

SEPTEMBER 29, VÄSTERÅS KONGRESS, SWEDEN

ANOTHER NORDIC BATTLE
OPEN FOR ALL NORDIC COUNTRIES



INSPECTION REPORT





WELCOME TO JAN TANA CLASSIC

We are happy and proud to invite all Nordic Athletes to the 2024 Jan Tana Classic that will be held at the beautiful venue, Västerås Congress Centre in the middle of Västerås.

Once again there will be an opportunity for the Nordic Countries to come together and compete in Västerås and this time in the City Center.

PARTICIPATION & REGISTRATION

2024 Jan Tana Classic is open for all the Nordic Countries. The number of competitors participating in this competition is unlimited. The Registration will be held on Friday the 27:th at the Venue in Västerås from 16:00.

All visiting athletes and coaches with coach badge will be invited to the venue and watch the Swedish Nationals on Saturday 28:th

CONTEST INFORMATION

ARRIVALS AND AIRPORT

Official arrival day is Friday September 27th, 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. <https://www.vybuss.com/#/> <https://www.flixbus.se/> is two companies who regularly travels between Stockholm and Västerås.

The train station is located only 100 meters from the venue and you can find information here <https://www.sj.se/>

If you would be in need of a Taxi when in Västerås Taxi Västerås, telefon 021-18 50 00 Sverige taxi, telefon 021-170 000

THE VENUE

The venue, Västerås Congress Centre is a beautiful arena with a lot of history and has hosted many competitions during the years. Located right in the City Centre very close to all hotels and Restaurants and only 100 meters from the Central Station in Västerås and across the street from our official competition Hotel.





REGISTRATION FEE

All athletes from all Nordic countries can compete at Jan Tana Classic. To compete at Jan Tana Classic 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 jantanaclassic.com and go to "Athletes Registration". Here you can choose:

Register: 100€

Crossover/Second category: 60€

Coach badge: 70€

Note that you first need to register and if you are doing a crossover or 2 categories you repeat the process and pay the crossover

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@jantanaclassic.com

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

IMPORTANT!

The deadline for entering the competition is September 18th, 2024.

Swedish athletes who competes at the Swedish Nationals on Saturday only has to do cross over registrations but one for each category they would like to participate in.



CATEGORIES IN RUNNING ORDER

Junior Women's Bodyfitness, Open class
Master Women's Bodyfitness, 35-44 Years, 45+ years
Women's Bodyfitness -163 cm +163cm

Women's Artistic Fitness, Open class
Women's Acrobatic Fitness Open Class
Women's Fit Model

Junior Women's Physique, Open class
Master Women's Physique, Open class
Women's Physique, Open class

Junior Men's Classic Bodybuilding, Open class
Master Men's Classic Bodybuilding Open class
Men's Classic Bodybuilding - 180 cm, + 180 cm

Junior Men's Bodybuilding, Open class
Master Men's Bodybuilding, 40-49, 50+ years
Men's Bodybuilding -85 kg, +85kg

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 -173 cm, -176 cm, +176cm

Fit Pairs

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 -164 cm, -169 cm, +169 cm



VÄSTERÅS



OFFICIAL HOTEL

Best Western Plus Hotel Plaza is the official hotel for Jan Tana Classic in 2024. It's located within walking distance from the venue in minutes. We also recommend Sure Hotel By Best Western Esplanade that is only 500 meters from the Venue of Jan Tana Classic.

All competitors for Jan Tana Classic can book these hotels with a special offer.

To book you need to email or call the hotel and give the booking code JTC24

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 JTC24

For the Hotel Sure Hotel Esplanade email them at info@plazavasteras.se or call (+46)21 10 10 10 and enter the code JTC24

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

Tickets for the show

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

Welcome to Västerås and Jan Tana Classic

Robin Galczewski
SBFF Sweden

info@jantanaclassic.com

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

LIVESTREAM

The show will be streamed on <https://sbffplay.se/> Together with our professional livestream crew and our platform we deliver a high quality stream for friends and family or anyone else who cant be at the Venue.

STAGE VIDEO / PHOTOGRAPHY

We work with the best in the business, the official IFBB Media Team Karlevid Productions.

They deliver high quality content but have limited spots so make sure you book well in advance to secure a spot to document your big day in the best way possible.

Contact them by their instagram @karlevidproductions to secure a spot.

