

ANBF Sanctioned

2023 Coastal Carolina

Bodybuilding, Figure, Bikini, Wellness, and Physique Championships

December 2, 2023

Seaside Elementary
1605 Woodland Dr Ext,
Garden City, SC 29576

Times: 10:30 am Competitor's check in the day of show. Friday check in TBA. Subject to change.

11:30 pm Competitor's meeting. All must attend.

12:00 pm The show begins and runs until it is finished (straight thru format).

Entry Fee: EARLY BIRD SIGN UP SPECIAL- Amateur-\$120 with a \$50 crossover fee to other classes. Early Bird Deadline is 10/28/2023. After that, Amateur-\$175 with crossover fee of \$70. Final deadline to enter is 11/25/2023. Applications will be accepted after that, but a late charge of \$75 will be added.

Host Hotel TBA

Spray Tanning by Show Tanning Professionals. Go to www.Showtanningprofessionals.com for info and to make apt.

Urinalysis is the testing method of the ANBF. There will be no polygraph testing at ANBF shows this year. Therefore, there will also not be any polygraph fees necessary. The ANBF will be using the 2023 WADA Prohibited List as it's banned substance standard. 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 as well as the 2023 ANBF Drug Testing Policy.

Eligibility: Open to all amateur and pro athletes who hold an ANBF membership. Membership applications can be obtained online at www.anbfnatural.com, or via email from the ANBF office. The cost of amateur membership is \$115.00. You will get \$10 discounts for up to 4 other natural org memberships (total \$40). The membership is good for a period of one year from the date of purchase. You may send in the entry form without your ANBF membership number. You will get your card at the show.

Music: CDs only, a maximum of 60 seconds for amateurs. Props are allowed. Everyone will do stage presentations.

Photography / Video: No outside photography or professional style cameras are permitted. Please contact the Official Show Photographer, <https://lancetylerphotos.com/anbf> for info

Awards: Top 5 competitors in each class and most entertaining stage presentation in the show. **All open and masters overalls are ANBF pro qualifiers. If less than 5 competitors, the judges will decide if pro status is earned.**

Contact information: Prefer email Kent Bierly at krb46@comcast.net or 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 Masters (40+, 50+, 60+, 70+) **

Men's Bodybuilding Open *Classes are set based on entries and check in weights.**

Classic Physique Debut (*First time competitors only*)

Classic Physique Novice

Classic Physique Masters 40+

Classic Physique Open*

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

Men's Physique Novice

Men's Physique Masters (**40+, 50+, 60+**) **

Men's Physique Open *

Women's Physique Masters **40+** **

Women's Physique Open *

Wellness 40+**

Wellness Open*

Bikini Debut (*First time competitors only*)

Bikini Novice

Bikini Masters (**40+, 50+**) **

Bikini Open *

Figure Debut (*First time competitors only*)

Figure Masters (**40+, 50+**) **

Figure Novice

Figure Open - *Classes are set based on entries and check in heights.**

*** ANBF PRO QUALIFIER**

**** ANBF MASTERS PRO QUALIFIER**

Entry Form for Coastal Carolina

