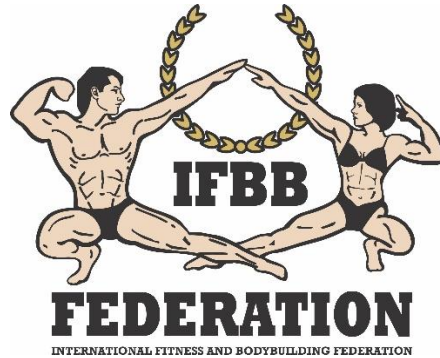


# Inspection Report



## IFBB SOUTH AFRICA NATIONAL CHAMPIONSHIPS

1 – 3 August 2024

The Junction, Kloof, eThekweni, Kwa-  
Zulu Natal

The Junction – Space to connect

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**THE JUNCTION**

connecting community



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# IFBB SA National Championships

KWA - ZULU NATAL

The Junction | 53 Abelia Road, Kloof

# 1-3 Aug '24



IFBB Official Protea  
world team selection.

Thurs: 1 Aug. Weigh-in  
Fri & Sat: 2-3 Aug.  
Championships



Franci Rust | 079 933 0967  
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South African Institute for  
Drug-Free Sport



IFBB  
ELITE PRO



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# IFBB SA National Fitness Challenge

## Championships



### KWA - ZULU NATAL

The Junction | 53 Abelia Road, Kloof

# 1-3 Aug '24



IFBB Official Protea  
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**Franci Rust** | 079 933 0967 | francirust@gmail.com



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## 1. INTRODUCTION

The IFBB SA National Championships is the flagship Bodybuilding event of the year. Athletes were selected at Provincial and Regional level to compete at this prestigious event. The event will take place at The Junction, 53 Abelia Road, Kloof, eThekweni, Kwa-Zulu Natal.

The South African team will be selected over several categories, to attend the annual **IFBB Men's International World Championships in the Kish Islands, the Women's World Championships in Tokyo Japan, and the IFBB Fitness Challenge World Championships in Spain** later this year.

It is suggested that athletes, who believe they can be selected to represent South Africa at the World Championships later this year, arrange in advance: a valid passport, and complete the mandatory e-learning Anti-doping course.

At the IFBB SA National Championships, the IFBB South Africa teams will be selected to represent SA at the following events:

23 - 28 September 2024	Men's Bodybuilding World Championship
16 – 19 December 2024	IFBB World Women's Championship
26 – 28 October 2024	IFBB World Fit Model Championship
1 – 4 November 2024	IFBB Fitness Challenge World Championship

**Only athletes with valid passports at the time of the IFBB SA National Championships will be considered for the World Teams.**

## 2. CAPPING CEREMONY OF 2023 TEAM

Athletes that competed at the various 2023 IFBB world championships will have their formal Capping Ceremony on Friday 2<sup>nd</sup> August 2024.

Athletes can order and pay for their jackets through [www.XCO.co.za](http://www.XCO.co.za) in advance and bring it to the Capping Ceremony with their Green Protea Cap (already received), for the Capping Ceremony.

More details will be communicated to the athletes directly regarding the ceremony.

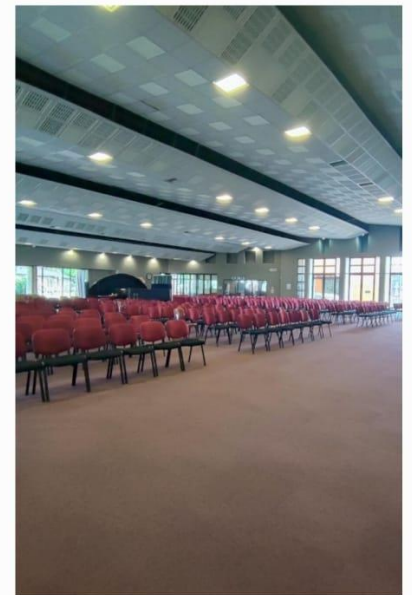
**Friday 2 August 18h00 – 19h00 in The Junction Main Arena**

## Venue

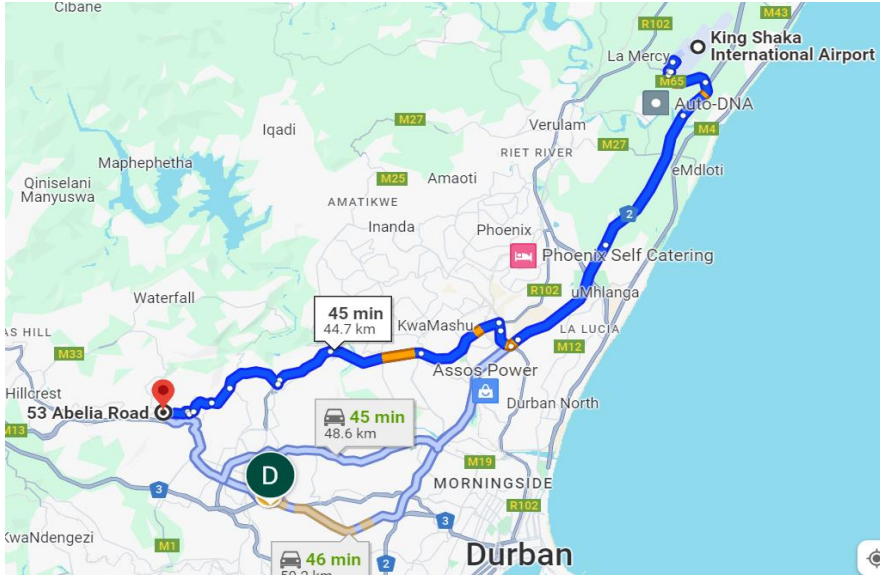
### The Junction

**Address:**

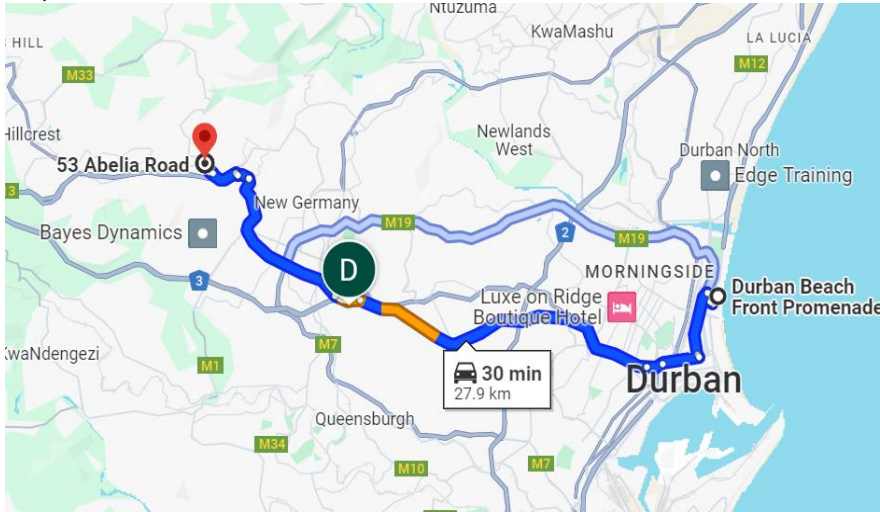
53 Abelia Road,  
Kloof, eThekweni,  
Kwa-Zulu Natal



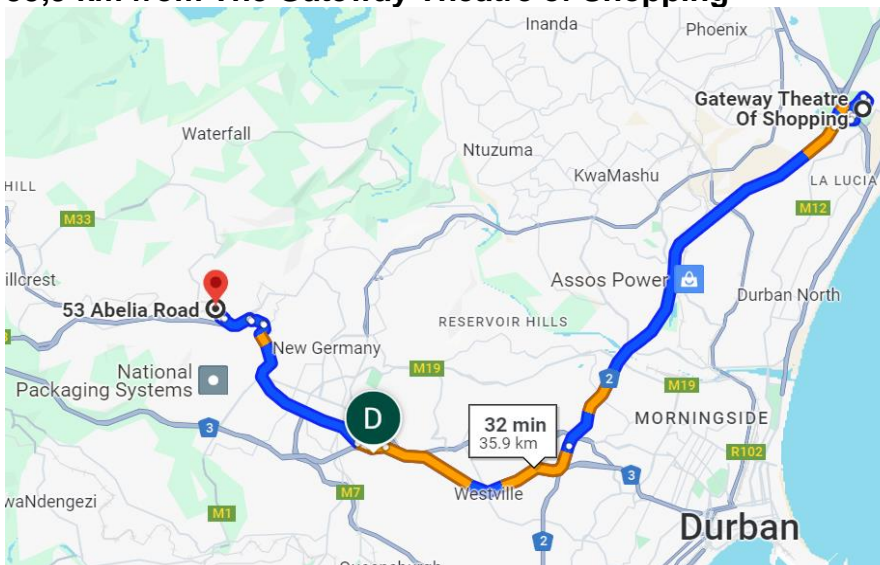
**44,7 km from King Shaka International Airport**



**27,9 km from Durban Beach Front Promenade**



**35,9 km from The Gateway Theatre of Shopping**



### 3. ACCOMMODATION



#### LEMON TREE B&B

(Distance from Venue: 2.1km)

Room ONLY - per person                      **Rate: R890 per night**  
 Room ONLY - 2 people sharing              **Rate: R1180 per night**  
 Breakfast Extra @ R100 p/p  
 Call: 066 219 1661



#### INN AFRICA B&B

(Distance from Venue: 3.4km)

Bed & Breakfast - Single Room              **Rate: R995 per night**  
 Bed & Breakfast - Double Room              **Rate: R1400 per night**  
 Call: 031 764 6422



#### THE ANCHORAGE

(Distance from Venue: 4.9km)

Bed & Breakfast - 2 people sharing              **Rate: R900 per night**  
 Call: 067 920 9987



#### THE GREGORY

(Distance from Venue: 5.8km)

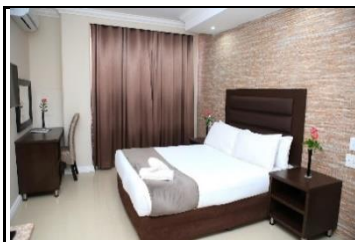
Bed & Breakfast - Twin room                      **Rate: R1100.00 per night**  
 Call: 031 492 4984



#### AMAZULU AFRICAN PALACE

(Distance from Venue: 4.5km)

Single Room ONLY                                      **Rate: R1350 per night**  
 Double Room ONLY                                      **Rate: R1800 per night**  
 Breakfast extra @ R150 per person  
 Call: 031 764 8000



#### BAYSIDE HOTEL, PINETOWN

(Distance from Venue: 6.9km)

Single Room ONLY                                      **Rate: R495 per night**  
 Double Room ONLY                                      **Rate: R595 per night**  
 Call: 079 016 1120



## THE DU BOIRS BOUTIQUE

(Distance from Venue: 10.6km)

Bed ONLY - per person

Rate: R 850.00 per night

Breakfast Extra @ R150 p/p

Call: 013 656 3264



## NKUTU RIVER LODGE

(Distance from Venue: 8.9km)

2 people sharing

Rate: R855.00 per night

Per person

Rate: R990.00 per night

Call: 031 762 1417

**SELF CATERING**



## EKHAYA BOUTIQUE HOTEL

(Distance from Venue: 15.4km)

Standard Room (2 people sharing)

Rate: R1800 per night

Breakfast included

Call: 031 266 0950



## COASTLANDS HOTEL, MUSGRAVE

(Distance from Venue: 21km)

Promo Code: **IFBBSA2024**

Bed ONLY - per person

Rate: R1200 per night

Bed & Breakfast - per person

Rate: R1400 per night

Bed & Breakfast - 2 people sharing

Rate: R1800 per night

Call: 031 271 8200



## RIVERSIDE HOTEL

(Distance from Venue: 28km)

Bed & buffet breakfast - single room

Rate: R1250 per night

Bed & buffet breakfast - double room

Rate: R1450 per night

Bed & buffet breakfast - triple room

Rate: R1850 per night

Call: 031 563 0600



## 4. REGISTRATION

**ALL ATHLETES MUST BRING WITH TO WEIGH IN:**

- **Identity Document (All Athletes)**
- **IFBB Affiliation Card or Proof of Affiliation payment (All Athletes)**
- **Wear your Posing trunks / Board Shorts (All Males)**
- **Music on CD/USB in MP3 format (Bodybuilding, Classic BB, Classic Physique)**
- **NB The use of profane, vulgar, or offensive language is strictly prohibited in posing music. Should you fail to adhere to these requirements, you will be requested to leave the stage.**
- **Wear your Bikini, bring dress (fit model) and shoes (All females)**

**IMPORTANT NOTICE All TEAM MANAGERS**, please take special note of this section and ensure that your team is at the venue the correct time and date.

### **PLEASE NOTE:**

Athletes will be called per division to weigh-in on the registration day. If your athlete is not present at the correct time and date of his or her registration (or when his or her division is called), he or she will not be allowed to compete. No late registration & entries will be considered.

### **MEETINGS:**

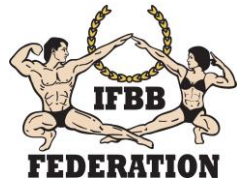
BBSA President, Mr Wayne Price, will be available to meet with officials on request, during weigh in on Thursday. Contact Ellmari Wroe, IFBB PA to confirm an appointment. [ifbsapa@gmail.com](mailto:ifbsapa@gmail.com)

### **TEAM MANAGERS**

IT IS COMPULSORY FOR ALL ATHLETES AND OFFICIALS TRAVELING TO SA CHAMPIONSHIPS TO COMPLETE THE ONLINE ANTI-DOPING COURSE. [Anti-Doping Education and Learning \(wada-ama.org\)](http://wada-ama.org) for more information.



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### Wednesday, 31 July 2024

**BBSA National AGM (Executive, Commission Heads, Provincial and District Chairpersons) 18:00 – 20:00.**

**Location:** Valley Lodge and Conference Venue  
2 Valley Drive, Hillcrest, eThekweni, Kwa-Zulu Natal.

### Thursday, 1 August 2024

**Weigh-in and Registration for all athletes.**

Weigh-in and registration will commence strictly at 08:00.

**All Fitness Challenge Athletes registration 1 August 08:00 – 16:00**

07:30 – 08:00	Group A arrive for weigh-in and registration
08:00 - 11:00	<b>Group A weigh-in and registration</b>
10:00 – 11:00	Group B arrive for Team photos
11:00 – 12:00	Group A&B Team Photos dressed in Provincial/Regional Colours
12:00 – 13:00	FREE Anti-doping and athlete’s seminar <b>COMPULSORY FOR ATHLETES AND OFFICIALS</b> Team managers please to ensure that all athletes and officials attend. Coaches and family also welcome.
13:00 – 16:00	<b>Group B weigh-in and registration</b>

# FITNESS CHALLENGE PROGRAM AND RUNNING ORDER

**Weigh in for all Fitness Challenge Athletes – Thursday 1 August**

## Session 1 – Day 1 Friday 02 August

### **Category: Bronze**

- Junior Men's Fitness Challenge (athletes under 23 years old)
- Junior Women's Fitness Challenge
- Men's Fitness Challenge (athletes between the age of 24 and 40)
- Men's Fitness Challenge (athletes between the age of 24 and 40)
- Women's Fitness Challenge (athletes between the age of 24 and 35)
- Master Women's Fitness Challenge (athletes + 35 years)
- Couples Fitness Challenge
- Team Fitness Challenge (team of 6 athletes of the same sex or mixed)  
Categories by execution and performance levels)

### **Bronze Challenge**

**(Friday)**

**09:00 – 13:00**

## Session 2 – Day 1 Friday 02 August

### **Category: Silver**

- Junior Men's Fitness Challenge (athletes under 23 years old)
- Junior Women's Fitness Challenge
- Men's Fitness Challenge (athletes between the age of 24 and 40)
- Men's Fitness Challenge (athletes between the age of 24 and 40)
- Women's Fitness Challenge (athletes between the age of 24 and 35)
- Master Women's Fitness Challenge (athletes + 35 years)
- Couples Fitness Challenge
- Team Fitness Challenge (team of 6 athletes of the same sex or mixed)  
Categories by execution and performance levels)

### **Silver Challenge**

**(Friday)**

**13:30 – 16:00**

## Session 3 Day 2 (Saturday)

**Category: Gold.** Junior Men's Fitness Challenge (athletes under 23 years old)

- Junior Women's Fitness Challenge
- Men's Fitness Challenge (athletes between the age of 24 and 40)
- Men's Fitness Challenge (athletes between the age of 24 and 40)
- Women's Fitness Challenge (athletes between the age of 24 and 35)
- Master Women's Fitness Challenge (athletes + 35 years)
- Couples Fitness Challenge
- Team Fitness Challenge (team of 6 athletes of the same sex or mixed)  
Categories by execution and performance levels)

### **Gold Challenge**

**(Saturday)**

**09:00 – 13:00**



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# CAPPING CEREMONY 2023 World Championships

18H00 – 19H00  
**FRIDAY 2 AUGUST**

FREE in The Junction Auditorium





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## 5. TICKETS

<b>ENTRANCE FEE</b>	<b>R300 PER SESSION</b>
	<b>R500 PER DAY</b>
	<b>R800 WEEKEND</b>
<b>KIDS UNDER 13 YR</b>	<b>R50 PER SESSION</b>
	<b>R100 PER DAY</b>
	<b>R150 WEEKEND</b>
<b>KIDS UNDER 7 YR</b>	<b>FREE</b>
<b>BACKSTAGE TICKET</b>	<b>R800 PER DAY</b>
<b>BACKSTAGE TICKET</b>	<b>R1200 WEEKEND</b>



Tickets available online at Webtickets.  
Unreserved.  
Tickets available at the door.