

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, www.anbfnatural.com.

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 www.anbfnatural.com, 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**

