



ST. LOUIS GATEWAY NATURALS OCTOBER 9TH, 2010

BODYBUILDING • FIGURE • XTREME FIT



www.nanbf.org

100% POLYGRAPHED & URINALYSIS TESTED

LOCATION: Fort Zumwalt West High School , 1251 Turtle Creek Dr., O'Fallon, MO 63366

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

PROMOTERS: Shawna Meyer & John and Becky Arnold
Email: info@gatewaynaturals.com
Phone: 816-781-9308
Online at: www.gatewaynaturals.com

CONTEST TIMES: Prejudging 9:30 am and
Finals at 5:30 pm.

CHECK-IN: Check-in times will be announced in a complete packet of information that will be mailed to each competitor 4-5 weeks out from show, or upon receiving your entry form.

MEMBERSHIP: Any contestant new to the NANBF or renewing membership will need to purchase a membership card for \$50 at the check-in. Be sure to bring your current membership card if you are already a current member. To purchase in advance email promoter.

ENTRY: The entry fee is \$45 for the initial division of competition and \$30 for each additional division. Entries must be postmarked by no later than Sept. 27th *otherwise a \$30 late fee will apply* and absolutely no entries accepted after Oct. 2nd. If you would like your judging scores and comments mailed to you, include an extra \$5 with your entry fee. Entry fees are non-refundable.

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

AWARDS: Trophies will be awarded to the TOP FIVE in all divisions. Overall winners AND best posing/presentation for figure and bodybuilding will receive separate awards and gifts.

BODYBUILDING 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.

FIGURE POSING ATTIRE: Two piece suits and heels , no one peice category . No thongs may be worn. Embroidery or embellishments are allowed on suits.

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.

POSING MUSIC: Competitors will pose to music of their choice at the evening show ONLY. 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. Edit music carefully, absolutely NO PROFANITY ALLOWED. Music containing profanity will be turned off at promoter's discretion. CD's ONLY will be accepted, bring two copies.

ELIGIBILITY: The competition is open to all physique athletes who have NOT at any time during the last 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 as well as ephedra have a one year amnesty for new members. Refer to the banned substance list at NANBF.org or contact promoter for any questions.

TESTING: Drug testing method will be urinalysis and polygraph. Every competitor will be polygraphed and will set appointment through promoter. Appt. times are on a first come first served basis, and **fee to polygrapher is \$40 cash**. Promoters have the right to test and retest prior to or after the show. If you miss the drug test you will NOT be allowed to compete. BE PREPARED TO POLYGRAPH UP TO 3 DAYS BEFORE THE CONTEST. NO EXCEPTIONS. We will do our best to schedule out of town competitors later times on Friday--submitting entry early is strongly encouraged to secure your appt. time.

TICKETS: Pre-Judging, \$10, Evening Finals \$20, Combo Ticket \$25.

CASH ONLY ticket purchase day of event.

HOTEL RESERVATIONS: Residence Inn by Marriott, O'Fallon, MO. Call (636) 300-3535 to make reservations and mention the Gateway Naturals Bodybuilding to receive special rates. Also, find a link on gatewaynaturals.com to make reservations online (under "Resources" page).

Please Mail Money Order or Cashier's Check To:

**Natural Build Fitness
2000 Clay Drive
Liberty, MO 64068**

Name: _____ Age: _____ Sex: _____ Exact Height: _____ ft. _____ in. (no shoes)

Address: _____ City: _____ State: _____ Zip: _____

Best Phone # for contact: (_____) _____ E-Mail Address: _____

(Please PRINT legible, must be able to correspond via email)

Occupation: _____ Current N.A.N.B.F. Card Exp Date: _____ Last 4 Digits of your SS# _____

Please check size for your Free Event T-Shirt: Small Medium Large XL XXL

Check to have Judging Scores & Comments mailed to you (include \$5 extra w/ entry fee)

CHECK ALL DIVISIONS YOU ARE ENTERING (No Crossovers from Beginner or Novice into Pro-Qualifying divisions)

- | | | |
|----------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> BEGINNER FIGURE (1st Time Ever) | <input type="checkbox"/> TEEN BODYBUILDING | <input type="checkbox"/> WOMEN'S MASTERS 35+ BODYBUILDING* |
| <input type="checkbox"/> NOVICE FIGURE | <input type="checkbox"/> COLLEGIATE BODYBUILDING | <input type="checkbox"/> MEN'S 40+ BODYBUILDING* |
| <input type="checkbox"/> OPEN FIGURE* | <input type="checkbox"/> SUBMASTERS BODYBUILDING (35-39) | <input type="checkbox"/> NOVICE BODYBUILDING |
| <input type="checkbox"/> MASTERS FIGURE 35+* | <input type="checkbox"/> MASTERS BODYBUILDING (40-49) | <input type="checkbox"/> OPEN BODYBUILDING* |
| <input type="checkbox"/> MASTERS FIGURE 40+ | <input type="checkbox"/> GRANDMASTERS BODYBUILDING (50+) | <input type="checkbox"/> XTREME FIT |

(*DENOTES IFPA PRO-QUALIFYING DIVISION)

A fee of 25.00 will be added for returned checks. 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 parent or legal guardian is required.