



BECOME A NORDIC CHAMPION

VISIT
VÄSTERÅS

🇸🇪 🇩🇰 🇳🇴 🇫🇮 🇪🇪 🇮🇸

NORDIC CUP

APRIL 20-21, 2024

ABB ARENA, VÄSTERÅS, SWEDEN

SÄKRA DIN PLATS



I LANDSLAGET

OPEN FOR:

- SWEDEN
- DENMARK
- NORWAY
- FINLAND
- ESTONIA
- ICELAND



INSPECTION REPORT



NORDICFITNESSEXPO.SE





NORDIC CUP, HISTORY IN THE MAKING

IFBB Nordic Cup, formerly known as Ben Weider Legacy Cup is held at the biggest bodybuilding and fitness trade show event in Northern Europe – The Nordic Fitness Expo. Nordic Fitness Expo has been held in Lahti, Finland since 2003 and the event started in Helsinki back in 1996. And this year, 2024 in the City of Västerås in Sweden the story continues when the Nordic Fitness Expo and Nordic Cup is back in Sweden for the second time. We expect a great show with many amazing athletes and a weekend to remember.

PARTICIPATION & REGISTRATION

2024 IFBB Nordic Cup is open for all the Nordic Countries. The number of competitors participating in this competition is unlimited. The Registration will be held on Friday 19:th at the ABB ARENA in Västerås from 16:00 to 20:00.

IMPORTANT! Registration on Friday the 19:th is not the same as Register (Signing up) for the Nordic Cup. You need to sign up to the show well in advance and then be at the Arena the 19:th. You can Register for the show today (See the next page)



CONTEST INFORMATION

Arrivals and Airport

Official arrival day is April 19th, 2024. Stockholm Arlanda International Airport is the nearest airport and just one hour away from Västerås by car. Västerås is really accessible from all of our Nordic Countries and can be reached within hours from most destinations.

There are a lot of bus lines between Stockholm Airport – Västerås – Stockholm Airport. The cost for bus ticket is about 15 € from Stockholm Airport to Västerås. Västerås is about 110 km from Stockholm, and it takes about 1 hour and 25 minutes by bus. Link: <https://www.vybus.com/#/>

VENUE

The venue, ABB Arena is huge 10.000 m2 hall and it's located at Rocklunda Sports Park near the City Center of Västerås. Address: Rocklundagatan 1, 722 17 Västerås, Sweden





REGISTRATION FEE

All athletes from all Nordic countries can compete at Nordic Cup. To compete at Nordic Cup you need an active IFBB license. Athletes not from Sweden need to Inform their federation about their participation before they come to Nordic Cup

To register you simply go to Nordicfitnessexpo.se and go to "Athletes Registration". Here you can choose:

Register: 99€
 Crossover: 50€
 Coach badge: 59€ (For both days)

NOTICE! Crossovers can be done between the following divisions:

- Junior - Senior and Senior - Master (All categories)
- Women's Acrobatic Fitness – Women's Bodyfitness.
- Women's Bikini Fitness - Women's Artistic Fitness
 Women's Fit-Model - Fit Pairs
- Women's Wellness – Women's Fit-Model.
- Men's Physique - Fit Pairs
- Classic Bodybuilding - Classic Physique - Bodybuilding

Music:

For those who competes in a category that requires music must send the music to info@nfesverige.se

In the email make sure you enter your name, what category/categories you compete in and if you want the music to start when you are on the stage or you want to walk in with the music. It is up to the athlete to send the music in time and that the music starts at the right part. Mark the email MUSIC FOR POSING

The deadline for entering the competition is April 6th, 2024.

We strongly encourage you to register early and make the appropriate arrangements to compete in Västerås, Sweden. Hotels will be booked up quickly as this is a very, very popular event.



NORDIC CUP

SCHEDULE AND CLASSES

SATURDAY 20 April	SUNDAY 21 April
MAIN STAGE 10:00	MAIN STAGE 10:00
Junior Men's Classic Physique , Open class Master Men's Classic Physique , Open class Men's Classic Physique -180 cm, + 180 cm	Junior Men's Physique, Open class Master Men's Physique , 40–49 years, 50+ years Men's Physique -170 cm, -176 cm, -182 cm, +182 cm
Junior Women's Physique , Open class Master Women's Physique, Open class Women's Physique, Open class	Fit Pairs, Open class
Women's Artistic Fitness, Open class Women's Acrobatic Fitness Open Class Women's Fit Model	Junior Women's Bodyfitness, Open class Master Women's Bodyfitness, 35–44 Years , 45+ years Women's Bodyfitness -163 cm, -168 cm, +168 cm
Junior Men's Classic Bodybuilding , Open class Master Men's Classic Bodybuilding, 40–49 years, 50+ Years Men's Classic Bodybuilding -175 cm, - 180 cm, + 180 cm	Junior Women's Wellness Fitness, Open class Master Women's Wellness Fitness , Open class Women's Wellness Fitness -163 cm, +163 cm
Junior Women's Bikini Fitness, Open class Master Women's Bikini Fitness, 35–44 years, 45+ Years Women's Bikini Fitness -158 cm, -164 cm, -169 cm, +169 cm	Junior Men's Bodybuilding, Open class Bodybuilding Mixed-Pairs Master Men's Bodybuilding, 40–49 , 50+ years Men's Bodybuilding -75 kg, -85 kg, -95 kg, +95 kg





OFFICIAL HOTEL

Best Western Plus Hotel Plaza is the official hotel for Nordic Fitness Expo Sweden and Nordic Cup in 2024. It's located within walking distance from the venue. We also recommend Sure Hotel By Best Western Esplanade that is only 800 meters from Best Western in the direction of the Arena.

All competitors for Nordic Cup can book these hotels with a special offer. To book you need to email or call the hotel and give the booking code NFE24

Would you like to book Hotel Plaza that is a full service hotel including breakfast, and our official hotel in the middle of Västerås you can email them at info@plazavasteras.se or call +46 21 10 10 10 and enter the code NFE24

For the Hotel Sure Hotel Esplanade email them at info@plazavasteras.se or call +46 21 10 10 10 and enter the code NFE24

Make sure you mention the correct hotel name when making a reservation.

Tickets for the Expo and the show

For friends and family who want to attend the show tickets will be available at www.ticketmaster.com

Welcome to Nordic Cup Sweden and Nordic Fitness Expo and Västerås!

Jani Kääriä / Robin Galczewski
 Nordic Fitness Expo Sweden Organizer
 Email: contact@nordicfitnessexpo.se

TANNING

Onsite Tan is using Jan Tana products for tanning. You can trust Jan Tana as their products is the winning tan of the champions since 1982! Onsite Tan crew have many years of experience of Arnold Classic's, IFBB World and European Championships and many other international competitions.

Onsite Tan crew knows how to do a perfect tan – With Jan Tana products.

Onsite Tan will guarantee of their work and will take care of you since from your first layer of tan until you step on stage!

Book your tan at: www.onsitetan.com

Book as soon as possible to get a lower price

