

# **2018 Outbak INBA Southern Lakes Natural Championships**

**Queenstown Memorial Theatre  
Memorial Street, Queenstown  
Saturday 6th October 2018  
1.00pm Start**

## **One Show Format**

**Admission \$30.00 Children 6-12 \$15.00**

**From the 1st January 2012 contestants may enter up to three  
Classes subject to the following conditions:**

**Teenage and Junior contestants may also enter into the Novice Class,  
Masters Men and Senior Women may also enter into the Novice or Open Classes  
Shape and Fitness competitors are eligible to enter either Bikini Diva, Figure or  
Physique Classes.**

***Open Womens Physique and Open Womens Figure may NOT enter both  
Classes.***

**Closing date for entries is Saturday 29th September 2018 Entry Fee \$80.00  
INBA New Zealand Membership Fee \$80.00 for 12 months  
Entry into the extra Classes of competition will incur a \$50 Entry Fee per Class  
Late entries after this date will only be accepted up to  
Wednesday 3rd October with an added \$50.00 Late Entry Fee.  
Total \$130.00 + Membership Fee for non members**

**Please read the Rules of Competition and complete and sign the  
Declaration on this Entry Form before submitting your entry.**

**Athletes registration 11.00am to 12.00 Noon at the venue on the day of the event  
NO ENTRIES WILL BE ACCEPTED ON CONTEST DAY  
NO EXCEPTIONS**

**Judging starts 1.00pm Saturday 6th October  
If mailing your Entry Form and recorded music  
it must be received by Weds 3rd October**

**send to:**

**S.P.N.P.A. P O Box 179, Putaruru, South Waikato  
by e-mail, send to: peterhardwick41@gmail.com**

**The South Pacific  
Natural Physique Association  
Official Competition Entry Form  
2018 Outbak  
Southern Lakes Natural Championships**

Name:.....Membership Number.....  
 Address.....  
 .....Area Code.....  
 E-mail Address.....  
 Contact Phone..... Age.....Age Checked.....  
 Occupation.....Club Representing.....  
 Short Resume (e.g. Hobbies, Other Interests etc).....  
 .....

Entry and Membership Fees may be paid by Direct Credit into the following account with your Surname and "Queenstown" as reference. **BNZ SPNPA 02-0200-0285880-83**

**Classes of Competition - Men**

**Bodybuilding Routine Required**

Teenage.....Junior.....  
 Masters 40+..... Masters 50+.....  
 Masters 60+..... Masters 70+.....  
 Novice Short..... Novice Tall.....  
 Open Short..... Open Tall.....

**Physique (Board Short, No Routine)**

Masters 40+.....  
 Novice Short.....Novice Tall.....  
 Open Short.....Open Tall.....

**Classic Physique, Routine Required**

One Class.....

Fitness Model.....

Physically Challenged:

Seated.....Standing.....

Mixed Pairs.....

Male Name.....

Female Name.....

Ink Tattoo Male.....

**Classes of Competition - Women**

**Bodybuilding Routine Required**

Novice Short..... Novice Tall.....  
 Open Short..... Open Tall.....  
 Senior 40+.....Senior 50+.....  
 Senior 60+.....

**Womens Physique Routine Required**

Novice Short..... Novice Tall.....  
 Open Short.....Open Tall.....  
 Senior 40+.....Senior 50+.....  
 Senior 60+.....

Ms Fitness (one Class).....*Routine*

Ms Fitness Model..... *Stage Walk*

Shape (One Class)....., *Routine*

Ms Figure No Routine *Stage Walk*

Novice..... Open.....

Ms Figure Classic One Class *No Routine*

Bikini Dive Novice..... Open.....

Bikini Momma.....

INBA Angels Fantasy.....

Ink Tattoo.....

Please place an X against the Classes you want to compete in.

Note: Routines will be limited to 60 seconds. Ms Fitness and Mixed Pairs 90 seconds

Entry Fee of \$80.00 covers entry into one Class of competition. Extra Classes are \$50.00

Please read the instructions for submitting your Music

**Procedure for submitting Music for Posing Routine  
Music must be submitted by e-mail.**

E-mailed music must be in mp3 format.

When emailing your music as an attachment the title must be your name and your Class of competition. ie: Jane Smith Nov Fig Tall or John Smith Nov Men Short not the name of the music.

Send the music to: *peterhardwick41@gmail.com*

We will play it and confirm with you by e-mail that it is acceptable. If you do not receive an e-mail within 3 days contact us in case it has been overlooked in the many e-mails we receive.

*Important: ALWAYS bring a USB stick with your music on it with you to the event in case of emergencies.*

**DRUG FREE DECLARATION**

, hereby state that I have not used Anabolic Steroids, Growth Hormones or other performance enhancing substances as listed in the WADA Prohibited List available on our web site *www.inbanewzealand.org*

I agree, if and when requested, to supply a urine and/or Blood sample under the testing conditions laid down by the South Pacific Natural Physique Association or other relevant testing agency at these Championships for the purpose of testing for prohibited substances.

I hereby also to agree that should my test return a positive result for any reason, I will reimburse the South Pacific Natural Physique Association the costs incurred in conducting these tests up to a value of \$750.00

I hereby agree and consent to the use of any photographs, video recordings or other recorded images taken or recorded at this event by the S.P.N.P.A., I.N.B.A. , Physical Attractions or any of their agents or representatives, in any magazine, broadcast transmission, or any other printed or electronic media for the purpose of promoting or advertising this or future events, the "S.P.N.P.A., Physical Attractions or their sponsors.

I have read and understood this Declaration and the Conditions of Entry and enter these Championships in accordance with their terms.

Signed.....Print Name.....Date.....

**South Pacific Natural Physique Association  
Affiliated to the  
International Natural Physique Association. I.N.B.A.  
Membership Application**

I (Print Your Name).....

on payment of \$80 Annual Membership Fee apply to join the South Pacific Natural Physique Association as an Associate Member for 12 months allowing me to compete in any competition organised or sanctioned by the South Pacific Natural Physique Association, the International Natural Bodybuilding Association or their Affiliates while still a Member.

I understand that my membership in the S.P.N.P.A. does not restrict my right to compete in any competition or event organised or conducted by any other organisation.

Name.....

Address.....

.....

.....Area Code.....

Contact Phone Number.....e.mail address.....

Confirm e.mail address.....

Signature.....Date.....

*Entry and Membership Fees may be paid online by depositing them into the following account:  
BNZ SPNPA 02-0200-0285880-083 using your Surname and Queenstown as reference.*

## Conditions and Rules of Entry

**1/ These Championships are open to all Bodybuilders, regardless of affiliation, who have not used Anabolic Steroids, Growth Hormone or similar substances for the purpose of improving their physique since the first day of January 2013**

**2/ All entrants will be eligible for testing. All entrants MUST supply a urine sample if requested for testing at any time under the conditions laid down by the South Pacific Natural Physique Association or the relevant testing agency.**

**3/ Contestants, on entering these Championships agree to their names being entered into a register compiled by the S.P.N.P.A. for the purpose of random drug testing outside of competition.**

**4/ Entrants in age related divisions i.e. Teenage, Junior, Masters, Senior must supply proof of age, if requested, on the day of competition.**

**5/ All contestants must be financial members of the S.P.N.P.A. For non-members an annual membership fee of \$80 is payable when entering. An Entry Fee of \$80.00 is payable on entry. Late Entries will attract a \$40.00 penalty.**

**6/ All contestants must register between 11.00am and 12.00 noon on the day of competition at the registration desk at the venue.**

**7/ Entry may be done by mail or e-mail on the Official Entry Form and be received by the S.P.N.P.A. by Saturday 29th September with \$80-00 Membership Fee for non members plus \$80-00 Entry Fee and a copy of your posing music as an mp3 file as an attachment. See note on procedure for submitting music on the previous page of this document. Late Entries after this date will only be accepted on payment of an extra \$50-00 late entry fee. No Entries accepted after 3rd October or on the day of competition. Contestants must compete in those Classes that they have indicated on their Entry Form, no changes of Classes is permitted after submitting an Entry Form.**

**8/ All entrants MUST complete and sign the Official Entry Form for the Championships and the Drug Free Declaration and are bound by the terms and conditions of these forms.**

**9/ The S.P.N.P.A., its Officers or Members, Promoters and Sponsors will not be held responsible or liable for any repercussions resulting from the return of any positive drug result.**

### Other Notes

**It is helpful if the fees are lodged in the Bank account nominated on the Entry Form at the same time as the Entry Form is sent to us.**

**Music: If you are competing in a Class that requires music for a posing routine and you have difficulty having a track cut, send us details of the music, such as: name of the artist recording, the name of the music, and the time in seconds from start to finish and we will cut and edit the track and send you an mp3 file for you to check.**

**Please read and sign to acknowledge that you have read and understand these Conditions and Rules of Entry.**

**Date:.....Name.....Signature.....**