

2012 NANBF Natural Cascades Classic Bodybuilding, Figure, Fitness, Bikini & Men's Physique



BODYBUILDING * FIGURE * XTREMEFIT * BIKINI * MEN'S PHYSIQUE

NANBF.ORG

DATE: April 14, 2012

LOCATION: Kirkland Performance Center
350 Kirkland Ave, Kirkland, WA 98033

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

PROMOTERS: Marla Battles

CONTEST TIMES: Prejudging 10am,
Finals 5PM

TICKET PRICES: Tickets may be purchased
online at www.kpcenter.org/performances
or at door day of show. All tickets are
general admission.
\$17.50, prejudging and \$22.50 for finals.

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: Courtyard Marriott in Kirkland
11215 NE 124th Street, Kirkland, WA 98034
Courtyard - Kirkland: 425-602-3200
Central Reservations: 1-800-321-2211
Please mention the NANBF Natural
Cascades Classic for group rate.

ADDITIONAL INFORMATION:
Any additional information can be obtained
by contacting the promoter directly by email
at naturalpro44@gmail.com
or by phone at 816-585-4223.
Website is www.naturalcascadesclassic.com

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.

BIKINI POSING ATTIRE: Two piece suits
and high heeled shoes are worn for both parts
of the contest. Suits can be of any style, color
or pattern with the exception of being
a thong/t-back bottom. All bikinis must be brought
to check-in for approval.
Non-compliance will result in disqualification.

MEN'S PHYSIQUE POSING ATTIRE: Male
physique competitors need to wear board shorts,
(shorts must be just above the knee in length
and can be one inch below the belly button,
no spandex and no logos are permitted on
the board shorts, however, a manufacturer's
logo such as a Nike symbol or Billabongs
are acceptable.) No shirt, no footwear, and
no accessories.

POSING MUSIC: Competitors will pose to music
of their choice at 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. 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 \$55.00 for the first
division entered and \$30.00 for each
additional division. You will receive additional
information by mail after we receive your entry.
Please make money or certified check
payable to: **Marla Battles**,
and indicate what is included
in the amount sent.

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 prior to the show and
appointment is set by the promoter.
First come, first serve. Fee is paid directly
to polygrapher and is \$40.00 CASH on day
of test. 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 \$60.00 and can be
purchased at the check-in.
(Additional information about drug testing
will be mailed to you after we receive
your entry.)

"NANBF Natural Cascades Classic" 2012 ENTRY FORM

NO PERSONAL CHECKS. PLEASE MAIL MONEY ORDER OR CERTIFIED CHECK PAYABLE TO:
Marla Battles 329 Overlake Dr. E, Medina, WA 98039

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# _____

(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)

Natural Cascades Classic - WOMEN

- BEGINNING FIGURE
- NOVICE FIGURE
- OPEN FIGURE
- FIGURE MASTERS 35+
- BIKINI (no crossovers)
- XTREME FIT

- WMN BB NOVICE
- WMN BB OPEN
- WMN BB MASTERS 35+
- MIXED PAIRS

MEN

- NOVICE
- OPEN
- MASTERS 40+
- MEN'S PHYSIQUE (no crossovers)

PLEASE
CHECK ALL
THE DIVISIONS
YOU ARE
ENTERING