

# POCONO CLASSIC *Natural*

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

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**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](http://www.anbfnatural.com).

**ELIGIBILITY:** Open to all amateurs who hold an ANBF membership. Membership applications can be obtained online at [www.anbfnatural.com](http://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](mailto: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 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**



