

ANBF Sanctioned
2016 POCONO CLASSIC

Bodybuilding, Figure, Bikini and Physique Championships - Featuring Men's Pro Level 2

APRIL 23, 2016

Lakeland Junior Senior High School, 1355 Lakeland Drive, Jermyn, PA 18433

Times:

3pm-9pm Friday night check in at Marriott Courtyard, 16 Glenmaura National Blvd. Scranton, PA 18507

3pm-9pm Friday night Polygraph Test at the Marriott Courtyard.

12:30pm Competitor's check in the day of show.

1:15pm Competitor's meeting. All must attend!

2pm "THE SHOW" We start and don't finish 'til it's done!

Entry Fee: Early Bird Sign up special Amateur \$40 with a \$30 crossover fee to other classes. Pro \$110. Early Bird Deadline is 4/2/2016. After that, Amateur \$60 with crossover fee of \$40, Pro \$150. Final deadline to enter is 4/16/2016. **Applications will be accepted after that, but a late charge of \$50 will be added.**

Money Orders ONLY! No Personal Checks!

Send money order and application to Vince Cardamone, 623 Delaware St. Scranton, PA 18509

There are no refunds on entry and drug testing. There is a charge for the polygraph.

Host hotel: Marriott Courtyard, 16 Glenmaura National Blvd. Scranton, PA 18507. 570-969-2100

Price is \$109/night. Must mention Pocono Classic Bodybuilding Show!

Official show spray tanner: Elan Hair and Nail Studio, 570-562-3526, lilcask@aol.com

Official show photographer: Rick Abt Photography, 410-804-5164, www.rickabt.com/competitions

This is a 100% drug-tested contest and polygraph and random urinalysis is the testing method of the ANBF. All competitors must be drug free for a period of 7 years. The ANBF has adopted the 2015 WADA Prohibited List. You, as a competitor, are responsible to know the effects that certain supplements may present. Just because you may have bought it over the counter does not mean it is acceptable in the ANBF.

Please research carefully. The WADA Banned List is posted on our website, www.anbfnatural.com.

Polygraph testing will be done on Friday at the host hotel on 4/22. If necessary, during the morning of the show starting at 9:30am (at venue on 4/23). Anybody not taking a polygraph test will not be allowed to compete. The fee is \$50.00 paid directly to the tech. Cash Only! If you have taken and passed a test within 45 days from the show you are exempt from taking the test again, pending verification.

This does not apply to pros.

Eligibility: Open to all amateur and pro athletes who hold an ANBF membership. We will accept all pros from other natural organizations, as well as, winners of NPC drug tested events. Membership applications can be obtained online at www.anbfnatural.com, on ANBF facebook page, or via email from the ANBF office. Cost of membership is \$50.00(amateur) and \$65(pro).

Music: CDs only, a maximum of 60 seconds for amateurs and up to 2 minutes for pros. Props are allowed.

Awards: Top 5 competitors in each class. Top 3 in pro classes will be awarded prize money. Pro payouts will be determined by size of classes.

Contact information: Call Vince Cardamone at 570-780-7111 or email at nepanatural@gmail.com.

Classes:

Teenage Bodybuilding (ages **13-19**)

Men's Bodybuilding Debut (***First time competitors only***)

Men's Bodybuilding Novice

Men's Bodybuilding Open ***Classes are set based on entries and check in weights.****

Men's Bodybuilding Masters (**40+, 50+, 60+, 70+**) **

Men's Physique Debut (***First time competitors only***)

Men's Physique Novice

Men's Physique Masters (**40+, 50+**) **

Men's Physique Open *

Women's Physique Debut (***First time competitors only***)

Women's Physique Masters (**40+**) **

Women's Physique Open *

Bikini Debut (***First time competitors only***)

Novice Bikini

Masters Bikini (**35+, 50+**) **

Open Bikini *

Women's Bodybuilding Masters (**40+**) **

Women's Bodybuilding Open (**1 Class**) *

Women's Figure Debut (***First time competitors only***)

Women's Figure Masters (**40+**) **

Women's Figure Novice

Women's Figure Open - ***Classes are set based on entries and check in heights.****

Men's PRO Level 2

* ANBF PRO QUALIFIER

** ANBF MASTERS PRO QUALIFIER

ENTRY FEE:

- MEN'S MASTERS PRO LEVEL 2 ENTRY \$110.00
- AMATEUR ENTRY \$40.00
- CROSSOVER \$30.00
- COACH PASS \$40.00
- ADULT ADVANCE: ALL DAY \$20.00
- CHILDREN 12 AND UNDER ½ PRICE

TOTAL AMOUNT ENCLOSED \$ _____

- PLEASE FILL OUT THE INFORMATION FORM ON NEXT PAGE AND MAIL IN WITH APPLICATION

Pocono Classic Information Form

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

AGE _____ HEIGHT _____ WEIGHT _____

HOBBIES _____

SPECIAL THANKS TO: _____



