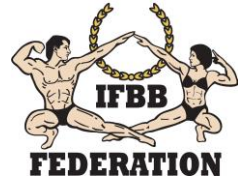
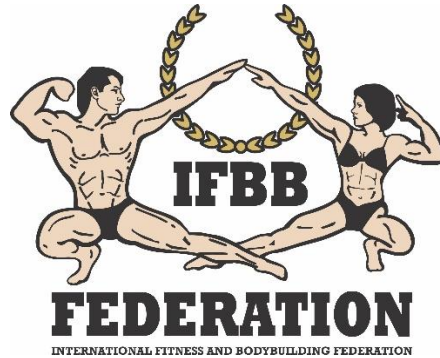




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Inspection Report



IFBB SOUTH AFRICA NATIONAL CHAMPIONSHIPS

1 – 3 August 2024

The Junction, Kloof, eThekweni, Kwa-
Zulu Natal

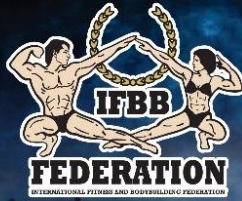
The Junction – Space to connect

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
francirust@gmail.com

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
world team selection.

Thurs: 1 Aug. Weigh-in
Fri & Sat: 2-3 Aug.
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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 2nd August 2024.

Athletes can order and pay for their jackets through 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.

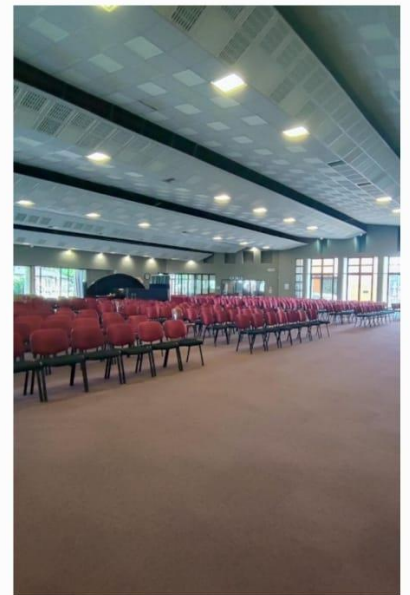
Friday 2 August 18h00 – 19h00 in The Junction Main Arena

Venue

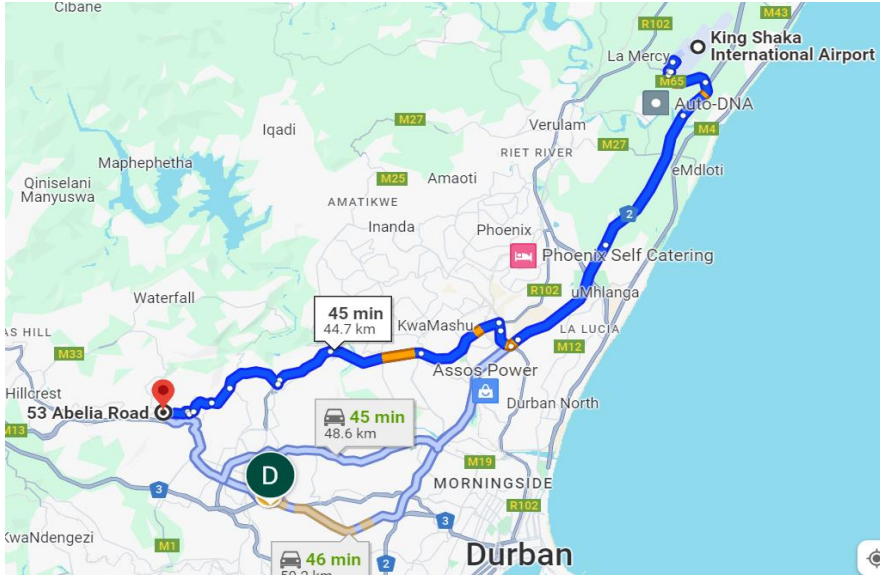
The Junction

Address:

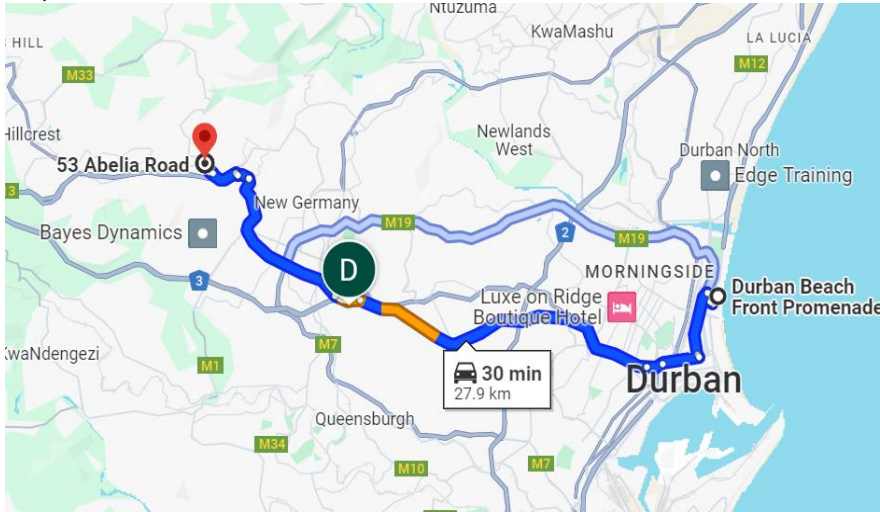
53 Abelia Road,
Kloof, eThekweni,
Kwa-Zulu Natal



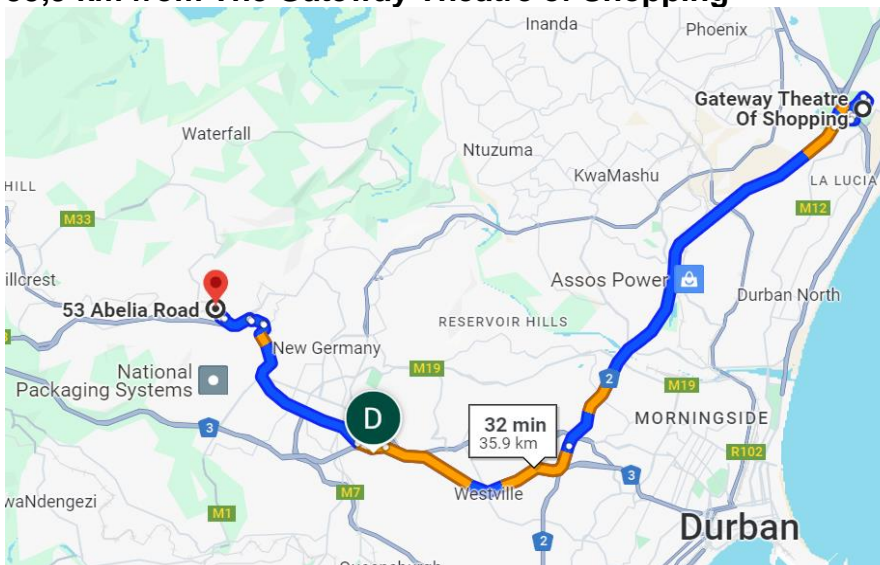
44,7 km from King Shaka International Airport



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)

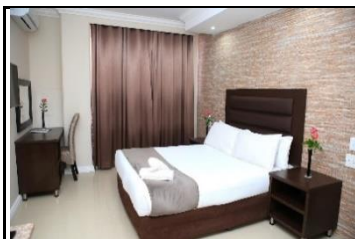
Bed & Breakfast - Twin room **Rate: R1100.00 per night**
 Call: 031 492 4984



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. WEIGH-IN AND 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 Friday. Contact Ellmari Wroe, IFBB PA to confirm an appointment. ifbbsapa@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.



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.

07:30 – 08:00	Group A arrive for weigh-in and registration
08:00 - 11:00	Group A weigh-in and registration
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 COMPULSORY FOR ATHLETES AND OFFICIALS Team managers please to ensure that all athletes and officials attend. Coaches and family also welcome.
13:00 – 16:00	Group B weigh-in and registration

IFBB SA HAS THE RIGHT TO COMBINE OR REMOVE LINE-UPS

PROGRAM AND RUNNING ORDER

Friday 2 August

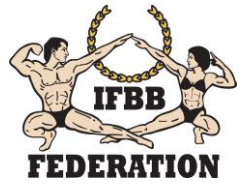
Group A

Estimate time

Session 1	
Stage time 9:00 - 11:00 (2 hours)	
Men's Physique	u/174cm * u/178cm * o/178cm
Men's Physique Masters	40yrs and over
Classic Bodybuilding	u/175cm * o/175cm
Classic Bodybuilding Masters	40yrs and over
Overall Classic Bodybuilding	
Overall Men's Physique	
15 Minute break	
Stage time 11:15 - 12:45 (1hour 30 min)	
Classic Physique	u/175cm / o/175cm
Ladies Beach Bikini	u/163cm * o/163cm
Overall Beach Bikini	
Overall Classic Physique	
30 Minute break	
Session 2	
Stage time 13:15 - 14:45 (1 hour 30 min)	
Ladies Bikini Junior	16yrs to and including 23yrs
Ladies Bikini	u/166cm * u/172cm * O/172cm
Ladies Bikini Masters	35yrs to and including 39yrs
Ladies Bikini Masters	40yrs and over
Overall Ladies Bikini	
15 Minute break	
Stage time 15:00 – 17:00 (2 hours)	
Fit Model Round 1	u/166cm * o/166cm
Fit Model Round 2	u/166cm * o/166cm
Muscular Physique	u/178cm * o/178cm
Fit Model Round 3	u/166cm * o/166cm
Overall Fit Model	
Overall Muscular Physique	
Fit Pairs	One line up
Mixed Pairs	One line up
Ladies Fitness	One line up
Men's Fitness	One line up
Wheelchair	One line up



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CAPPING CEREMONY 2023 World Championships

18H00 – 19H00
FRIDAY 2 AUGUST

FREE in The Junction Auditorium



PROGRAM AND RUNNING ORDER

IFBB SA HAS THE RIGHT TO COMBINE OR REMOVE LINE UPS

Saturday 3 August

Group B

Estimate time

Session 1	
Stage Time 9:00 - 11:00 (2 hours)	
Ladies Body Fitness	u/168cm * o/168cm
Ladies Body Fitness Masters	35yrs and over
Ladies Wellness	u/166cm * o/166cm
Ladies Wellness Masters	35yrs to and including 39yrs
Ladies Wellness Masters	40yrs and over
Overall Wellness	
Overall Body Fitness	
15 Minute break	
Stage time 11:15 -12h45 (1hour 30min)	
Ladies Physique	One line up
Bodybuilding Junior	16yrs to 20yrs (one line up)
Bodybuilding Junior	21yrs to 23yrs (u/75kg * o/75kg)
30 Minute break	
Session 2	
Stage time 13:15 - 15:15 (2 hours)	
Senior Bodybuilding	u/65kg * u/70kg * u/75kg
Senior Bodybuilding	u/80kg * u/85kg
15 Minute break	
Stage time 15:30 - 17:00 (1 hour 30min)	
Senior Bodybuilding	u/90kg * u/95kg * u/100kg * o/100kg
Bodybuilding Masters	40yrs and over
Bodybuilding Masters	50yrs and over
Overall Bodybuilding	

5. SERVICE PROVIDERS

5.1.1 Tan, Hair, and Makeup

The IFBB reserves the right to refuse any athlete onto the stage that has tans and bronzers that can be wiped off. If the tan comes off by simply wiping, the athlete will be told to remove it before going on stage. We partnered with reputable service providers to add the finishing touches to your hard work and enhance your physiques before you step on stage to compete.

TAN SERVICE PROVIDER

- Bookings are essential and done online at www.jantanaafrica.com or www.ifbbsa.co.za below the SA National Championships poster.
- Tan schedules and how to prepare your skin for the best stage colour will be sent one week before on the WhatsApp group as per the bookings done online.

PRICE: R950.00 (Base coat, Stage tan, Touch up and Glaze)



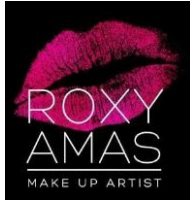
Online bookings: www.jantanaafrica.com

Email: michelle@gentlegiantpromotions.com

Email: denise@gentlegiantpromotions.com

HAIR AND MAKEUP

BOOK ONLINE OR DIRECT WITH THE SERVICE PROVIDERS
www.ifbbsa.co.za (click on link below poster)



Roxy	079 730 3535
Isma	081 488 1610
Lente	076 4935 874
Nita	083 305 4567

PHOTOGRAPHY

Photo link will be available for download on the Facebook and BBSA / IFBB SA web page one week after the event.

NO PROFESSIONAL CAMERAS ALLOWED

Photographers and Media must apply for an access pass:

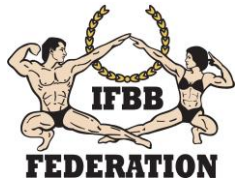
michelle@waynesgym.co.za

If any athlete has a personal photographer or videographer on the weekend, he or she will also need a media pass and pay a day fee.

IFBB hold all rights to photo's and videos and has a safeguarding policy (available on the website) to protect IFBB athletes.



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6. TICKETS

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



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