

# ANBF Sanctioned

## 2024 South Jersey Natural

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

April 20, 2024

Atlantic Cape Community College  
5100 Black Horse Pike  
Mays Landing, NJ 08330

**Times:** 10:30 am Competitor's check in the day of show.

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-\$125 with a \$60 crossover fee to other classes. Early Bird Deadline is 2/16/2024. After that, Amateur-\$175 with crossover fee of \$75. Final deadline to enter is 4/13/2024. Applications will be accepted after that, but a late charge of \$75 will be added.

**Host Hotel TBA**

**Spray Tanning by Bronzed Bodies LLC. Email [bronzedbodiesllc@gmail.com](mailto:bronzedbodiesllc@gmail.com) for info and apt..**

**Hair and makeup contact Cristy Tate at [cristymtate@gmail.com](mailto:cristymtate@gmail.com)**

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's 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](http://www.anbfnatural.com) as well as the 2024 ANBF Drug Testing Policy.

**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), or via email from the ANBF office. The cost of amateur membership is \$120.00. The cost of pro membership is \$175. You will get \$10 discounts for any other natural org memberships you have. The membership is good for a period of one year from the date of your show. 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.

**Awards:** Top 5 competitors in each class and most entertaining stage presentation in the show. **All open and master 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: Prefer email Kent Bierly at [kreb46@comcast.net](mailto:krb46@comcast.net) or call 732-213-6537.

**CLASSES:**

Teenage Bodybuilding (ages **13-19**)

Men's Bodybuilding Novice

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

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

Classic Physique Novice

Classic Physique Masters 40+

Classic Physique Open\*

Men's Physique Novice

Men's Physique Masters **40+\*\***

Men's Physique Open \*

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

Women's Physique Open \*

Wellness Novice

Wellness Masters **40+\*\***

Wellness Open

Bikini Novice

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

Bikini Open \*

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

