

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 29th 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

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 28, Sunday – 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

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

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

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), adress: 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) €100 + 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

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.