

Bluffs Classic 2011



BODYBUILDING • FIGURE • XTREME FIT! • BIKINI

DATE: Saturday, November 19th, 2011

LOCATION: The Arts Center, Iowa Western Community College, 2700 College Rd. Council Bluffs, IA 51503

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

PROMOTORS: Shain shain@getfitcb.com
Phone: 712-328-1000

CONTEST TIMES: Prejudging 8:30 am, Finals 5:00pm

TICKET PRICES: Advanced Ticket Purchase - \$20 All Day / VIP \$30 All Day – Add \$5 per ticket day of show.

Tickets available at: Fit 4 Life Fitness Studio
 500 West Broadway, Suite 100
 Council Bluffs, IA 51503
712-328-1000 or shain@getfitcb.com

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

RESULTS: Results will be emailed to any competitor for \$10 charge.

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

HOTEL: Microtel Inn & Suites
 2141 S. 35th St.
 Council Bluffs, IA 51501
 712-256-2900
 \$69 Group Rate / limitations may apply

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 on. 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 Nov. 1st, or a late entry penalty of \$35 will be applied. Absolutely no entries accepted after Nov. 14th, 2011. You will receive additional information by mail after we receive your entry.)

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 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.)

Competitor Packet: Additional info will be sent out via e-mail once your entry has been received.

“BLUFFS CLASSIC” ENTRY FORM

NO PERSONAL CHECKS. PLEASE MAKE MAIL MONEY ORDER OR CERTIFIED CHECK PAYABLE TO:
 Fit 4 Life Fitness Studio, 500 West Broadway, Suite 100, Council Bluffs, IA 51503

Name: _____ DOB ___/___/___ Sex: ___ Exact Height ___ft ___in (No Shoes)
 Address _____ City _____ State _____ Zip _____
 Phone: Day (____) _____ Eve(____) _____ Email Address _____
 Occupation: _____ Current NANBF Card EXP. Date ___/___/___ Last 4 Digits of your SS# _____

Free Competitor Shirt (Circle One) Size: S M L XL 2XL

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

WOMEN

- BEGINNER FIGURE
- TEEN FIGURE
- NOVICE FIGURE
- OPEN FIGURE
- FIGURE MASTERS 35+
- FIGURE MASTERS 40+
- BIKINI 18+ (NO CROSSOVER)
- BIKINI 35+

- WMN BB TEEN
- WMNBB COLLEGIATE
- WNM BB NOVICE
- WMN BB OPEN
- WMN BB SUBMASTERS
- WMN BB MASTERS 40+
- WMN BB MASTERS 50+
- WMN BB MASTERS 60+

MEN

- NOVICE
- TEEN
- COLLEGIATE
- OPEN
- SUBMASTERS
- MASTERS 40+
- MASTERS 50+
- MASTERS 60+

PLEASE
 CHECK ALL
 THE
 DIVISIONS
 YOU ARE
 ENTERING

