

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 tom@3dfitarena.com or Donna Burick, 734-626-3676 or donna@3dfitarena.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 *

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**

