



# INSPECTION REPORT

## Slovakian Cup 1.0



## WELCOME MESSAGE

Dear Athletes and delegates,

It's a pleasure to announce that the Slovakian Cup 1.0 will be first time organised in Slovakia and our country will be again an active part of the WBPF community. This event is very important for us, because our future plan is to rebuild the international bodybuilding relationships and provide good quality and well organised championships for the athletes. My name is Cyntia Manon Bencsics and I am the president of WBPF Slovakia since 2023. The Slovakia Cup 1.0 will be organised by my own leadership and I am trying to do my best. I have been an active part of the WBPF since 2019 as a HBPF judge and since 2023 as an European judge. After I finished my career as a competitor I decided to stay in my beloved sport and support other competitors to reach their dreams in bodybuilding and fitness.



I am proud to host the Slovakia Cup 1.0 in Komárno, Slovakia. We are waiting all the competitors from all over the world and trying to create a high-quality show and unforgettable memory for the athletes. I really hope that this show will be a good start to build a strong community in our country.

I wish a warm welcome to all the member countries of WBPF, officials, athletes, delegates and guests.

Yours sincerely,

Cyntia Manon Bencsics

WBPF Slovakia president

## THE HOST CITY



**Komárno** (also called Révkomárom, Öregkomárom) is a town in Slovakia at the confluence of the Danube and Váh rivers. Historically it was formed from the old town on the left bank of Danube, present day Komárno, and by the new town on the right

bank, present day Komárom in Hungary. Following the World War 1 and the Treaty of Trianon the new border was created and separated the city in half. Komárno and Komárom is now connected by the Elisabeth Bridge, which is the official border between Slovakia and Hungary. In 2020 a new road bridge was opened too.

Most popular sights:

**Fortress:** the bastion type fortress was built from the 16th century until the end of the 19th century. There are 5 fortresses which are creating a fivestar look, called Star (Csillag).

**Europe palace:** it is an unusual collection of buildings typical of many European countries. Every single house on the European Palace represents one of the 36 countries and regions through a distinctive architectural features. In the courtyard there is a Sculpture gallery Europe, which presents the monarchs and famous historical figures.

**Calvinist Church:** the church was built in Classicist style, they started to build in 1787 till 1832. It's tower was the highest point at that time in the city. **Filagory of Mór Jókai and Museum of Bibliothek:** this building was built in 19th century in romantic style. The house of Kálmán Ghyczy stood once in this place. On the ground floor is now the Szinnyei Library and the Museum's gallery. **Mór Jókai** is a well known storyteller and writer. He was born in Komárno and some parts of the city had a big influence on the young writer.

(Forexample: Island Elisabeth, Beöthy-garden.) **Klapka Square:** today's square was created at a place of a small lake and the walls are there since the medieval. **In the window of the tower between 10 am – 4 pm every two hours, a figure of hussar from 1848/49 appears in two-hour intervals and plays a song written for the hero Klapka.** **Statue of György Klapka and Town Hall** is located on the Square Klapka. Other famous places: **St. Rozália Church, St. Andreas Cathedral, Roman Lapidarium, Palace Zichy, Limes Gallery, Synagogue, The Statue of Holy Trinity.**





**VENUE SITE: MSKS – Mestské Kultúrne Stredisko, Komárno, Hradná 1, SK-945 01**



This building is named by Egressy Béni and it is a cultural center in Komárno, near by the Klapka square.

**Recommended accomodations in the city**

**Hotel Europa** Nám.M.R.Stefánika 1, Komárno 945 01

<https://hoteleuropa.sk/>

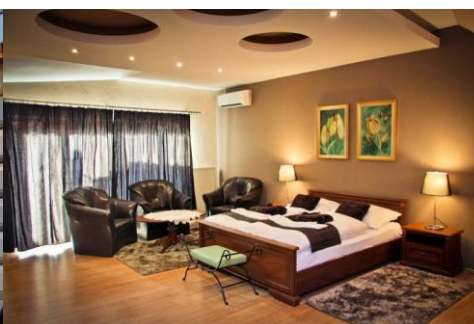


Superior room for 2 person with breakfast : 89 EUR/night  
Deluxe room for 2 person with breakfast : 103 EUR/night  
Available on Booking.

**Bella Restaurant and Penzion** Jókaiho 9, Komárno 945 01

Superior room for 2 or 3 person : 50 EUR/night  
Apartman for 4 or 5 person : 85 EUR/night  
Breakfast is not included, but can be ordered.  
2 MINUTES WALK FROM THE VENUE SITE.

<https://www.bellapenzion.sk/>



**Hotel Litovel** Dunajské Nábřežie 1164, Komárno 945 01

Superior room for 2 person : 55 EUR/night

Superior+ room for 2 person : 65 EUR/night

Superior ++ room for 2 person : 75 EUR/night

Apartman for 4 person : 110 EUR/night

Breakfast : 7 EUR/person.

7 minutes walk from the venue site.

<https://penzionkomarno.sk/en/>

Available on booking.



**Lehár Penzion** Lehárova 1095, Komárno 945 01

Superior room for 2 person : 50 EUR/night

Superior room for 3 person : 70 EUR/night

<http://www.penzionlehar.sk/>

More accomodations:

Hotel Peklo : Platanová Alej 1, Komárno 945 01

Hotel Banderium : Nám. Mr. Stefánika 11, Komárno 945 01

Hotel Bow Garden : Stúrova 1017, Komárno 945 01

More informations:

- Accomodation booking is individual. Except Bella Pansion: call +421 918 752 951.
- Taxi in Komárno: +421 910 204 080, +421 905 627 095.
- If you need transfer taxi from the airport, call: +421 918 752 951.

## CATEGORIES

Women categories	(x)	Men categories	(x)
Model Physique Junior -23 yrs		Sport Physique Junior -23 yrs	
Model Physique Open -165 cm		Sport Physique Open -175 cm	
Model Physique Open +165 cm		Sport Physique Open +175 cm	
Model Physique Lady +35 yrs		Sport Physique Gentleman +35 yrs	
Sport Physique Open		Athletic Physique -175 cm	
Wellness Physique Open		Athletic Physique +175 cm	
Athletic Physique Open		Bodybuilding Junior Open -23 yrs	
Mom Open		Bodybuilding -80 kg	
		Bodybuilding -90 kg	
		Bodybuilding -100 kg	
		Bodybuilding +100 kg	
		Bodybuilding Masters +50 yrs	

Overall categories:

- Overall women category
- Overall men category

All the women and men categories will be mashed together.

! If there will be only 1 registered competitor in one category, the category will be deleted.

! If there will be less than 5 competitors in one category, it will be massed together.

## REGISTRATION

Athletes or trainers should send a request email to our official email adress:

**[wbpf.slovakiagmail.com](mailto:wbpf.slovakiagmail.com)**.

After that they will get a **registration form** to fill out and send it back.

Registration deadline for Slovakia Cup 1.0 is **15th of October 2023**.

Slovakian athletes don't have to pay annual membership fee in Slovakia.

Registration fees	
<b>1 category</b>	<b>50 EUR</b>
<b>2 categories</b>	<b>50 + 30 = 80 EUR</b>
<b>3 categories</b>	<b>50 + 30 + 20 = 100 EUR</b>
Other fees	
Entry ticket	10 EUR
Baskstage ticket (each athlete's coach gets a free backstage ticket)	15 EUR

The fees will be paid only in cash on the day of the championship on 22nd of October 2023 at 9:00 till 11:00 hours. At the same time will be the weight and height-in in the Egressy Béni Mestsé Kultúrne Stredisko, Hradná 1, Komárno 945 01. Athletes have to bring their ID card!

## TANNING

Competitors have to take care about their tanning with ProTan tanners.

The tanning service will be available in the place of the championship by Protan Slovakia.

More information and book your appointment on the website:

**[https://protansk.sk/rezervace\\_WBPF/](https://protansk.sk/rezervace_WBPF/)**



[info@protansk.sk](mailto:info@protansk.sk)

+421 948 007 260

### ADDRESS / CONTACT

W.B.P.F. Slovensko

Hradná 162/9

Komárno 945 01

Tel.: +421 918 752 951

Email: [wbpf.slovakia@gmail.com](mailto:wbpf.slovakia@gmail.com)

**SLOVAKIA CUP**

**WOMEN CATEGORIES**

- Model Physique Junior (-23 yrs: -165, +165cm)
- Model Physique Open (-165, +165cm)
- Model Physique Lady (+35 yrs)
- Sport Physique (-165, +165cm)
- Wellness Physique Open
- Athletic Physique Open
- Mom Open

**MEN CATEGORIES**

- Sport Physique Junior (-23 yrs)
- Sport Physique (-175, +175)
- Sport Physique Gentleman (+35 yrs)
- Athletic Physique (-175, +175)
- Bodybuilding Junior Open
- Bodybuilding (-80, -90, -100, +100 kg)
- Bodybuilding Masters (+50)

**ABSOLUTE WINNERS**

**KOMÁRNO - SLOVAKIA**  
**22/10/2023**  
**MESTSKÉ KULTÚRNE STREDISKO**

**WBPF SLOVAKIA**

**ADLION STUDIO**

**BODY Bulldozer**

**Studio TM**  
PHOTOGRAPHY & GRAPHICS

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will be less than 5 competitors in one category, it will be massed together.

Registration and info: [wbpf.slovakia@gmail.com](mailto:wbpf.slovakia@gmail.com) [f](https://www.facebook.com/wbpf.slovakia) [i](https://www.instagram.com/wbpf.slovakia) [wbpf.slovakia](https://www.youtube.com/wbpf.slovakia)