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**June 8 2024**

June 08 2024

WHERE:

Holy Cross High School 501 East Drinker Street Dunmore PA

TIME:

9:00 AM - Check-In

11:00 PM – Competitors Meeting

12:00 PM - Show Time

ENTRY FEE: Amateur $100 with $40.00 crossover fee to other classes.

MONEY ORDERS ONLY! NO PERSONAL CHECKS!

There no refunds on entry and Drug Testing. Polygraph Testing!

REGISTRATION:

There is online registration at nepanatural.com or

Send money order and entry form to:

Vince Cardamone - 623 Delaware Street, Scranton PA, 18509

HOTEL ACCOMODATIONS:

Holiday Inn

Dunmore PA

570-866-2365

Price is $149/night plus tax.

- MUST MENTION “NEPA NATURAL BODYBUILDING SHOW” WHEN REGISTERING - TO GET DISCOUNTED RATE!!

OFFICIAL SHOW SPRAY TANNER

Bronze Bodies – bronzedbodiesllc@gmail.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 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 doesn’t mean it's 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: $110 Amateur, $170 Pro

MUSIC:

mytwotoyz2@yahoo.com. Props are allowed.

AWARDS:

Top Five competitors in each class.

TICKETS:

Tickets available at the door from the promoter or online: nepanatural.com.

Adults $20.00

CHILDREN UNDER 12 - $5.00

CONTACT INFORMATION:

Vince Cardamone at (570) 780-7111

Email: nepanatural@gmail.com

Website: nepanatural.com

**CLASSES:**

Please check the division & weight class:

Classes:

\_\_\_\_\_ Teenage Bodybuilding (ages 13-19)

\_\_\_\_\_ Men’s Bodybuilding Novice

\_\_\_\_\_ Men’s Bodybuilding Open (Classes are set based on entries and check in weights) \*

\_\_\_\_\_ Men’s Bodybuilding Masters (40-70+) \*\*

\_\_\_\_\_ Men’s Physique Novice

\_\_\_\_\_ Men’s Physique Master (40+50+) \*\*

\_\_\_\_\_ Men’s Physique Open \*  
\_\_\_\_\_ Men’s Classic – Open  
\_\_\_\_\_ Men’s Classic – Masters  
\_\_\_\_\_ Men’s Classic - Novice

\_\_\_\_\_ Women’s Physique Masters (40+) \*\*

\_\_\_\_\_ Women’s Physique Open \*

\_\_\_\_\_ Novice Bikini

\_\_\_\_\_ Masters Bikini (35+,50+) \*\*

\_\_\_\_\_ Open Bikini \*

\_\_\_\_\_ Classic Bikini

\_\_\_\_\_ Classic Physique

\_\_\_\_\_ Women’s Bodybuilding Master (40+) \*\*

\_\_\_\_\_ Women’s Bodybuilding Open (1 Class) \*

\_\_\_\_\_ Women’s Figure Masters (40+) \*\*

\_\_\_\_\_ Women’s Figure Novice

\_\_\_\_\_ Women’s Figure Open

\_\_\_\_\_\_Wellness Open   
\_\_\_\_\_\_Wellness 40 Plus - (Classes are set based on entries and check in weights) \*

\*ANBF PRO QUALIFIER \*\*ANBF MASTERS PRO QUALIFIER

\_\_\_\_\_ ENTRY FEE:

\_\_\_ AMATEUR ENTRY $100

\_\_\_ COACH PASS $40

\_\_\_ ADULT ADVANCE: ALL DAY $20.00

\_\_\_ CROSSOVER INTO ANOTHER CLASS $30.00

\_\_\_CHILDREN 12 AND UNDER $10.00

Novice = never placed 1st in a class

TOTAL AMOUNT ENCLOSED: $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**NEPA Natural Information Form**

**NAME** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­\_

ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HOMETOWN** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
CITY \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ STATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ZIP \_\_\_\_\_\_

**AGE** \_\_\_\_\_\_ HEIGHT \_\_\_\_\_\_\_\_\_\_ WEIGHT \_\_\_\_\_\_\_\_\_   
  
**GYM** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
EMAIL [\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.com](mailto:___________________@___________________________.com)  
  
HOBBIES \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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SPECIAL THANKS TO: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**ENTRY FORM**

(Please Print Clearly)

CLASS ENTERING\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ANBF # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State \_\_\_\_\_\_\_Zip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Height \_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_\_\_\_\_\_ Weight \_\_\_\_\_\_\_\_\_\_   
  
GYM\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

OCCUPATION \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**RELEASE**

I acknowledge that athletic event is an extreme test of a person' physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by the terrain, the facilities, temperature, weather, condition of athletes, spectator, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize liability may arise from negligence, carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability form will be used in the event holders, sponsors, organizers, in which I may participate and that it will govern my actions and responsibilities at said event. In consideration of my application and permitting me to participate in this event, I hereby take actions for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property thefts or actions of any kind which might hereafter accrue to me including my traveling to and from this event, the following entities or persons: Their directors, officers, employees, representatives, and agents, the event holders, event sponsors, event volunteers; (B) indemnify and hold harmless the entities or persons mentioned in this paragraph from any and all liability or claims made as result of participation in this event, whether caused by the negligence of releases or otherwise. I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury accident or illness during this event. I understand that at this event or related activities, I may be photographed. I hereby agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns. I understand that this is a drug-tested contest and agree to submit to any testing method approved by the contest promoter. I also agree to accept, without challenge, the results of such drug tests. Unless in the case of inconclusive results, I understand agree that the preliminary results are final. The accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document and I understand its contents.

Print Participants Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age \_\_\_\_\_\_\_ Participant Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(If under 18 years old, Parent or guardian must also sign)

**PARENT GUARDIAN WAIVER FOR MINORS**

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all the parties referred to above from all liability, loss, claim or damage whatsoever which may be imposed upon said parties because of any defect or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Print Participants Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Send Completed Application To: Vince Cardamone, 623 Delaware Street, Scranton, PA. 18509