

ANBF SANCTIONED

2019 POCONO CLASSIC MAY 25, 2019

Saint Stanislas PNC Youth Center
530 East Elm Street, Scranton PA 18505

Bodybuilding, Figure, Bikini and Physique Championships - Classic Physique & Classic Bikini

TIMES: 9AM Competitor's check in the day of show.

11AM Competitor's meeting. All must attend!

12PM "THE SHOW" We start and don't finish 'til it's done!

ENTRY FEE: Amateur \$85 with a \$30 crossover fee to other classes

MONEY ORDERS ONLY! NO PERSONAL CHECKS!

Send money order and application to Vince Cardamone, 623 Delaware St. Scranton, PA 18509

THERE ARE NO REFUNDS ON ENTRY AND DRUG TESTING, POLYGRAPH TESTING!

HOST HOTEL: Holiday Inn Express, Dickson City, PA 18519. 570-307-4437 \$139.99/Night before April 24th. Must mention Pocono Classic Bodybuilding Show!

OFFICIAL SHOW SPRAY TANNER: Elan Hair and Nail Studio, 570-562-3526, lilcask@aol.com

OFFICIAL SHOW PHOTOGRAPHER: Lance Tyler Photography, http://site.lancetylerphotos.com

This is a 100% drug-tested contest and urinalysis is the testing method of the ANBF. The ANBF has adopted the 2015 WADA Prohibited List. You, as a competitor, are responsible to know the effects that certain supplements may present. Just because you may have bought it over the counter does not mean it is acceptable in the ANBF. Please research carefully. The WADA Banned List is posted on our website, www.anbfnatural.com.

ELIGIBILITY: Open to all amateurs who hold an ANBF membership. Membership applications can be obtained online at www.anbfnatural.com, on ANBF Facebook Page, or via email from the ANBF office. **Cost of membership** is \$75.00 (Amateur) and \$105 (Pro).

MUSIC: CDs only, a maximum of 60 seconds for amateurs. Props are allowed.

AWARDS: Top 5 competitors in each class.

CONTACT INFORMATION: Call Vince Cardamone at 570-780-7111 or email at nepanatural@gmail.com.

CLASSES:
Teenage Bodybuilding (ages 13-19)
Men's Bodybuilding Debut (First time competitors only)
Men's Bodybuilding Novice
Men's Bodybuilding Open Classes are set based on entries and check in weights.*
Men's Bodybuilding Masters (40+, 50+, 60+, 70+) **
Men's Physique Debut (First time competitors only)
Men's Physique Novice
Men's Physique Masters (40+, 50+) **
Men's Physique Open *
Women's Physique Debut (First time competitors only)
Women's Physique Masters (40+) **
Women's Physique Open *
Bikini Debut (First time competitors only)
Novice Bikini
Masters Bikini (35+, 50+) **
Open Bikini *
Classic Bikini
Classic Physique
Women's Bodybuilding Masters (40+) **
Women's Bodybuilding Open (1 Class) *
Women's Figure Debut (First time competitors only)
Women's Figure Masters (40+) **
Women's Figure Novice
Women's Figure Open - Classes are set based on entries and check in heights.*
* ANBF PRO QUALIFIER ** ANBF MASTERS PRO QUALIFIER
ENTRY EEE
ENTRY FEE: Amateur Entry \$85.00
Crossover \$30.00
Coach Pass \$20.00 Adult Advance: All Day \$20.00
Children 12 and Under ½ Price \$10.00
TOTAL AMOUNT ENCLOSED \$

- PLEASE FILL OUT THE INFORMATION FORM ON NEXT PAGE AND MAIL IN WITH APPLICATION

ANBF JUDGE BIO SHEET

Please print neatly for MC!!!

NAME:	
AGE:	
HOMETOWN:	
EMAIL:	
GYM:	
SPECIAL THANKS:	

COMPETITOR #

ENTRY FORM: POCONO CLASSIC

(Please Print Clearly)

CLASS (ES) ENTERING				
NAME		ANBF#		
PHONE #		EMAIL		
ADDRESS		CITY, STATE, ZIP		
HEIGHT AGE		WEIGHT		
GYM		OCCUPATION		
RELEASE:				
and property loss. The risks incluspectator, coaches, event official athletics, but also present for volfrom negligence, carelessness or maintained or controlled by them. I certify that I am physically fit, person. I acknowledge that this participate and that it will govern. In consideration of my application next of kin, successors, and assign property damage, property thefts entities or persons: Their director and hold harmless the entities or whether caused by the negligence. I hereby consent to receive medic that at this event or related any legitimate purpose by the evisubmit to any testing method applicase of inconclusive results, I under the consent to receive medical and the consent to any testing method applicase of inconclusive results, I under the consent to receive medical and the consent to any testing method applicate of inconclusive results, I under the consent to receive medical and the consent to any testing method application of the consent to any testing method application.	ude, but are not limits, and event monitor lunteers. I hereby assort the part of the performance or because of their parts of their parts of the sufficiently train and permitting ments as follows: (A) Was or actions of any kinds, officers, employees persons mentioned are of releases or other call treatment, which activities, I may be seen holders, produce proved by the contest derstand agree that	ited to, those caused by the terrain ors, and/or producers of the event, sume all of the risks of participating ersons or entities being released, foossible liability without fault. Interpretation in the event and Release of Liability form will be used on sibilities at said event. It oparticipate in this event, I hereby alient and which might hereafter accrue to make the presentatives, and agents, the event in this paragraph from any and all I wise. In this paragraph from any and all I wise. In this paragraph and advisable in the event photographed. I hereby agree the presentation of the present	mits and carries with it the potential for death, serious in n, the facilities, temperature, weather, condition of athle n, and lack of hydration. These risks are not only inherent and/or volunteering in this event. I realize liability may a firom dangerous or defective equipment or property own and have not been advised otherwise by a qualified medied in the event holders, sponsors, organizers, in which I any and all liability for my death, disability, personal injury and all liability for my death, disability, personal injury event holders, event sponsors, event volunteers; (B) indeminability or claims made as result of participation in this event of injury accident or illness during this event. I underso allow my photo, video or film likeness to be used the second of the s	dical may weirs, jury, wing nnify yent, stand fo ee to n the true
Print Participants Name		Participant Signature		
(If under 18 years old, Parent or g	uardian must also sig	n) Date		
harmless and indemnify each and	cural guardian does all the parties referr	ed to above from all liability, loss, cl	n fact, acting in such capacity and agrees to save and h laim or damage whatsoever which may be imposed upon s behalf of the minor and the parents or legal guardian.	
Print Participants Name	_ <u>—</u> <u>—</u> Signa	iture of Parent or Guardian	 	