

Tulsa Natural Bodybuilding, Bikini, Figure & Xtreme Fit Championships



BODYBUILDING • FIGURE • XTREME FIT! • BIKINI

NANBF.ORG

DATE: June 9th, 2012

LOCATION: Thoreau Demonstration Academy
7370 East 71st South Tulsa OK, 74133

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

PROMOTORS: ; Jan and Fred Rowlett
abbs1@att.net, musclekc.com, (913)268-4133 cell
(913)963-5091

CONTEST TIMES: Prejudging 10am, Finals 6pm
TICKET PRICES: Prejudging \$12; Finals-\$20 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: SpringHill Suites 11015 E. 75th St
Tulsa, Ok 918-254-1777 Cut off date May 20th
for room rate \$79

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.

MALE PHYSIQUE POSING ATTIRE: Male physique
competitors need to wear board shorts, (shorts
must be just above the knee in length and can be
one inch below the belly button, no spandex and
no logos are permitted on the board shorts
however a manufacturer's logo such as Nike
symbol or Billabongs are acceptable.)

Without a shirt. No foot wear. No body accessories.
No Crossover to Bodybuilding. At finals,
accessories & props attached to body may be
used.

BIKINI: Must be an off the rack two piece swim suit.
Suit must be in good taste and bottom must cover
the glute area.

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 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 on. 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 recieved no
later than May 25th or a late entry penalty of
\$50 will be applied. Absolutely no entries
accepted after May 28st, 2012 .

You will receive additional information by mail
after we receive your entry.) Please make

money order or certified check payable
to:

**ROWLETT PRODUCTIONS, P O BOX 25097,
Overland Park, Ks 66225**

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.

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 the
check-in. (Additional information about
drug testing will be mailed to you after
we receive your entry.)

NO PERSONAL CHECKS. PLEASE MAKE MAIL MONEY ORDER OR CERTIFIED CHECK PAYABLE TO: Rowlett Productions, PO Box 25097, Shawnee, Ks 66225
You will receive additional information after we receive your entry.

Name _____ AGE: _____ 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# _____
Free Competitor Shirt Size: S M L XL 2XL

(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)

Tulsa Natural WOMEN

- BEGINNER FIGURE
- WMN BB NOVICE
- TEEN FIGURE
- WMN BB OPEN
- NOVICE FIGURE
- WMN BB SUBMASTERS 35+
- OPEN FIGURE
- WMN BB MASTERS 40+
- FIGURE MASTERS 35+
- WMN BB MASTERS 50+
- FIGURE MASTERS 40+
- WMN BB MASTERS 60+
- NOVICE BIKINI
- BIKINI (16 YRS & UP) No cross over from Figure
- BIKINI MASTERS 35+

Tulsa MEN

- NOVICE
- TEEN
- COLLEGIATE
- OPEN
- SUBMASTERS35-39
- MASTERS 40+
- MASTERS 50+
- MASTERS 60+
- MIXED PAIRS

NATURAL Oklahoma

- FIGURE OPEN
- BIKINI OPEN
- WOMENS BB OPEN
- MENS BB OPEN
- MALE PHYSIQUE

**PLEASE
CHECK ALL
THE
DIVISIONS
YOU ARE
ENTERING**

