

ANBF Sanctioned

2024 Natural Mountaineer

Bodybuilding, Classic, Figure, Wellness, Bikini, and Physique Championships IX

Also Featuring Transformation, Mixed Couples

June 22, 2024

J.E. Broyhill Civic Center

1913 Hickory Blvd. SE

Lenoir, NC 28645

Times: Competitor's check-in 6-8pm, Friday 6/21. Late check-in the day of show at venue, 10:30-11am.

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

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

Entry Fee: EARLY BIRD SIGN UP SPECIAL- Amateur-\$120 with a \$60 crossover fee to other classes. Early Bird Deadline is 5/18/2024. After that, Amateur-\$175 with crossover fee of \$75. Final deadline to enter is 6/15/2024. Applications will be accepted after that, but a late charge of \$75 will be added.

Spray Tanning by Bronzed Bodies LLC. Email bronzedbodiesllc@gmail.com to make apt.

Host Hotel is Hampton Inn, Lenoir, NC

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 2024 WADA Prohibited List as it is banned substance standard. You, as a competitor, are responsible for knowing 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 2024 ANBF Drug Testing Policy.

Eligibility: Open to all amateur 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 and routines: CDs, ipods, phones, mp3s, Amateur routines are maximum of 60 seconds. Pros get up to 2 minutes. Props are allowed. Please email your music to DJ Frank at mytwotoyz@yahoo.com. All competitors will do a stage presentation.

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

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

Contact information: Kent Bierly, prefer email to krb46@comcast.net or you can call, 732-213-6537.

CLASSES:

Women's Transformation and Men's Transformation Each competitor will come out individually to house music and free-pose for 10-15 seconds. Competitors can come out in posing or bathing suits, or sportswear as in shorts and sports bra, tank top etc...Once posing is complete, the competitor will tell their transformation story. Once all competitors have done their individual presentation, judges will select ONE challenge winner for men and women classes. Competitors are required to submit before pics to krb46@comcast.net to be used by judges for evaluation. They must be submitted one week before the show. The selected challenge winner should show not only transformation of body, but verbally communicate how they have transformed in mind, body, and soul. The selected challenge winner should be someone inspiring.

Mixed Pairs Couples

Teenage Bodybuilding (ages 13-19)

Men's Bodybuilding Novice

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

Men's Bodybuilding (40+, 50+) **

Classic Physique Novice

Classic Physique 40+**

Classic Physique Open *

Men's Physique Novice

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

Men's Physique Open *

Women's Physique 40+**

Women's Physique Open *

Novice Bikini

Bikini (40+, 50+) **

Open Bikini *

Wellness Novice

Wellness 40+**

Wellness Open*

Classic Bikini 40+

Classic Open Bikini

Women's Bodybuilding Open (1 Class) *

Figure (40+, 50+) **

Figure Novice

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

*** ANBF PRO QUALIFIER**

**** ANBF MASTERS PRO QUALIFIER**

