



National Amateur Body Builders' Association. Inc

NABBA

New Zealand

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2019 New Zealand National Championships

26th -27th October 2019 / Wallace Development Theatre (Abbey Theatre)

Centennial Drive, Palmerston North

ATHLETE INFORMATION SHEET

Congratulations on qualifying for the 2019 New Zealand National Championships. The annual NZ National Championships is our most prestigious events on our body building calendar and this year we will be celebrating our 30th NABBA NZ Nationals. You will have received an email with your Qualifying Notice following one of the Regional championships this year.

All National Entry Forms need to be submitted online. Click the 2019 Nationals link on the homepage at www.nabba.co.nz this will take you to the NZ NATIONALS PAGE with the 2019 National Online Entry Form, plus all the Official Show Information.

Please read the information provided carefully. If everyone can work with the system we can assure an enjoyable smooth running show, with less last minute stress.

PLEASE READ and FOLLOW THE INSTRUCTIONS BELOW:

SUBMITTING YOUR ENTRY FORM:

- **ALL ENTRIES NEED TO BE SUBMITTED ONLINE:**
Please Note: For the NZ NATIONAL Entry Form, please go to the NATIONALS PAGE – This is a different form than the Regional Online Entry Form you would have used previously.
- **Entries for the NZ Nationals must be submitted by 4th October 2019.**
- You will be sent a confirmation email from NABBA HQ within 24 hours of submitting your Entry Form.
- Some athletes have qualified for more than one class. You will have received a Qualifying Notice for each class you have qualified for. You can only choose one class to compete in.
- Please Note: You do not enter your height – we have your Official Height recorded at NABBA HQ.

SUBMITTING YOUR MUSIC:

- **ALL MUSIC MUST BE SUBMITTED by 4th October 2019.**
- ALL MUSIC FILES MUST BE ATTACHED TO YOUR ENTRY FORM
- **ALL MUSIC FILES MUST REFERENCE: NATIONALS & your FULL NAME (eg. NATIONALS John Smith)**
- Music files will ONLY be accepted in MP3 format (music in any other format will not be accepted)
- Music should be cut / edited for your routine 30-60 seconds maximum.

FEES

- The NZ Nationals Entry Fee is \$80.00
- If your NABBA Membership Renewal Fee (\$60) is due, this will also be applicable.
- FEE PAYMENTS:
 - You must pay Fees online and must be paid within 3 weeks before the event.
 - ONLINE PAYMENTS INSTRUCTIONS: NABBA NZ Account Number: 06-0746-0153222-03
 - Please make sure to REFERENCE your payment with NATIONALS and FULL NAME you are competing in (eg. NATIONALS John Smith)
 - PLEASE NOTE: NO ONLINE PAYMENTS WILL BE ACCEPTED 3 WEEKS BEFORE THE EVENT

ATHLETE CHECK-IN

- **There is a COMPULSORY ATHLETE CHECK-IN:** All competitors MUST ATTEND Athlete Check-In.
WHEN: Saturday 26th October, 4.00pm-7.00pm
WHERE: at the Official Hotel, Copthorne Hotel, 110 Fitzherbert Avenue, Palmerston North
- You will be issued with your Info Pack, Program, Competitor Number and Athlete Pass at Check-In
- WEIGH-IN for Athletic and Figure Class competitors will be done on the Saturday at Check-In
- There will be NO ATHLETE BRIEFING on Sunday (Competition day).

BACKSTAGE PASSES

- Backstage Passes will be available at Athlete Check-In only. These will be issued and refunded as per Regional Competitions. A reminder that all supporters will need a Show Ticket and Backstage Pass to enter the Backstage area.
- For this event only, Backstage Passes are NON-REFUNDABLE.

SHOW FORMAT

- The 2019 NZ Nationals will run in a two part format with Judging Rounds and Evening Show Finals. (This is the standard format you will have competed in at any Regional Show).
- The Class Running Order and Timetable will be finalized once entries are received. This will be up on the NABBA website Nationals Page and the Facebook Page prior to the event.
- The Venue is at the Wallace Development Theatre (Auditorium / Abbey Theatre) Centennial Drive, Palmerston North.
- The Venue and Backstage will be open from 8.00am.
- Judging Rounds will commence promptly at 9.00am.
- The Evening Show Finals will commence promptly at 4.00pm.
- All Class Winners will come back for Overalls at the end of the Evening Show (as per Regional Show Format).

TICKETS

- Tickets Outlets: To Be Confirmed
- Tickets will be on sale from: To be Confirmed
- Judging Round \$20 (Start 9am)
- Evening Show Finals \$40 (Start 4pm)
- Combo Ticket \$50 (Both Shows)
- Door Sales will be available on the day at the venue. (Cash/Eftpos/Paywave Available)
- Children's Prices are on the Official Show Information sheet

ACCOMMODATION

To Be Confirmed

AFTER SHOW FUNCTION

To Be Confirmed

OFFICIAL SPRAY TANNER

Contact Asachi Spray Tans to book in for a polished hassle free tan and have a competitive edge. Based in P.North, Candie will be on site for the Championships. offering complete tan through to top coats.

Phone (022 416 0440). Email: asachitanz@hotmail.co.nz

MAKE-UP

T.B.A

CONTACT YOUR AREA REP

Competing at the National Championships is a high level to achieve as an individual. It is also an opportunity to compete as part of a Team and represent your Region. Please contact your Area Rep to let them know you are competing at the NZ Nationals. They can help network you with other people from your area, and maybe able to provide various support towards the NZ Nationals. Go to www.nabba.co.nz/AreaReps for your Area Reps contact details (or contact NABBBA HQ)

- *There will also be info on our Facebook Page – NABBA New Zealand Inc.*
- *If you have any other questions please contact your Area Rep or NABBA HQ:
Email: nabba@inspire.net.nz or Phone: (06) 356 1570*