

Nutri-Sport Natural Iowa & Central Midwest 2015



BODYBUILDING • FIGURE • XTREME FIT • BIKINI • PHYSIQUE

NANBF.ORG

DATE: May 9th, 2015

LOCATION: Hoyt Sherman Place
1501 Woodland Ave, Des Moines, IA 50309

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

PROMOTORS: Ryan & Mandee Irwin
(naturaliowamuscle@gmail.com)

CONTEST TIMES: **NEW-One event format!!**
(prejudging and finals combined) starts at 8:30AM

TICKET PRICES: Advanced Ticket Purchase – All day pass \$35. Kids 12 & under \$12, 5 and under free. For Tickets: Please contact Hoyt Sherman: (800.745.3000 or hoyts Sherman.org)

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.

HOST HOTEL:

West Des Moines Marriott (check in site) 515.267.1500 and Holiday Inn Downtown (post party site) 515.283.0151
Mention "Natural Iowa Contest" & make reservation prior April 26th, 2015 to receive special rate.

BODYBUILDERS POSING ATTIRE: Posing suits must be worn and be of solid color, opaque, devoid of stripes. Embroidery and/or embellishments are allowed on suits. 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/BIKINI POSING ATTIRE: Two piece swimsuits and heels. No thongs may be worn in either round. Embroidery or embellishments are allowed on suits.

PHYSIQUE POSING ATTIRE: Board shorts with no logos, no footwear. Women's physique 2 piece posing suit, no heels.

POSING: Competitors will pose to music of their choice. Music will be limited to 60 seconds. XTREME FIT competitors will have 120 seconds to perform their individual routine. Music must be cued to start and recording must be of good quality. CD's or ipods only. T-walk music is provided by the promoter.

ENTRY: The entry fee is \$65 for the initial division of competition and \$40 for each additional division. **Entries must be postmarked no later than April 29th, or a late entry penalty of \$35 will be applied.** Absolutely no entries accepted after May 2nd, 2015.

You will receive additional information by email after we receive your entry. Please make money order or certified check payable to:
Irwin Productions
180 SE Peachetree Dr, Waukee IA 50263

(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 7 days prior to event. 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 3 DAYS PRIOR TO THE CONTEST. NO EXCEPTIONS (**we will do our best to allow those traveling to test on Fri**). All contestants must present NANBF membership at check-in. NANBF memberships are \$60 and must be purchased online. (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: Irwin Productions
You will receive additional information after we receive your entry.

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) T-shirt. 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)

CENTRAL MIDWEST-WOMEN

- BEGINNER FIGURE
- TEEN FIGURE
- NOVICE FIGURE
- OPEN FIGURE*
- 40+ MASTERS FIGURE*
- 50+ MASTERS FIGURE
- BIKINI* no crossover into figure
- 40+ MASTERS BIKINI
- NOVICE BIKINI

- OPEN BODYBUILDING*
- WOMENS PHYSIQUE
- 40+ MASTERS BODYBUILDING*
- OPEN FIGURE*
- 50+ MASTERS BODYBUILDING
- MIXED PAIRS

CENTRAL MIDWEST-MEN

- NOVICE BODYBUILDING
- OPEN BODYBUILDING*
- COLLEGIATE BODYBUILDING
- TEEN BODYBUILDING
- MALE PHYSIQUE*
- 40+ MASTERS BODYBUILDING*
- 50+ MASTERS BODYBUILDING
- MIXED PAIRS
- *INDICATES PRO QUALIFIER**

NATURAL IOWA

- FIGURE
- WOMENS BODYBUILDING
- MENS BODYBUILDING
- WOMENS PHYSIQUE
- MALE PHYSIQUE
- BIKINI (18 YRS & UP)

PLEASE CHECK ALL THE DIVISIONS YOU ARE ENTERING