

**ANBF Sanctioned**

**2016 Florida Natural Pro/Am Championships IV**

**Including Bodybuilding, Figure, Bikini and Physique**

**Featuring Pro Men's Bodybuilding and Pro Men's Physique**

**Also Featuring Pro Figure, Pro Bikini and Pro Women's Physique**

**March 12, 2016**

**Loggers Run Middle School**

**11584 W. Palmetto Park Rd.**

**Boca Raton, FL 33428**

**Times:** 11:30 am Competitor's check in the day of show and Friday 3/11/2016 at host hotel, if necessary.

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. Pro entry is \$125. Early Bird Deadline is 2/05/2016. After that, Amateur-\$70 with crossover fee of \$40 and Pro entry is \$165. Final deadline to enter is 3/05/2016. **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 is Holiday Inn Express, 8144 Glades Rd., Boca Raton, FL, 561-482-7070. \$189/night and code is American Natural Bodybuilding Federation. Cut off is 2/11/2016.**

**Spray tanning service: On site/Backstage Tanning will be available both Friday and Saturday through Hot Spot Tanning. For Info, Pricing and Appointment Scheduling: HotSpotSarasota.com or Contact Alisa @ 727-403-5180 or Tan@HotSpotSarasota.com.**

**Hair and Make Up by Crystal Alexis, 321-261-8443 or EyeKonikBeauty@Gmail.com**

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](http://www.anbfnatural.com).

***Polygraph testing will be done the day of the show and if necessary, the day before. You will be emailed 2 weeks before the show with polygraph scheduling instructions. 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. All pros must take the polygraph test regardless of when you took it last. 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](http://www.anbfnatural.com), on ANBF facebook page, or via email from the ANBF office. Any pro from other natural organizations are allowed to compete as long as they have an ANBF Pro Membership. Cost of membership is \$60.00 for amateur and \$75 for pro. **The membership is good for 1 year from the show.**

**Music:** CDs only, a maximum of 60 seconds. Props are allowed. Pros are allowed 2 minutes.

**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.** Top 3 pros will receive check payouts.

**Contact information:** Preferably email Kent Bierly at [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 Bodybuilding Pro

Men's Physique Debut (*First time competitors only*)

Men's Physique Novice

Men's Physique Masters (**40+**, **50+**) \*\*

Men's Physique Open \*

Men's Physique Pro

Women's Physique Debut (*First time competitors only*)

Women's Physique Masters (**40+**) \*\*

Women's Physique Open \*

Women's Physique Pro

Bikini Debut (*First time competitors only*)

Novice Bikini

Masters Bikini (**35+**, **50+**) \*\*

Open Bikini \*

Bikini Pro

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 weights.\**

Women's Figure Pro

\* ANBF PRO QUALIFIER

\*\* ANBF MASTERS PRO QUALIFIER

