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 <u>lstm1976@hotmail.com</u> 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, <u>www.anbfnatural.com</u>.

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 <u>www.anbfnatural.com</u> 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 <u>krb46@comcast.net</u> 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**

ALL ENTRY FEES ARE NON-REFUNDABLE

(Please Print Clearly)

Send To: ANBF c/o Kent R. Bierly, 19 Briar Mills, Brick, NJ 08724

| 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.

Date

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

Print Participants Name Age

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.

| Print Participants Name | Age | Signature of Parent or Guardian | Date |
|---|-----|---------------------------------|------|
| *************************************** | | | |