical Mount Ararat, on which, according to the legend, Noah's Ark found its shelter after the global Flood.

Armenian genocide, accomplished by Ottoman Empire in 1915, is one of the gravest pages of the history of Armenia. Armenians have been fighting for its recognition for almost a century.

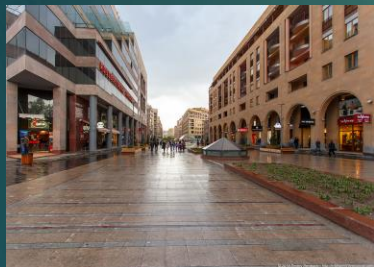
Yerevan is the 12th capital of Armenia. It is 28 years older than Rome and is considered to be one of the safest cities in the world.

The most ancient, 6000 years old winery was found in Armenia: near village Areni: in the Birds' cave. Areni keeps traditions of winemaking up today. By the way, the most ancient, 5500 years old shoe was found in the same location.

The world's biggest collection of manuscripts and medieval books Matenadaran is situated in Yerevan.

There is no place in the world, where apricot is tastier than in Armenia; it is one of the real live symbols of the country. It was grown exactly on Ararat plain. Then it spread all over Europe.

YEREVAN



AIRPORT

YEREVAN INTERNATIONAL AIRPORT (ZVARTNOTS) CONTACTS & INFORMATION

Website: zvartnots.aero

E-Mail: contacts@aia-zvartnots.aero

Flight information: +374 10 493000, +374 1-87

Baggage service (lost and found): +374 1-87

Flights online: Arrivals / Departures

Zvartnots International Airport

(Armenian: *Զվարթնոց Միջազգային Օդանավակայան*
Zvart'nots' Mijazgayin Odanavakayan)

(IATA: EVN, ICAO: UDYZ) is located near Zvartnots,
12 km (7.5 mi) west of Yerevan, the capital city of
Armenia.



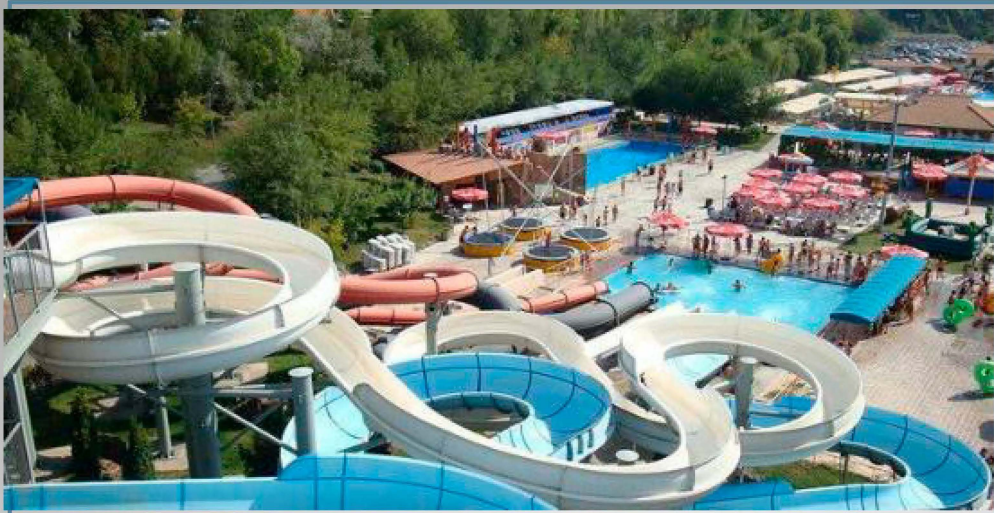
AQUATEK RESORT AND SPA



Registration at the Aquatek Hotel.
The price for one night:
Double 31000 AMD
The price includes
Breakfast, Pools, Gym and Waterland.

Address: Ave. Myasnikyan, 40/2, Yerevan





CLIMATE

27  +7 0	28  +9 +2	29  +9 +3	30  +8 +4	1 дек  +10 +3	2  +9 +3	3  +10 +2
4  +10 +3	5  +10 +4	6  +9 +4	7  +8 +3	8  +6 +3	9  +6 +2	10  +8 +5
11  +6 +4	12  +8 +3	13  +8 +4	14  +4 +4			

ELECTRICAL CURRENT

In Armenia the power plugs and sockets are of type C and F. The standard voltage is 230 V and the standard frequency is 50 Hz.

LANGUAGES

Armenian, Russian and English

REGISTRATION

Dec. 4, 12:00 – Weight – in Registration
(note: the tanning products will be provided by the organizers (paid service))

Dec. 5– the Championship

CATEGORIES

MEN'S BODYBUILDING

UP TO & INCLUDING 80 kg

UP TO & INCLUDING 90 kg

OVER 90 kg

MEN'S PHYSIQUE

UP TO & INCLUDING 173 cm

UP TO & INCLUDING 176 cm

UP TO & INCLUDING 179 cm

OVER 179 cm

MEN'S CLASSIC PHYSIQUE

UP TO & INCLUDING 171 cm

UP TO & INCLUDING 175 cm

UP TO & INCLUDING 180 cm

OVER 180 cm

MEN'S FIT MODEL - OPEN

WOMEN'S BIKINI – OPEN

MEN'S CLASSIC BODYBUILDING

UP TO & INCLUDING 171 cm

UP TO & INCLUDING 175 cm

UP TO & INCLUDING 180 cm

OVER 180 cm

JUNIOR MEN'S PHYSIQUE 16-23 YEARS

UP TO & INCLUDING 175 cm

OVER 175 cm

MUSCULAR MEN'S PHYSIQ - OPEN

MASTER MEN'S BODYBUILDING >40 YRS – OPEN

Note: A category will only be run if 5 or more athletes are registered. Otherwise, categories will be combined.

ARMENIAN NATIONAL FEDERATION OF BODYBUILDING & FITNESS

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