

ANBF Sanctioned

2024 Crystal Coast Championships XI

Bodybuilding, Figure, Bikini, Wellness and Physique Championships Pro/Am

Featuring Pro Bikini, and Pro Classic

July 20, 2024

Crystal Coast Civic Center  
3505 Arendell Street  
Morehead City, NC 28557

**Times:** Early check-in Friday night, 7/21 (630-730pm), location TBA. Late check-in will be at the venue from 1030-11am, Saturday.

11:15am Competitor's meeting. All must attend.

12:00pm The "Show" begins and runs until it is finished.

**Entry Fee: EARLY BIRD SIGN UP SPECIAL- Amateur-\$120 with a \$60 crossover fee to other classes. Pro-\$250 per class entered. Early Bird Deadline is 06/15/2024. After that, Amateur-\$170 with crossover fee of \$75 and Pro is \$300 per class entered. Final deadline to enter is 7/13/2024. Applications will be accepted after that, but a late charge of \$75 will be added.**

**Host Hotel TBA**

**Spray Tanning.** Contact Bronzed Bodies, email to [bronzedbodiesllc@gmail.com](mailto:bronzedbodiesllc@gmail.com) for info and apt.

**Hair and Makeup TBA**

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 the 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](http://www.anbfnatural.com) as well as the 2024 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](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 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:** Please email your music to DJ Frank at [mytwotoyz@yahoo.com](mailto:mytwotoyz@yahoo.com). Amateur routines are 60 seconds. **Props are allowed. Pros are allowed up to 2 minutes. 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 overalls are ANBF pro qualifiers. If there are less than 5 competitors, the judges will decide if pro status is earned.

**\*\*If 4 or more pros, top 3 get payouts. If 3 competitors, the top 2 get payouts. If 2, first place only gets payout. If only one competitor, they get payout. \*\* If 6 or more in class, first place payout is \$700. Minimum is \$500.**

**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:** Email at [krb46@comcast.net](mailto:krb46@comcast.net) or call 732-213-6537

**CLASSES:**

Teenage Bodybuilding ages 13-19

Men's Novice Bodybuilding

**Men's Open Bodybuilding\*** Classes **determined at check in**

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

Classic Physique Novice

Classic Physique Masters 40+\*\*

Classic Physique Open \*

***Classic Physique Pro***

Men's Novice Physique

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

**Men's Open Physique\***

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

**Women's Open Physique\***

**Wellness Novice**

**Wellness Masters (40+)\*\***

**Wellness Open \***

Novice Bikini

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

**Open Bikini\***

***Pro Bikini***

Figure Masters (40+) \*\*

Figure Novice

**Figure Open\***

\* ANBF Pro Qualifier

\*\* ANBF Masters Pro Qualifier

**Contact Kent Bierly, [krb46@comcast.net](mailto:krb46@comcast.net), for questions or details.**

