



National Amateur Body Builders' Association. Inc

NABBA® New Zealand

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2020 New Zealand National Championships

24th October 2020 / The Hawkins Theatre, Papakura, South Auckland.

ATHLETE INFORMATION SHEET

The annual NZ National Championships is our most prestigious event on our bodybuilding calendar.

All NZ National Entry Forms need to be submitted online. Click the 2020 NZ Nationals link on the homepage at www.nabba.co.nz. This will take you to the NZ NATIONALS PAGE with the 2020 NZ 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 NZ 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 2nd October 2020.**
- You will be sent a confirmation email from NABBA HQ within 24 hours of submitting your Entry Form.
- For this year only we have Direct Entry to the NZ Nationals. You can only choose one class to compete in. Novice, Open, International Rules will apply. Go to www.nabba.co.nz/rules.

SUBMITTING YOUR MUSIC:

- **ALL MUSIC MUST BE SUBMITTED by 2nd October 2020.**
- **ALL Mr Body & Ms Shape must provide their own 60 second duration T-walk music.**
- 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 MP3format (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
- The NABBA Membership Fee is (\$80) but is waived for this event.
- 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: Friday 23rd October, 4.00pm-7.00pm
WHERE: at Hawkins Theatre, 13 Ray Small Drive, Papakura, South Island.
- You will be issued with your Info Pack, Program, Competitor Number and Athlete Pass at Check-In
- WEIGH-IN for Athletic, Figure and Classic Women class competitors will be done on the Friday at Check-In
- There will be NO ATHLETE BRIEFING on Saturday (Competition day).

BACKSTAGE PASSES

- Backstage Passes will be available at Athlete Check-In only. 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

To be Confirmed

TICKETS

To be Confirmed

ACCOMMODATION

To be Confirmed

AFTER SHOW FUNCTION

To Be Confirmed

OFFICIAL SPRAY TANNER

Contact Shine Beauty Therapy to book in for a polished hassle free tan and have a competitive edge. Cheryl will be on site for the Championships, offering complete tan through to top coats.

Phone 021 158 3969, Email: info@shinebeautytherapy.co.nz

MAKE-UP

T.B.A

CONTACT YOUR AREA REP

Competing at the NZ 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*