ANBF Sanctioned

2016 Motor City Muscle Natural Classic

Bodybuilding, Figure, Bikini and Physique Championships

August 27, 2016

Riverview High School

12431 Longsdorf Street

Riverview, MI 48193

Times: 11:30 am Competitor's check in the day of show or, if necessary, the night before at the host gym, 3DFIT Ultimate Fitness Arena, 12425 Nixon, Riverview, MI.

1:15 pm Competitor's 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 7/23/2016. After that, Amateur-\$70 with crossover fee of \$40. Final deadline to enter is 8/20/2016. *Applications will be accepted after that, but a late charge of \$50 will be added.*

Pay by check or money order payable to 3DFIT Ultimate Fitness Arena

Host Hotel is Hampton Inn Detroit/Southgate, 13555 Prechter Boulevard, Southgate, MI, 48195. 734-574-4000

Spray Tanning to be determined

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 get an email within 2 weeks of show with scheduling details. 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. 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. **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: Tom Burick, 734-626-0806 or <u>tom@3dfitarena.com</u> or Donna Burick, 734-626-3676 or <u>donna@3dfitarena.com</u>.

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.*

* ANBF PRO QUALIFIER

** ANBF MASTERS PRO QUALIFIER

Entry Form for Motor City

(Please Print Clearly)

Print Participants Name

Age

Signature of Parent or Guardian

ENTRY FEES ARE NON - REFUNDABLE

Send To: 3DFIT Ultimate Fit	ness Arena c/o '	Tom Burick, 12425 Nixon, Riverview, MI, 48193
CLASS(ES) ENTERING		
Name	AN	NBF#
Phone #En		Email
Address	City, State, Zip	
Height Age	Weig	ght
Gym	Occ	cupation
property loss. The risks include, but are no coaches, event officials, and event monitor present for volunteers. I hereby assume all carelessness on the part of the persons or them or because of their possible liability. I certify that I am physically fit, have suff person. I acknowledge that this Accident Waiver and that it will govern my actions and result in consideration of my application and penext of kin, successors, and assigns as followed property damage, property thefts or action entities or persons: Their directors, officers, employees, representities or persons mentioned in this paragenegligence of releases or otherwise. I hereby consent to receive medical treatm I understand that at this event or related acception legitimate purpose by the event holders, purpose I understand that this is a drug-tested controllenge, the results of such drug tests.	ot limited to, those carrs, and/or producers of of the risks of particular particular producers of the risks of particular particula	ipate in this event, I hereby take actions for myself, my executors, administrators, heirs, lease and Discharge from any and all liability for my death, disability, personal injury, might hereafter accrue to me including my traveling to and from this event, the following as, the event holders, event sponsors, event volunteers; (B) indemnify and hold harmless the liability or claims made as result of participation in this event, whether caused by the elemed advisable in the event of injury accident or illness during this event. Otographed. I hereby agree to allow my photo, video or film likeness to be used for any organizers and assigns. In the approved by the contest promoter. I also agree to accept, without inconclusive results, I understand agree that the preliminary results are final. Bed broadly to provide a release and waiver to the maximum extent permissible under
Print Participants Name	Age	Participant Signature
(If under 18 years old, Parent or guardian must also sign)		Date
and indemnify each and all the parties refe	erred to above from al	esent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless all liability, loss, claim or damage whatsoever which may be imposed upon said parties ease said parties on behalf of the minor and the parents or legal guardian.