

**World Fitness Federation (W.F.F. - International)**  
**World Bodybuilding Federation (W.B.B.F. - International)**  
**(Since 1968, today 141 Country-Members, over 60 annual Events World Wide)**  
**26-th AM-PRO „UNIVERSE“**  
**2-d Nida Mayor's Cup**  
**(October 4, 2025, Resort, Republic Lithuania)**

Registration form: <https://www.worldfitness.lt/registracija-nida>

**Registration closes 2025 29<sup>th</sup> of September.** After registration closes, you will receive detailed information about the schedule, including full names, by email no later than October 2.

### **Participation fee for the competition:**

The participation fee includes professional photos, which you will receive by email after the competition.

- 1) 60EUR/PER PERSON: All kids, mini trampoline, aerial hoops, silks, hammocks, pole sport.  
Second category: 30EUR/PER PERSON
- 2) 130EUR – all woman, all men categories. Second category – 70EUR/PER PERSON
- 3) All PRO(with PRO cards) – 130EUR/PER PERSON

Categories: <https://www.worldfitness.lt/kategorijos>

For more information [info@worldfitness.lt](mailto:info@worldfitness.lt)

The Event entrance for spectators is FREE!

Championship Address: G.D. Kuverto g. 12, Nida. (Neringos gimnazija)

### **THE STATUTE**

1.Time

1.1.Time schedule:

**September 27, Saturday** – Registration of athletes 16:00-19:00 at the Hotel Aurora  
Klaipėda (Nemuno g. 51, Klaipėda)

**October 3, Friday** – Arriving and Registration of the National Teams to the Hotel „Jūratė“  
(Pamario g. 3, Nida, Lithuania). Registration 16:00 – 20:00

### **HOTEL**

**Our competition partner – Hotel “Jūratė”**

Address: Pamario Street 3, Nida.

Book your stay using the discount code: WORLDFITNESS

Hotel reservations via email: [info@hotel-jurate.lt](mailto:info@hotel-jurate.lt)

You will pay us for the hotel together with the competition registration fee

Prices (October 3–5, without breakfast):

For a 2-night stay (October 3–5):

- Single room – €130
- Double room – €150
- Triple room (only for family members) – €170

For a 1-night stay (without breakfast):

- Single room – €75
- Double room – €85
- Triple room – €100

Breakfast is available at the nearby café “Kuršis” (Adress: Naglių g. 29, Nida)

You will get discount at café using discount code: WORLDFINTESS

**October 4, Saturday** - Competition.

Venue: 9.00 at **Neringos gimnazija (G.D. Kuverto g. 12, Nida, Lithuania)**

9.00 – all aerial acrobatics, all “Fit-kid” categories and aerobic fitness

13.00 – all men categories and age groups

15.00 – all women categories and age groups

## 2.Competition Details

### Categories and Age Groups

#### WORLD FITNESS FEDERATION (W.F.F.)

- Disabled Fitness (Women and Men; General Disabled and Wheel Chair Categories; Novice (first time on stage), Age Groups: until 16, 18, 21, over 21, 40, 50)
- Fit-Kids (Girls and Boys; Individuals and Groups, 1 - 6 Athletes, may be gender split); Age Groups: until 6, 8, 10, 12, 14, 16 years)
- Aerobic Fitness (Women and Men; Individuals and Groups: 1 - 6 Athletes, may be gender split; Novice (first time on stage), Age Groups: until 18, 21, over 21, 40, 50, 60)
- Pole Dance Fitness (“Pole sport”, Women and Men; Individuals; Novice (first time on stage), Age Groups: until 18, 21, over 21, 40, 50, 60)
- Women Model Fitness (Categories: one piece swimsuit, two piece swimsuit + evening dress; Age Groups: until 16, 18, 21, over 21, 40, 50, 60; Novice (first time on stage), High Categories: until 165, 175 and over 175 cm.; mixed pairs model fitness)
- Men’s Model Fitness (shorts and evening dress (suite); Novice (first time on stage), Age Groups: until 16, 18, 21, over 21, 40, 50, 60; High Categories: until 165, 175 and over 175 cm.)
- Dance fitness (it has a number of smaller divisions - zumba, latino etc.; ANovice (first time on stage), ge Groups: until 6, 8, 10, 12, 14, 16, 18, 21, over 21, 40, 50, 60 years)
- Martial art fitness (it has a number of smaller divisions; Novice (first time on stage), Age Groups: until 6, 8, 10, 12, 14, 16, 18, 21, over 21, 40, 50, 60 years)
- Mini trampoline fitness (Women and Men; Individuals and Groups; Novice (first time on stage), Age Groups: until 16, 18, 21, over 21, 40, 50, 60)

- “Kangoo Dance” fitness (Women and Men; Individuals and Groups; Novice (first time on stage), Age Groups: until 16, 18, 21, over 21, 40, 50, 60)

- Aerial fitness (Women and Men; Novice (first time on stage), Age Groups: until 6, 8, 10, 12, 14, 16, 18, 21, over 21, 40, 50, 60 years).

- “Step Aerobic Fitness” (Women and Men; Individuals and Groups; Novice (first time on stage), Age Groups: until 16, 18, 21, over 21, 40, 50, 60)

- “Power Fitness” (Women and Men; Age Groups: until 6, 8, 10, 12, 14, 16, 18, 21, over 21, 40, 50, 60 years).

## WORLD BODYBUILDING FEDERATION (W.B.B.F.)

### Categories and Age Groups

#### AMATEUR ATHLETES

##### WOMEN

Division Aerobic Performance („Fit-kids“ and Aerobic Fitness, Age Groups until 6, 8, 10, 12, 14, 16, 18, 21 and over 21, 40, 50, 60, 70 years)

Division Fitness Model (Categories: 165 cm., 175 cm., + 175 cm, AM, New, 40+,50+)

Division Bikini (Categories: 165 cm., 175 cm., + 175 cm., AM, New, 40+,50+)

Division Figure Classic (Categories: 165 cm., 175 cm., + 175 cm., AM, 40+,50+)

Division Figure Athletic (Categories: 165 cm., 175 cm., + 175 cm., AM, 40+,50+)

Division Bodybuilding (Categories: 165 cm., 175 cm., + 175 cm., Junior, AM, 40+,50+)

##### MEN

Division Aerobic Performance („Fit-kids“ and Aerobic Fitness, Age Groups until 6, 8, 10, 12, 14, 16, 18, 21 and over 21, 40, 50, 60, 70 years)

Division Fitness Model (Categories: 170 cm., 180 cm., + 180 cm., former Men’s Physique Category, AM, 40+, 50+)

Division Muscle Model (Categories: 170 cm., 180 cm., + 180 cm., AM, 40+,50+)

Division Body Athletic (Categories: 170 cm. +2 kgs., 175 cm. +4 kgs., 180 cm. +6 kgs, 185 cm. +8 kgs, +185 cm. +10 kgs, former Classic Bodybuilding Category)

Division Bodybuilding (Categories: 70 kgs, 80 kgs, 90 kgs, 100 kgs, +100 kgs, Age: AM, 40+,50+)

Division Mixed Pairs (Categories: Classic, Performance, Athletic and Bodybuilding)

Division Disabled (Categories: General, Wheel-Chair, Arm and Leg Disabilities).

#### PROFESSIONAL ATHLETES

##### MEN

- Aerobic Performance Category
- Fitness Model Category
- Muscle Model Category
- Body Athletic Category
- Bodybuilding Category Over 100 kgs.
- Bodybuilding Category Until 100 kgs.
- Bodybuilding Category Until 90 kgs.
- Bodybuilding Category Until 80 kgs.
- Bodybuilding Category Until 70 kgs

- Senior Bodybuilding Category Over 50 years
- Senior Bodybuilding Category Over 60 years
- Disabled Bodybuilding Category

#### WOMEN

- Aerobic Performance Category
- Fitness Model Category
- Bikini Category
- Bodybuilding Category Over 60 kgs.
- Bodybuilding Category Until 60 kgs.
- Bodybuilding Figure Classic Category
- Bodybuilding Figure Athletic Category
- Senior Bodybuilding Category Over 40 years
- Senior Bodybuilding Category Over 50 years
- Disabled Bodybuilding Category

#### 3.1. Information and Contacts

##### 3.1.1. Official Information:

W.F.F. – W.B.B.F. International Official Site [WWW.WORLDFITNESS.LT](http://WWW.WORLDFITNESS.LT)

##### 3.1.2. Contacts:

DSc. Edmundas Daubaras, International President W.F.F. – W.B.B.F.

Ugne Raudyte Daubariene, International General Secretary:

E. mail address: [info@worldfitness.lt](mailto:info@worldfitness.lt)

Ph.: +370 614 57895; +370 610 09741.

W.F.F. – W.B.B.F. International Secretary

Ugne Raudyte Daubariene

### OTHER INFORMATION

#### How to Reach Nida by Car on October 3-4, 2025

1) Drive to the New Ferry Terminal (Naujoji Perkėla) in Klaipėda (Nemuno g. 8, Klaipėda)

- It is the place from where the ferry takes cars to Nida. For a passenger car (category M1) the ferry fee is **23,20EUR** (round trip). The ferry schedule can be found here: <https://keltas.lt/tvarkarastis/>
- This ferry terminal serves cars and is open 24/7. Ferries to Smiltynė depart approximately every 20–30 minutes, even outside the summer season.
- Environmental Fee for Entering the Curonian Spit National Park. In October (off-season), the fee for a one car is **10EUR**.

**Total One-Way Costs to Reach Nida by Car:**

- Ferry: 23,20 EUR
- Environmental fee: 10 EUR
- Total: 33,20 EUR per vehicle

2) Senoji Perkėla (Šiaurinis ragas), address: Danės g. 1, Klaipėda - it's a place from where the ferry's pedestrians come from. After moving by ferry, you can take a bus to Nida. Bus schedule: Smiltynė-Nida: <http://www.kopos.lt/lt/tvarkarastis.php> )

### Ferry and Bus from Klaipėda

**Klaipėda → Smiltynė:** passenger ferry – **1.50 EUR round trip**; from there, a bus to Nida costs an additional **5–10 EUR one way**.

### 3) Travel Options and Approximate Prices

Route	Duration	Approximate Cost (~per person)
Vilnius → Nida (bus)	~6 hours	~€35 one way
Kaunas → Nida (bus)	~4 hours	~€30 one way
Klaipėda → Nida (bus)	~2 hours	From Klaipėda ~€10 round trip
By car (from Klaipėda)	~1–1.5 hours	33,20eur (all car, not by person) <del>€100</del> + fe

### Information for athletes wishing to book body spray tanning services: URBAN TAN – the tanning team at the Lithuanian Championship

What you need to know before your spray tan:

24–48 hours before – hair removal + exfoliation (no oils!)

8–12 hours before – shower with water only, no products.

Do not apply any lotions, oils, SPF, deodorants, or perfumes.

If your skin is dry – start moisturizing as early as possible.

Registration: [urbanaviciusraimundas@gmail.com](mailto:urbanaviciusraimundas@gmail.com)

Please provide:

- Federation (WFF-WBBF International)
- First and last name
- Category
- Number of spray sessions (2x recommended for fair skin)

Prices:

1 spray tan – €80

2 spray tans – +€20

20% DISCOUNT for athletes who register by August 31st

20% discount for federation members – no date limit

Look flawless. Because the stage is YOURS!  
Thank you for your trust – good luck with your preparation  
– UrbanTan Team  
Raimundas Urbanavičius

## RECOMMENDATIONS BEFORE MAKEUP AND HAIRSTYLING

If you need makeup or hairstyling, please indicate this in the competition registration form.

### Hair:

- Wash your hair in the morning using shampoo.
- Apply a small amount of conditioner, but avoid heavy or deeply moisturizing products.
- Blow-dry your hair.
- Do **not** use any styling products (such as mousse, oils, or hairspray).
- If possible, avoid tying your hair with an elastic band to prevent marks.

### Makeup:

- 3 days before the appointment, exfoliate your **face and lips**. You can use a natural scrub, such as **coffee grounds**.
- Also 3 days before, get your **eyebrows shaped or trimmed**, if needed.
- The evening before the makeup appointment, apply a **hydrating face mask** to ensure your skin looks smooth and radiant.