

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, 262 Hotel Street SE, Lenoir, NC. \$134.5/night. Cut off 5/21/24. Call 828-758-7664 and use code CLTLR003090 to book. Any questions give them name Kent Bierly and mention ANBF Natural.

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 mytwotovz@yahoo.com. All competitors will do a stage presentation.

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 master's overalls are ANBF pro qualifiers. If there are less than 5 competitors, the judges will decide if pro status is earned.

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**

Entry Form for Mountaineer
(Please Print Clearly)

ENTRY FEES ARE NON - REFUNDABLE AND NO CREDITS GIVEN!

Enter online at anbfnatural.com

Or send to:

ANBF c/o Kent Bierly, 537 James Rd., Brick, NJ 08723,

MAY ALSO PAY VIA PAYPAL TO KRB46@COMCAST.NET. Must still send in entry form.

CLASS(ES) ENTERING _____

Name _____ ANBF # _____

Phone # _____ Email _____

Address _____ City, State, Zip _____

Height _____ Age _____ Weight _____

Gym _____ Occupation _____

RELEASE

I acknowledge that athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by the terrain, the facilities, temperature, weather, condition of athletes, spectator, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize liability may arise from negligence, carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used in the event holders, sponsors, organizers, in which I may participate and that it will govern my actions and responsibilities at said event.

In consideration of my application and permitting me to participate in this event, I hereby take actions for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property thefts or actions of any kind which might hereafter accrue to me including my traveling to and from this event, the following entities or persons:

Their directors, officers, employees, representatives, and agents, the event holders, event sponsors, event volunteers; (B) indemnify and hold harmless the entities or persons mentioned in this paragraph from any and all liability or claims made as result of participation in this event, whether caused by the negligence of releases or otherwise.

I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury accident or illness during this event.

I understand that at this event or related activities, I may be photographed. I hereby agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns.

I understand that this is a drug-tested contest and agree to submit to any testing method approved by the contest promoter. I also agree to accept, without challenge, the results of such drug tests. Unless in the case of inconclusive results, I understand agree that the preliminary results are final.

The accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document and I understand it's contents.

Print Participants Name

Age

Participant Signature

(If under 18 years old, Parent or guardian must also sign)

Date

Parent Guardian Waiver for Minors

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all the parties referred to above from all liability, loss, claim or damage whatsoever which may be imposed upon said parties because of any defect or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Print Participants Name

Age

Signature of Parent or Guardian

Date
