

2015 NANBF
Best of the Midwest
Bodybuilding, Figure, Bikini and Xtreme Fit
Championships



Date: October 24, 2015

Location: McKinley Middle School

Address: 620 10th Street SE

Cedar Rapids, Iowa

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

Promoters: Al and Michelle Steil (319.310.7228, ironman103@aol.com)

Contest Time: pre-judging starts at 9am, Finals start at 6pm.

Ticket Purchase- Available at the door or by contacting Al Steil

Pre-judging \$15

Finals \$20

VIP \$30

Pre-judging and finals bundle \$30

Kids (6 and under free)

Host Hotel: Quality Inn South (conveniently located off of I-380) (Hot Breakfast)

390 33rd Ave SW

Cedar Rapids, Iowa 52404

319.363.7934

Mention the "Best of the Midwest" to receive discounted rate by Oct 3rd

ENTRY FEE: The entry fee is \$60 for the initial class of competition. \$40 for each additional class of competition. Entries must be received by **October 14, 2015** or a late entry penalty of \$35 will be applied.

No entries will be accepted after October 17, 2015 . NO EXCEPTIONS!!!

MAIL ENTRIES TO & PAYABLE TO: Al Steil, PO Box 8237, Cedar Rapids, Iowa 52408 (money orders or certified checks only) No personal checks

POSING ATTIRE:

Bodybuilders & Women's Physique-Prelims & Finals Posing suits can be embellished. Accessories & Jewelry is permitted

Props are allowed for Finals

Figure/Bikini-2 piece swimsuits and heels. No thongs may be worn. Embellishments are allowed on suits.

Men's Physique-Men will wear board shorts that are just above the knee in length

Xtreme Fit- 2 piece posing suit or aerobic type outfit. Posing suits can be embellished. Accessories & Jewelry is permitted

**POSING MUSIC: COMPETITORS WILL POSE TO MUSIC OF THEIR CHOICE DURING FINALS
IF YOU ARE ENTERED IN MORE THAN 1 CLASS YOU WILL POSE ONLY ONCE**

Bodybuilders (male & female) & Women's Physique-music will be limited to 60 seconds
Mixed Pairs-music will be limited to 180 seconds (routine will be performed during prelims)
Xtreme Fit-music will be limited to 120 seconds (routine will be performed during prelims)
Figure, Bikini & Men's Physique-House music will be provided for the presentation walk

Awards: Awards will be given to the top 5 in each division; overalls will be awarded when warranted.
Best posers & additional awards may be awarded.
Height classes will apply to Novice & Open Categories. (Promoter reserves the right to adjust classes)

ELIGIBILITY:

The Nanbf Best of the Midwest 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 his competition. This includes over the counter diuretics used 7 days prior to this event. Refer to the banned substance list at www.NANBF.org or contact the promoter for any questions.

TESTING & CHECK-IN:

Every competitor must take a polygraph and pass. The polygraph appointments are scheduled by promoter as your entry form is received. The polygraph fee is \$40 CASH, paid directly to polygraph examiner. This test is good for **30 days** at all NANBF shows. Promoter has the right to test and retest prior to or after the show. Polygraph is by appointment only. NANBF membership is required.

BE PREPARED TO POLYGRAPH UP TO 3 DAYS PRIOR TO CONTEST NO EXCEPTIONS!!

All competitors must **present valid** NANBF Card at check in. NANBF cards are \$65. They can be purchased online @ www.nanbf.org. (Additional information about drug testing will be emailed to you after we receive your entry.)

2015 Best of the Midwest- ENTRY FORM
No Personal Checks. Please make Money Order or Certified Check payable to:
Al Steil, PO Box 8237, Cedar Rapids, Iowa 52408

Competitor Name: _____ DOB ___/___/___ Sex ___ Exact Height ___ft ___in
Address: _____ City _____ State _____ Zip _____
Reachable Phone # (_____) _____ - _____ Email Address _____
Current NANBF Card Expiration Date ___/___/___ Last 4 digits of SS# ___/___/___/___

****you will be required to sign a release as a standard Nanbf procedure at check in. If you are under 18 a parent will be required to sign the release.**

- | | | |
|--|--|--|
| <input type="checkbox"/> Novice Bikini | <input type="checkbox"/> Novice Women's Physique | <input type="checkbox"/> Men's Novice Physique |
| <input type="checkbox"/> Open Bikini | <input type="checkbox"/> Open Women's Physique | <input type="checkbox"/> Men's Open Physique |
| <input type="checkbox"/> Masters 40+ Bikini | <input type="checkbox"/> Master's 40+ Women's Physique | <input type="checkbox"/> Men's Master's 40+ Physique |
| <input type="checkbox"/> Novice Figure | <input type="checkbox"/> Novice Women's Bodybuilding | <input type="checkbox"/> Men's Teen Bodybuilding |
| <input type="checkbox"/> Open Figure | <input type="checkbox"/> Open Women's Bodybuilding | <input type="checkbox"/> Men's Novice Bodybuilding |
| <input type="checkbox"/> Master's 40+ Figure | <input type="checkbox"/> Master's Women's Bodybuilding 40+ | <input type="checkbox"/> Men's Open Bodybuilding |
| | <input type="checkbox"/> Xtreme Fit | <input type="checkbox"/> Men's Master's Bodybuilding 40+ |
| | | <input type="checkbox"/> Men's Master's Bodybuilding 50+ |
- Mixed Pairs Bodybuilding (Partners Name _____)

**Bikini & Men's Physique competitors are not allowed to compete any other division.

Return this page with your entry fee