

ANBF Sanctioned

2016 Natural Lonestar Showdown Pro/Am

Bodybuilding, Figure, Bikini and Physique Championships

Featuring ANBF Pro Men and Women Bodybuilding

Also Featuring Pro Figure, Pro Bikini and Men and Women Pro Physique

June 4, 2016

Arlington Convention Center

1200 Ballpark Way

Arlington, TX 76011

Times: 11:30 am Competitor's check in the day of show. If necessary, an early check in will be available Friday, 6/3, at the host hotel.

1:15 pm Competitor meeting. All must attend.

2 pm *"The Show"*

Entry Fee: Early Bird Sign up special- Amateur-\$40 with a \$30 crossover fee to other classes. Pro-\$125. Early Bird Deadline is 4/30/2016. After that, Amateur-\$70 with crossover fee of \$40, Pro-\$175. Final deadline to enter is 5/28/2016. **Applications will be accepted after that, but a late charge of \$50 will be added.**

Pay by check or money order payable to ANBF, 19 Briar Mills Dr, Brick, NJ 08724

Host Hotel - La Quinta Inn & Suites, Dallas Arlington North, 825 North Watson Rd., Arlington, TX 817-640-4142, rate is 149/night, code is ANBF and cutoff is 5/13/2016

Spray tanning will be available. Call Liquid Sun Rayz of NJ, 908-489-1475, or email HZeiss@hotmail.com for questions or to set an appointment.

Hair and Make-up will be done by Laurie St. Michael. Call 479-616-0922 or email lstm1976@hotmail.com for info and apt.

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 with limited exceptions. 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, with exceptions, is posted on our website, www.anbfnatural.com.

Polygraph testing will be done on Friday evening, 6/3, and during check in, 6/4. Two weeks before the show you will be given instructions to schedule your polygraph appointment. Anybody not taking a polygraph test will not be allowed to compete. The fee is \$50 paid directly to the tech. Cash only! If you have taken a polygraph drug test at another natural show within 45 days of show you will be exempt from test. Must provide proof. Sorry, this does not include any pros.

Eligibility: Open to all amateur and pro athletes who hold a 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 or via email from the ANBF office. Cost of membership is

\$60.00(amateur) and \$75(pro). All new memberships will not start until the day of show, so please get your memberships early.

Music: CDs or ipods only, a maximum of 60 seconds for amateurs and 2 minutes for pros. Props are allowed as long as they don't distract from viewing physique. *Routines are judged and part of your overall score.*

Awards: Top 5 competitors in each class, most entertaining. All pro classes will be awarded prize money for the first 3 places. Payouts will be determined by size of classes. **All open overall winners will qualify for ANBF open pro status. All masters pro winners will qualify for ANBF masters pro status.**

Contact information: Preferably email Kent Bierly at krb46@comcast.net or call 732-213-6537 or 732-840-5393 or Kelly Vaupel at vaupel.kelly@gmail.com.

CLASSES:

Teenage Bodybuilding ages 13-19

Men's Bodybuilding Debut

Men's Bodybuilding Novice

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

Men's Bodybuilding Open *

Men's Bodybuilding Pro

Men's Physique Debut

Men's Physique Novice

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

Men's Physique Open *

Men's Physique Pro

Women's Physique Debut

Women's Physique Novice

Women's Physique Open*

Women's Physique Pro

Bikini Debut

Bikini Novice

Bikini Masters 35+, 50+ **

Bikini Open*

Bikini Pro

Women's Bodybuilding Open*

Women's Bodybuilding Pro

Figure Debut

Figure Masters 40+, 50+**

Figure Novice

Figure Open *

Figure Pro

*ANBF Open Pro Qualifier

**ANBF Masters Pro Qualifier

