

ANBF Sanctioned

2016 Natural Mountaineer

Bodybuilding, Figure, Bikini and Physique Championships

June 25, 2016

J.E. Broyhill Civic Center

1913 Hickory Blvd. SE

Lenoir, NC 28645

Times: 11:30 am Competitor's check in the day of show or , if necessary, the night before at the host hotel.

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 **5/21/2016**. After that, Amateur-\$70 with crossover fee of \$40. Final deadline to enter is **6/18/2016**. **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 to be determined

Spray Tanning. Contact Scott Johnson at Blaze Bronzing, email is blazebronzing@gmail.com or call 919-706-5988

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. 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, on ANBF facebook page, 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: Prefer email to [kreb46@comcast.net](mailto:krb46@comcast.net) or you can call, 732-213-6537.

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 *Classes are set based on entries and check in heights **

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 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**

