

West Coast TROPHY

EUROPEAN
CHAMPIONSHIP
QUALIFIER

OPEN FOR
NORDIC
COUNTRIES



MARCH 22
SLAGTHUSET, MALMÖ

   **SWEDEN**   

Bikini Fitness • Bodyfitness • Wellness Fitness • Classic Physique • Classic Bodybuilding
Bodybuilding • Women's Physique • Men's Physique • Fit Pairs • Fit Model



ElevateX PRO

www.westcoasttrophy.se

ONSITE TAN



Location: Slagthuset Malmö
Carlsgatan 12E, 211 20 Malmö
Date: Sunday, 22/03

For the athletes

This year, West Coast Trophy comes to Malmö — one of the most accessible competition cities in Scandinavia.

The arena is located just minutes from Malmö Central Station, making travel incredibly smooth for both Swedish and international athletes.

No matter where you travel from, getting to Malmö is fast, easy, and stress-free.

WHY MALMÖ IS PERFECT FOR INTERNATIONAL ATHLETES



Fly to Copenhagen Airport (CPH)

Copenhagen Airport is the largest international airport in Scandinavia with direct connections from all over Europe and major global hubs.



20 minutes by train

From Copenhagen Airport, you take a direct train to Malmö Central Station. The journey takes approximately 20 minutes and runs frequently throughout the day.



Walking distance to the arena

From Malmö Central Station, the arena is only a 3 min walk away. No car is needed.

You may also fly into Malmö Airport and take airport bus or train into the city center.

West Coast Trophy Malmö is one of the easiest competitions in Northern Europe to attend.

Registration

The official registration day is on Saturday, March 21, 2026.

The registration will be held at **Slagthuset Malmö** (location of the competition) from 14:00. Registration of athletes will only be considered if they are recommended or entered by the National Federation.

FOR INTERNATIONAL ATHLETES

HOW TO REGISTER

All athletes must register online at:

<https://www.westcoasttrophy.se/anmal-dig/>

Step-by-step registration process:

1. Fill in the registration form
2. Select "Foreign Athlete" – Yes
3. Enter the country you represent
4. Complete the remaining information
5. Pay the registration fee online

After your registration and payment are completed, we will forward your application to your national federation for approval.

Once your federation confirms your participation, you are officially approved to compete.

Please make sure to register in good time to allow coordination with your federation.

Competition day

The competition will start at 09:00 and plans to end around 18:00. During the day there will be 3 different blocks. Between the blocks there will be breaks of about 30-45 minutes.

Access to the backstage if you are not an athlete

Access to the backstage area will be restricted, to those who has a backstage pass! These can be bought for 500 SEK.

COMPETITION DAY SCHEDULE

Start: 09:00

Block 1

Men's Physique
Wellness Fitness
Classic Physique
Fit Model

Break

Preliminary start: 13:00

Block 2

Bikini Fitness
Classic Bodybuilding
Fit Pair

Break

Preliminary start: 16:00

Block 3

Body Fitness
Women's Physique
Bodybuilding

Competition classes:

- *Men's physique*
 - *Senior +182cm, -182cm, - 176cm*
 - *Junior + 176cm, -176cm,*
 - *Veteran (40-49 Years)*
 - *Veteran (50+)*
- *Bodybuilding*
 - *Senior + 85 kg, - 85 kg, -75kg*
 - *Junior open*
 - *Veteran*
- *Classic Physique*
 - *Senior + 180cm, -180cm,*
 - *Junior + 180cm, -180cm*
 - *Veteran*
- *Classic Bodybuilding*
 - *Senior + 180cm, -180cm,. -175cm*
 - *Junior open*
 - *Veteran*
- *Bikini Fitness*
 - *Senior +169cm, -169cm, 164cm, 158cm*
 - *Junior + 164cm, -164cm*
 - *Veteran (35-44 Years)*
 - *Veteran (45+)*
- *Body Fitness*
 - *Senior + 168cm, -168cm, -163cm*
 - *Junior open,*
 - *Veteran (35-44 Years)*
 - *Veteran (45+)*
- *Wellness Fitness*
 - *Senior + 163cm, -163cm*
 - *Junior open*
 - *Veteran*
- *Women's Physique*
 - *Senior open*
 - *Veteran*
- *Fit Pair*
 - *Open*
- *Fit Model*
 - *Open*

Spraytan

Onsite tan, the official partner of West Coast Trophy
Onsite tan will be in place for you as a competitor, on both saturday and
sunday. Onsite tan is trustworthy as their tan keeps the best quality.
The crew will help you to get your first coat of tan, until the time you
enter the stage.

You book an appointment via [onsitetan.com](https://www.onsitetan.com).
Make sure to book well in advance!

Link:

<https://www.thewinningtan.com/products/west-coast-trophy-22-march-2026-full-price-140eur>



And the best part? The entire expo is completely FREE!

Hotels

There are a lot of good hotels around the city and we recommend our partner Comfort hotel Malmö!

[BOOK HERE](#)

(use discount code - WCT2026)

The hotel is a few meters from the venue.
You as a guest can eat both breakfast buffet and other meals in the hotel restaurant. In addition, the hotel has a gym.

