

100% POLYGRAPHED & URINALYSIS TESTED

NANBF NATURAL BADGER CLASSIC

BODYBUILDING, FIGURE AND XTREME FIT CHAMPIONSHIPS



NANBF.ORG

BODYBUILDING FIGURE XTREME FIT

DATE: October 2, 2010

LOCATION: Menomonie High School Auditorium

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

PROMOTORS: Jess and Dana Maney
(715)505-2219, or yfitmaney@gmail.com

CONTEST TIMES: PREJUDGING 10:00 AM,
FINALS 5:30 PM

TICKETS: PLEASE CONTACT PROMOTERS

TICKET PRICES: Advanced ticket Purchases-
Prejudging \$10, General Admission \$20

AWARDS: Awards will be given to the TOP 5 in all divisions, plus overalls and best poser. Various awards will be awarded to winners.

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

HOTEL:
Country Inn and Suites
320 Oak Avenue
Menomonie, WI 54715
(715) 235-5664

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 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. Music must be cued to start and recording must be of good quality. CD's only. Two copies must be provided.

ENTRY: The entry fee is \$45 for the initial division of competition and \$30 for each additional division. Entries must be received no later than September 18th, or a late entry penalty of \$50 will be applied. Absolutely no entries accepted after September 22nd.

(You will receive additional information by mail after we receive your entry.) Please make money order or certified check payable to: **YFit Fitness Training**

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. Refer to the Complete 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 NANBF shows. Promoters have the right to test and retest prior to or after the show. Polygraph is by 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.)

(TOP 5 QUALIFY FOR USA SUPER PRO QUALIFIER)
NATURAL BADGER CLASSIC

NO PERSONAL CHECKS. PLEASE MAKE MAIL MONEY ORDER OR CERTIFIED CHECK PAYABLE TO:
YFit Fitness Training, N5980 Cty Rd Q, Menomonie, WI 54751
You will receive additional information after we receive your entry.

Name: _____ D.O.B: _____ Sex: _____ Exact Height: _____ ft _____ inches (no shoes, this will determine class you compete in)
Address: _____ City: _____ State: _____ Zip: _____
Phone: Day (____) _____ Evening (____) _____ E-Mail Address: _____
Occupation: _____ Current N.A.N.B.F. Card Exp Date: _____ Last 4 Digits of your SS#: _____

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

**PLEASE
CHECK ALL
THE
DIVISIONS
YOU ARE
ENTERING**

WOMENS

- FIGURE OPEN
 BEGINNER FIGURE
 WMN MASTERS FIGURE 35+
 BB OPEN WOMAN
 BB SUBMASTERS 35+ WMN
- NOVICE FIGURE
 TEEN FIGURE
 WOMEN MASTERS FIGURE40+
 BB WMN MASTERS45+
 XTREME FIT

MEN

- TEEN
 SUBMASTERS MEN 35-39
 BB OPEN MEN
- COLLEGIATE
 MASTERS 40 +
 GRANDMEN MASTERS 60+
- NOVICE
 MASTERS 50+
 MIXED PAIRS