ANBF Sanctioned

2016 Natural Caribbean Championships

Including Men's Bodybuilding, Figure, Bikini and Men and Women Physique

October 29, 2016

Family Life Centre

22 Academy Way

Georgetown, Cayman Islands

Times: 11:30 am Competitor's check in the day of show and Friday 10/28/2016 at host hotel, if necessary.

1:15 pm Competitor meeting. All must attend.

2:00 pm Pre-judging begins and show runs until it is finished (straight thru format).

Entry Fee: Early Bird Sign up special- Amateur-\$40 with a \$30 crossover fee to other classes. Early Bird Deadline is 9/24/2016. After that, Amateur-\$70 with crossover fee of \$40. Final deadline to enter is 10/22/2016. *Applications will be accepted after that, but a late charge of \$50 will be added.*

Pay by check or money order payable to Nicholas Ross, P.O. Box 10974, G.T., Grand Cayman, Cayman Islands KY1-1007

Host Hotel is the Comfort Suites. Here is the link for reservations. http://www.comfortsuites.com/ires/en-US/html/ArrivalInfo?hotel=CI004&srp=LFIT16&pu=no. Group rate is \$133.00/night.

Spray tanning will be done by Nadine Dumas, Contact information is 1345-938 -0327 and Email: Ndumas.coaching@gmail.com

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 2016 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, <u>www.anbfnatural.com</u>.

Polygraph testing will be done the day of the show and if necessary, the day before. You will be emailed 2 weeks before the show with polygraph scheduling instructions. Anybody not taking a polygraph test will not be allowed to compete. If you have taken a polygraph test within 45 days of the show you are exempt only after show is verified. All pros must take the polygraph test regardless of when you took it last. The fee is \$50 paid directly to the tech. Cash only!

Eligibility: Open to all amateur athletes who hold a ANBF membership. Membership applications can be obtained online at <u>www.anbfnatural.com</u>, or via email from the ANBF office. Cost of membership is \$60.00 for amateur. **The membership is good for 1 year from the show.**

Music: CDs only, a maximum of 60 seconds. Props are allowed.

Awards: Top 5 competitors in each class and most entertaining stage presentation in the show. All open overalls are ANBF pro qualifiers. All master class winners will receive an ANBF master pro card.

Contact information: Nick Ross, 1345-939-4041 or Nicholas.ross@hotmail.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 Classes are set based on entries and check in heights* 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.*

* ANBF PRO QUALIFIER

**** ANBF MASTERS PRO QUALIFIER**

ENTRY FEES ARE NON-REFUNDABLE

(Please Print Clearly)

Send To: Nick Ross, P.O. Box 10974, G.T., Grand Cayman, Cayman Islands KY1-1007

CLASS(ES) ENTERING		
Name	ANBF #	
Phone #	Email	
Address	City, State, Zip	
Height Age	Weight	
Gym	Occupation	

RELEASE

I acknowledge that athletic event is an extreme test of a person' physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by the terrain, the facilities, temperature, weather, condition of athletes, spectator, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize liability may arise from negligence, carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used in the event holders, sponsors, organizers, in which I may participate and that it will govern my actions and responsibilities at said event.

In consideration of my application and permitting me to participate in this event, I hereby take actions for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property thefts or actions of any kind which might hereafter accrue to me including my traveling to and from this event, the following entities or persons:

Their directors, officers, employees, representatives, and agents, the event holders, event sponsors, event volunteers; (B) indemnify and hold harmless the entities or persons mentioned in this paragraph from any and all liability or claims made as result of participation in this event, whether caused by the negligence of releases or otherwise.

I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury accident or illness during this event. I understand that at this event or related activities, I may be photographed. I hereby agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns.

I understand that this is a drug-tested contest and agree to submit to any testing method approved by the contest promoter. I also agree to accept, without challenge, the results of such drug tests. Unless in the case of inconclusive results, I understand agree that the preliminary results are final. The accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document and I understand it's contents.

Age

Print Participants Name

Participant Signature

(If under 18 years old, Parent or guardian must also sign)

Parent Guardian Waiver for Minors

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all the parties referred to above from all liability, loss, claim or damage whatsoever which may be imposed upon said parties because of any defect or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Date

Print Participants Name	Age	Signature of Parent or Guardian	Date	
