

2020 NABBA NZ National Bodybuilding Championships



IMPORTANT ATHLETE INFO: FINAL INFORMATION – Please Read!

ATHLETE CHECK-IN – FRIDAY 23RD OCTOBER

Reminder that ALL ATHLETES must attend Athlete Check-In. This is on Friday 23rd October, between 5pm and 8pm, at the Hawkins Theatre.

COMPETITION DAY SHOW FORMAT – SATURDAY 24TH OCTOBER

- There will be NO ATHLETE BRIEFING on Saturday morning.
- The Venue will be open at 8am.
- **This year the show will be a standard two show event.**
- **Judging Rounds start at 9am and will finish approximately 1pm. Doors open at 8am and there will be TWO INTERVALS.**
- **Evening Show starts at 4pm and will finish approximately 8pm. Doors open at 3pm & there will be TWO INTERVALS.**
- **All athletes will do routines at the Evening Show**
- The Backstage Area is accessed inside the Theatre.
- You will be given the full Programme at Athlete Check-In. If there are any changes to the Programme, this will be available in the Foyer of the Theatre & Backstage on the day. On the last page of this document there is a Running Order of Classes.
- **All Class Winners will come back for Overalls at the Evening Show.**

ENTRY FEES PAYMENT

- Your Entry Fee (\$80) must be paid online
- **Payment must be made no later than Tuesday 20th October**
- Payment To: NABBA Account 06 0746 0153 222 03 / REFERENCE with your Name
- Please bring proof of Online Payment to Athlete Check-In

MUSIC

- For ease of mind we suggest you bring a spare copy of your music on a USB.

ATHLETE ID

- You will be issued an ATHLETE PASS at Athlete Check-In. This is your OFFICIAL ENTRY TO GET INTO THE VENUE and to access the Backstage Area
- There are no replacement Athlete Passes – **DO NOT LOSE IT!**

BACKSTAGE SUPPORTERS

- Backstage access will be tightly controlled. As an athlete you are allowed **ONE backstage supporter.**
- The Supporter's Backstage pass will cost \$10 which **you can only purchase at Athlete Check – In.**
- The \$10 is **NON-REFUNDABLE FOR THIS EVENT**
- NOTE: The Backstage Pass does not give access to the Theatre. Your supporter will need to purchase an event ticket to enter the Theatre.
- Backstage Entry will only be permitted with a Backstage Pass

HAWKINS THEATRE

The Hawkins Theatre is a beautiful venue, but there is not a large backstage area. **In respect to the other athletes preparing to get on stage,** we ask that you do not hang around backstage unnecessarily.

ATHLETES SEATING/AUDITORIUM

- YOU WILL NEED TO PRESENT YOUR **ATHLETE PASS TO GO INTO THE AUDITORIUM** (NO ID – NO ENTRY)
- Seating is not designated, as it is a large auditorium.

KEEP IT CLEAN

- Competition tan is a nightmare for venues. **DO NOT GET TAN ON THE AUDITORIUM SEATING!!!**
Please wear suitable clothing if you are going into the auditorium. Cover up!! – that means shorts, singlets and T-shirts are not suitable!
- **Please be careful wherever you go in the venue!** (Would you put tan on your walls at home??!)
- **Please put all rubbish in the bins provided** (this includes chewing gum!!)

ALCOHOL

- **No alcohol is permitted in the Hawkins Theatre.** This is a House Rule of the Hawkins Theatre
- If you are found with alcohol on the premises you will be asked to leave with it, with the risk of being removed from the event and no refund.

TOILETS

- **PLEASE DO NOT USE THE FRONT OF HOUSE TOILETS.**
- There are male and female toilets backstage for athletes.

OVERALLS - FINALS

- ALL CLASS WINNERS are eligible to compete for the Mr and Mrs New Zealand Titles, in their respective Classes

OFFICIAL VIDEO AND PHOTOGRAPHER – Click Kiwi Productions

- Please see CLICK KIWI – Harpreet will be at Athlete Check In to place orders. You can find more info and Click Kiwi Order Forms on the NZ Nationals Page, on NABBA website

AFTER SHOW DINNER

We are Celebrating our 31st NABBA NZ National Championships with an After Show Dinner. It is a great way to finish the event with a get together, and an opportunity to relax and celebrate with the other athletes. Your friends, family and supporters are welcome to come along. We are currently finalising the venue and cost, we will notify you when these details are finalised.

- For booking purposes we need an indication of athlete numbers, for this reason we ask that you pay a \$20 deposit per person (for yourself and any friends or supporters) if you would like to attend the After Show Dinner. Payment will need to be made no later than Tuesday 20th October.
- Payment To: NABBA Account 06 0746 0153 222 03 / REFERENCE your Name, and number attending (For Example: John Smith 3 Dinner)

SUNDAY BREAKFAST

Wrap up a great weekend with a post-comp breakfast. This year the breakfast will be at the Pizza Box, 58 Wood Street, Papakura, on Sunday morning. We would like you to indicate your attendance, by replying to this email.

TICKETS

Tickets will be available at the venue on the day, payable by Eftpos, Paywave or Cash.

Judging Rounds \$25.00

Children under 5years (sitting on adult) Free, Primary and Intermediate \$5, Secondary (ID required) \$10

Evening Show Finals \$35.00

Children under 5years (sitting on adult) Free, Primary and Intermediate \$10, Secondary (ID required) \$15

Combination Ticket \$50.00

Children under 5years (sitting on adult) Free, Primary and Intermediate \$15, Secondary (ID required) \$25

2020 has been a very challenging year for many people. All sportsmen and women and sports administrators have been greatly affected by the impact of Covid 19. Nationals are always a big event; we appreciate your patience and sportsmanship throughout the day! It is a huge achievement for you to be here competing at the NZ National Championships. We are looking forward to a smooth running and well organised 2020 New Zealand National Championships – Best of Luck to everyone, get up there and give it 100%....and have fun!!

2020 NABBA New Zealand National Bodybuilding Championships

Event Running Order

- Event 1: Mixed Pairs
- Event 2: Novice Mr. Body Board Shorts
- Event 3: Shape 30+
- Event 4: Teenage Men
- Event 5: Novice Physique Women Short, Novice Physique Women Tall

Interval

- Event 6: Novice Figure Short, Novice Figure Tall
- Event 7: Novice Athletic Short, Novice Athletic Tall
- Event 8: Novice Shape, Open Shape
- Event 9: Open Mr. Body Board Shorts
- Event 10: Classic Women
- Event 11: Physique Women 40+, Physique Women 50+
- Event 12: Athletic 40+, Athletic 50+, Athletic 60+, Open Athletic

Interval

- Event 13: Figure 40+, Figure 50+, Figure 60+
- Event 14: Masters 40+, Masters 50+, Masters 60+, Masters 70+
- Event 15: Open Figure Short, Open Figure Tall
- Event 16: Novice Physique Men Tall, Open Physique Men, International Physique Men
- Event 17: Overalls for Mr and Ms New Zealand