



National Amateur Body Builders' Association. Inc

NABBA® New Zealand

Jim Pitt *New Zealand President* - Marianne Poole *New Zealand Secretary*
PO Box 535, 4440, Palmerston North, New Zealand
Email: nabba@inspire.net.nz • www.nabba.co.nz • Phone (06) 356 1570

2021 New Zealand National Championships

23-24 October 2021, Palmerston North

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 2021 NZ Nationals link on the homepage at www.nabba.co.nz. This will take you to the NZ NATIONALS PAGE with the 2021 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 5th October 2021.**
- **NO LATE ENTRIES WILL BE ACCEPTED AFTER THE 5th OCTOBER**
- 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 5th October 2021**
- **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 Annual Fee is \$80.00
- 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 23rd October, 4.00pm-7.00pm
WHERE: Copthorne Hotel, 110 Fitzherbert Ave, Palmerston North
- You will be issued with your Info Pack, Program, Competitor Number and Athlete Pass at Check-In
- **WEIGH-IN:** Athletes requiring heights and weights. This will be done on the Saturday at Check-In
- There will be **NO ATHLETE BRIEFING** on Sunday (Competition day).

BACKSTAGE PASSES - TBC

- Backstage Passes will ONLY be available at Athlete Check-In. 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.
- The viability of Backstage Passes will need to fit in with the Covid Guidelines of event management.

SHOW FORMAT

To be confirmed

TICKETS

To be confirmed

ACCOMMODATION

Copthorne Hotel, www.millenniumhotels.com

AFTER SHOW FUNCTION

To Be Confirmed

OFFICIAL SPRAY TANNER

Contact Asachi to book in for a polished hassle free tan and have a competitive edge. The Asachi Team will be on site for the Championships, offering complete tan through to top coats. Email asachitanz@hotmail.com. Phone: 027 438 4569

PHOTOGRAPHER

Click Kiwi

MAKE-UP

To be confirmed

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*