



# NANBF Natural Columbia Classic

BODYBUILDING • FIGURE • XTREME FIT! • BIKINI

NANBF.ORG

**DATE:** Saturday, June 2nd, 2012

**LOCATION:** Portland Community College  
Sylvania Performing Arts Center  
12000 SW 49<sup>th</sup> Ave.  
Portland, OR 97219

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

**PROMOTORS:** Mark Kimble, 360-798-6290, mark@columbiaclassic.org

**CONTEST TIMES:** Prejudging 10 am, Finals 5:00pm

**TICKET PRICES:** Advanced Ticket Purchase – Prejudging \$15; Finals- General Admission \$20 & VIP \$25 For Tickets: Please contact promoter.

**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:** Hilton Garden Inn – Lake Oswego  
14850 Kruse Oaks Drive, Lake Oswego, OR 97053  
(503)684-8900

Reference The Columbia Classic Bodybuilding show when registering.

**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/BIKINI 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 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 for the initial division of competition and \$30 for each additional division. Entries must be received no later than May 27th, or a late entry penalty of \$35 will be applied.

You will receive additional information by mail after we receive your entry.) Please make money order or certified check payable to:  
**Mark Kimble – 904 N 9<sup>th</sup> Way, Ridgefield, WA 98642**

**(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 \$60 and can be purchased at check-in. (Additional information about drug testing will be mailed to you after we receive your entry.)

## The 2012 Natural Columbia Classic - ENTRY FORM

**NO PERSONAL CHECKS. PLEASE MAKE MAIL MONEY ORDER OR CERTIFIED CHECK PAYABLE TO: Mark Kimble, 904 N 9<sup>th</sup> Way, Ridgefield, WA, 98642. You will receive additional information upon receipt of 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# \_\_\_\_\_

(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 40+
- XTREME FIT
- BIKINI (18 YRS & UP) NO CROSSOVERS

- WMN BB NOVICE
- WMN BB OPEN
- WMN BB MASTERS 40+

### MEN

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

### MIXED PAIRS

- MIXED PAIRS – (Need 3 Couples)

PLEASE CHECK ALL THE DIVISIONS YOU ARE ENTERING