

2021 NABBA NZ National Bodybuilding Championships



IMPORTANT ATHLETE INFO: FINAL INFORMATION – Please Read!

ATHLETE CHECK-IN – SATURDAY 23rd OCTOBER

ALL ATHLETES must attend Athlete Check-In. This is on Saturday 23rd October, between 4pm and 7pm, at the Copthorne Hotel, 110 Fitzherbert Avenue, Palmerston North.

COMPETITION DAY SHOW FORMAT – SUNDAY 24TH OCTOBER

- There will be NO ATHLETE BRIEFING on Sunday morning.
- The Venue will be open at 9am.
- **The event will be a standard two show format (i.e. Judging Rounds and Evening Show Finals)**
- **Judging Rounds starts at 10am and will finish approximately 2pm. The venue will be open for Athletes at 9am. There will be two intervals.**
- **Evening Show starts at 4pm and will finish approximately 8pm. The venue will be open for Athletes 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) and NABBA Membership Fee, if applicable (\$80) must be paid online
- The last day for online payments is Thursday 21st October, 5pm
- 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!**

WALLACE DEVELOPMENT COMPANY THEATRE

The Wallace Development Company Theatre is a beautiful venue, with a good backstage area for your stage preparation.

- There will be a specific seating area for Athletes at the front of the Auditorium
- YOU WILL NEED TO PRESENT YOUR ATHLETE PASS TO GO INTO THE AUDITORIUM (NO ID – NO ENTRY)

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

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**

TOILETS

- **ATHLETES ARE NOT TO USE THE TOILETS IN THE VENUE FOYER**
- 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 Categories

OFFICIAL VIDEO AND PHOTOGRAPHER – Ross de Rouffignac

- Please see Ross at Athlete Check In to place orders. You can find more information and print Order Forms from the NZ Nationals Page on the website. Ross will also have order forms at Athlete Check-In

AFTER SHOW DINNER

We are Celebrating our 32nd 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 will be going to Ali's Turkish Delight, located at 15 Fitzherbert Ave, Palmerston North.

POST COMP BREAKFAST

Wrap up a great weekend with a post-comp breakfast, on Monday 25th October, from 8.30am. This is a buffet Breakfast, \$20 per person, at the Copthorne Hotel, 110 Fitzherbert Avenue. All welcome, including friends and supporters. We do need an indication of numbers attending, so please RSVP to nabba@inspire.net.nz by 5pm Thursday 21st October, if you are coming to the breakfast.

COVID GUIDLINES

NABBA NZ needs to work within the Government Covid Guidelines as well as the guidelines from the Theatre, under Alert Level 2 for Events and Entertainment.

- **CONTACT TRACING:** Everyone entering the venue must scan in using the Wallace Development Company Theatre QR, or use the written Contact Tracing Form provided.
- **FACE COVERINGS:** The wearing of masks at the venue is mandatory, with the exception of athletes on stage.
- **SOCIAL DISTANCING:** Keep one metre distancing between people
- Due to Covid Guidelines we are limited to 300 people in the audience (This number excludes Athletes, Judges and Volunteers)

TICKETS

- Tickets will be available at the venue on the day, from 9am, payable by Eftpos, Paywave or Cash.
- We do recommend for those travelling from out of town to purchase tickets in the morning.

Judging Rounds \$20.00

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

Evening Show Finals \$30.00

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

Combination Ticket \$45.00

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

On a final note,..2021 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, so we are grateful we are able to go ahead with our event. Nationals is 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 2021 New Zealand National Championships – Best of Luck to everyone, get up there and give it 100%....and have fun!!

2021 NABBA New Zealand National Bodybuilding Championships Event Running Order

Event 1: Mixed pairs

Event 2: Shape 30+

Event 3: Masters 60+ / Masters 70+

Event 4: Novice Physique Women Short / Novice Physique Women Tall

Event 5: Masters Athletic 40+ / Masters Athletic 50+ / Masters Athletic 60+

Event 6: Figure 40+ / Figure 60+

Event 7: Physique Women 40+ / Physique Women 50+

Event 8: Novice Athletic Tall / Open Athletic Tall

INTERVAL

Event 9: Novice Shape / Open Shape

Event 10: Novice Mr. Body - Board Shorts / Open Mr. Body - Board Shorts

Event 11: Novice Figure Short / Novice Figure Tall

Event 12: Classic Women

Event 13: Teenage Men / Novice Physique Men Tall

Event 14: Figure 50+

INTERVAL

Event 15: Open Physique Women Short / International Physique Women

Event 16: Open Figure Short / Open Figure Tall / International Figure

Event 17: Masters 40+ / Masters 50+ / Open Physique Men Tall / International Physique Men

You will receive the Full Official Program at Athlete Check-In