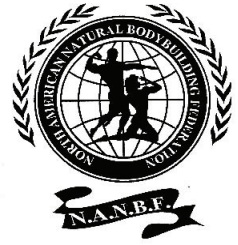


2010 Heartland Classic and Natural Nebraska Bodybuilding and Figure Championships



Tested by 100% Polygraph & Urinalysis
Sanctioned by the North American Natural Bodybuilding Federation

Saturday, May 22, 2010, Lewis & Clark Middle School, 6901 Burt Street, Omaha, NE 68132

Promoter: Jim Goodman (402)639-0469, aliveandfit@windstream.net **Contest Times:** Prejudging 10 AM, Finals 5:00 PM **Height Classes:** Will apply in novice and open categories. Contest Promoter reserves the right to adjust classes. **Awards:** Awards will be given to top three in all divisions plus overalls and best poser. Top 5 in open classes qualify for the NANBF USA. **Posing Attire:** Posing suits must be worn and be of solid color, opaque, devoid of embroidery, strips or other embellishments. Accessories are not permitted including jewelry. At Finals, accessories & props attached to body may be used. Props may also be used. For the comparison round, all competitors may wear the same outfits –however the top must be sleeveless & no footwear is allowed. *No thongs may be worn in either round.* **Posing Attire & Info for Figure:** Two piece suit for both rounds, see NANBF website, www.nanbf.org for additional details. **Posing Music:** Competitors will pose to music of their choice at both prejudging and final show. If you are entered in more than one class, you pose only once. Music will be limited to 60 seconds except mixed pairs where they will be limited to 3 minutes. Music must be cued to start and recording must be of good quality (*no profanity or you will be disqualified!*) Individually burnt CD's and two copies required.

Entry/Test: The entry fee is \$45.00 for the initial division of competition and \$30.00 for each additional division. Polygraph fee is \$40 and must be paid with cash or money order on the day of your testing. If you would like to prepay for your score sheets and judges comments, include an additional \$5.00 with your entry fee. **Entries must be postmarked no later than May 5, 2010.** Entries postmarked after May 5th must include the late fee of \$30.00, NO EXCEPTION. **Entries are nonrefundable** and NO entries will be accepted the week of May 16th. You will receive additional info when entry is received by us. **All competitors be prepared to polygraph Wed, Thurs or Fri & check in on Friday evening at 7:00pm.**

Eligibility: You must comply with the eligibility requirements and drug policy found at <http://nanbf.org> and all contestants must present current NANBF or OCB card at drug testing. Cards are \$50 and can be purchased at check in. (Additional info about drug testing will be sent to you when entry is received by us.)

Tickets: All tickets at the door: Prejudging \$5.00 Final Show General Admission \$15.00. Children six (6) and under \$5.00 Day Pass

Host Hotel: Quality Inn 2808 S. 72nd Street Omaha, NE 68124 (402)397-7137 \$71.99 incl. Continental Breakfast and each room as a refrigerator. Deadline for rooms will be May 14th please mention Heartland Classic for special rate.

----- Cut here and mail entry below -----

Name: _____ Address: _____ Email Address: _____

City: _____ State: _____ Zip: _____ Phone: (____) _____

Gym train at: _____ Exact Height: _____ Ft _____ In (This will determine class you compete in)

Job or School: _____ Age: _____ Sex: _____ Last 4 digits of SSN: _____

Current NANBF Card Exp. Date: _____ (must present at check in or can be purchased at that time) T-shirt Size (circle): M L XL

CHECK DIVISION(S) BELOW YOU ARE ENTERING

Heartland Classic (Open Divisions –top 5 Qualify for USA) (Open to any resident of any state)

Open Bodybuilding Teen Collegiate Submasters (35-44) Masters (45-54) Grandmasters (55 & up) Novice Bodybuilding

Open Figure Novice Figure Masters Figure (40 & up) Beginner Figure (first time competitors only)

Natural Nebraska (Must be a Nebraska Resident)

Nebraska Open Bodybuilding Nebraska Open Figure

Mail check or money order payable to: **Jim Goodman, 5730 Dennis Drive Lincoln, NE 68506** *\$25.00 fee will be added to returned checks.
If you are under the age of 18 the signature of parent or legal guardian is required.

Parent: _____

Relationship: _____