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.

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, 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 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

Entry Form for Florida Natural

ENTRY FEES ARE NON-REFUNDABLE

(Please Print Clearly)

Print Participants Name

	• /		Dr., Drick, NJ 08/24
CLASS(ES) E	ENTERING		
Name		ANBF	F#
Phone #		Ema	ail
Address		City	y, State, Zip
Height	Age	Weight _	
Gym		Occupa	ation
carelessness on the them or because of I certify that I am pl person. I acknowledge that and that it will gove In consideration of next of kin, success property damage, prentities or persons: Their directors, offi entities or persons in negligence of releas I hereby consent to I understand that at legitimate purpose I understand that this challenge, the result The accident Waive applicable law.	part of the persons or entities their possible liability without hysically fit, have sufficiently this Accident Waiver and Regram my actions and responsibility application and permittingors, and assigns as follows: (acoperty thefts or actions of an entitioned in this paragraph frees or otherwise. Therefore, employees, representation the entitioned in this paragraph frees or otherwise. Therefore, employees, representation the event or related activities by the event or related activities by the event holders, produce its is a drug-tested contest and its of such drug tests. Unless or and Release of Liability shall have read this document and the event and the event holders.	being released, from the fault. It rained for participate in the task of Liability for lities at said event. It may be deemed any kind which might wes, and agents, the rom any and all liability hich may be deemed as, I may be photograms, sponsors, organical agree to submit to in the case of incontall be construed browst.	any testing method approved by the contest promoter. I also agree to accept, without aclusive results, I understand agree that the preliminary results are final. addly to provide a release and waiver to the maximum extent permissible under
	ld, Parent or guardian must a		Date
Parent Guardian V The undersigned pa and indemnify each	Vaiver for Minors rent and natural guardian doe and all the parties referred to	es hereby represent of above from all liab	that he/she is, in fact, acting in such capacity and agrees to save and hold harmless bility, loss, claim or damage whatsoever which may be imposed upon said parties said parties on behalf of the minor and the parents or legal guardian.

Signature of Parent or Guardian

Age