

100% POLYGRAPHED & URINALYSIS TESTED

St. Louis Natural Body / Figure & Extreme Fit Championship Classic



DATE: July 10th, 2010

LOCATION: Roberts Orpheum Theater, 416 North 9th St., St. Louis, MO 63101

SANCTIONING: The North American Natural Bodybuilding Federation (NANBF, www.nanbf.org) is the sanctioning body.

PROMOTORS: Keith Hunter, email: bust1move@sbcglobal.net, 314-567-6372 or 314-910-2639

CONTEST TIMES: Prejudging 10:00am, Finals 6:00pm

TICKETS: Please contact Ticketmaster @ 314-421-4400 or at www.ticketmaster.com.

TICKET PRICES: Advanced Ticket Purchase – Prejudging \$10; General Admission \$20; VIP \$30, Combo ticket: \$25 (GA both sessions).

AWARDS: Awards will be given to the TOP 5 in all divisions, plus overall winners receive trophies and championship jackets.

HEIGHT CLASSES: Height will apply in novice and open categories. Contest director reserves the right to adjust classes.

BODYBUILDERS POSING ATTIRE: Posing suits must be worn and be of solid color, opaque, devoid of embroidery, stripes or other embellishments.

Accessories are not permitted including jewelry. At finals, accessories & props attached to body may be used.

XTREME FIT POSING ATTIRE: Individual routine outfits may consist of any aerobic type wear as long as it is in good taste. Props may also be used. For the comparison round, all competitors may wear the same outfits, however, the top must be sleeveless and no footwear is allowed. No thongs may be worn in either round.

FIGURE POSING ATTIRE: Two piece swimsuits and heels. No thongs may be worn in either round. Embroidery or embellishments are allowed on suits.

POSING MUSIC: Competitors will pose to music of their choice at both prejudging and the final show. If you are entered in more than one class, you will pose only once. Music will be limited to 60 seconds. XTREME FIT competitors will have 120 seconds to perform their individual routine. Bodybuilders will pose to routine at night only if minimum of 60 competitors, otherwise, they pose in the morning too. Music must be cued to start and recording must be of good quality. CD's preferred (no profanity or you will be disqualified). Two copies must be provided.

ENTRY: The entry fee is \$45 for the initial amateur division of competition and \$30 for each additional amateur divisions. Entry fee is \$80 for pro divisions. Entries must be postmarked no later than June 26th, or a late entry penalty of \$35 will be applied. Absolutely no entries accepted after July 1st, postmark! (You will receive additional information by mail after we receive your entry.)

Please make money order or certified check payable to H & C Fitness.

ELIGIBILITY: The competition is open to all physique athletes who have not at any time during the 84 months prior to the day preceding this event, engaged in the personal use of anabolic steroids, other growth enhancing drugs, or Rx diuretics used to prepare for this competition or OTC diuretics used seven days prior to event. Andro and related compounds and ephedra has a one year amnesty for new members. Refer to the banned substance list at NANBF.org or contact promoter for any questions.

TESTING & CHECK-IN: Every competitor is polygraphed set by appointment with promoter. First come first serve. Fee to polygrapher is \$40 CASH good for three months of NANBF shows. Promoters have the right to test and retest prior to or after the show. Polygraph to be scheduled Thurs. July 8th or Fri July 9th. Contact Keith Promoter to schedule appointment. NANBF membership required. BE PREPARED TO POLYGRAPH UP TO 7 DAYS PRIOR TO THE CONTEST. NO EXCEPTIONS. All contestants must present NANBF card at check-in. NANBF Cards are \$50 and can be purchased at the check-in. (Additional information about drug testing will be mailed to you after we receive your entry.)

NO PERSONAL CHECKS. PLEASE MAKE MAIL MONEY ORDER OR CERTIFIED CHECK PAYABLE TO: H&C Fitness, 1173 Hilltop Dr., St. Louis, MO 63132. You will receive additional information by mail after we receive your completed entry form.

Name: _____ D.O.B: ___/___/____ Sex: ___ Exact Height: ___ft ___ inches (no show, this will determine class)

Address: _____ City: _____ State: _____ ZIP: _____

Phone: Day (____) _____ - _____ Evening (____) _____ - _____ Email: _____

Occupation: _____ Current NANBF Card Exp Date: ___/___/____ Last 4 of SSN#: _____

You will be required to sign a release, as a standard procedure, at check-in. If you are under the age of 18, then a signature of a parent or legal guardian is required.

PLEASE ✓ ALL DIVISIONS YOU ARE ENTERING:

NANBF ST. LOUIS NATURAL BODY/FIGURE

No Novice To Open Crossover

BEGINNER FIGURE

TEEN FIGURE

FIGURE OPEN

MASTERS FIGURE 40+

NOVICE FIGURE

BB OPEN BB OPEN MENS 40+ (both are pro qualifiers)

TEEN MASTERS 45-54

COLLEGIATE GRAND MASTERS 55+

SUBMASTERS 35-44

BB NOVICE

XTREME FIT

MIXED PAIRS

For Pro Entry

Email

ifpa@ifpapro.com