

2023 NABBA NZ National Bodybuilding Championships



IMPORTANT ATHLETE INFO: FINAL INFORMATION – Please Read!

ATHLETE CHECK-IN – SATURDAY 21st OCTOBER

ALL ATHLETES must attend Athlete Check-In. This is on Saturday 21st October, between 5pm and 7pm, at the Venue, New Plymouth Boys' High School, 107 Coronation Ave, New Plymouth

COMPETITION DAY SHOW FORMAT – SUNDAY 22nd OCTOBER

- There will be NO ATHLETE BRIEFING on Sunday morning before the Judging Rounds
- 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 one interval.**
- **Evening Show starts at 4pm and will finish approximately 7pm. The venue will be open for Athletes at 3pm. There will be one interval.**
- **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 Events and 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 Wednesday 18th October, 8pm
- 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!**

NEW PLYMOUTH BOYS' HIGH SCHOOL

The New Plymouth Boys' High School Theatre is a great venue. The Backstage Area is a slightly smaller space.

- We will allocate 2 Preparation Time Slots:
 - Preparation Time Slot 1 – All events BEFORE the Interval (Event # 1-7, Plus Event #8 and #9)
 - Preparation Time Slot 2 – All Events AFTER the Interval (Event # 8-14)
- The Theatre seats 500, so there are plenty of tickets available.
- 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.**
- **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 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 compete for the Mr and Mrs New Zealand Titles, in their respective Categories

OFFICIAL PHOTOGRAPHER –MAD MEDIA

Photos of all athletes will be taken throughout the Judging Rounds and Evening Show Finals. These will be available to view and download free of any charge, as soon as possible after the show. Access details for downloading will be given to you at Athlete Check-In.

AFTER SHOW FUNCTION

We are celebrating our 34th 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. The After Show Function is being held at the Function Room at the Devon Hotel Marbles Buffet. You were sent an email with more details about the After Show Function, pricing etc. If you missed that email, full details on the After Show Function are on the Nationals Event Page. Please RSVP to NABBA HQ if you would like to attend the After Show Function. Thank you to those who have replied already. If you would like to attend you do need RSVP to NABBA HQ nabba@inspire.net.nz by Wednesday 17th October.

POST COMP BREAKFAST

Join us for breakfast on Monday 23rd October after the comp, it's a great way to wrap up a big weekend, catch up with other competitors, and enjoy the social side of sport! The Devon Hotel, Marbles Buffet.

HEALTH AND SAFETY

We will be operating our event under the guidelines of the New Plymouth Boys' High School. We appreciate that everyone takes responsibility for their own health and safety, and are considerate of those around them. Please note As this is a school facility, no alcohol or smoking are permitted on the school grounds.

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

The NZ National Championships 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 2023 New Zealand National Championships – Best of Luck to everyone, get up there and give it 100%....and have fun!!

Please find the running order of Events on the final page

2023 NABBA New Zealand National
Bodybuilding Championships
Event Running Order

Event 1: Mixed Pairs

Event 2: Shape 30+ / Novice Shape / Open Shape

Event 3: Novice Mr. Body Board-Shorts / Mr. Body Board Shorts 30+

Event 4: Classic Women

Event 5: Novice Athletic Tall

Event 6: Figure 40+ / Figure 50+ / Novice Figure Short / Novice Figure Tall / International Figure

Event 7: Teenage Men

INTERVAL (approx. 20 minutes)

Event 8: Masters 70+ / Masters 60+ / Masters 50+

Event 9: Novice Physique Women Short / Novice Physique Women Tall

Event 10: Novice Physique Men Tall

Event 11: Physique Women 50+ / Open Physique Women / International Physique Women

Event 12: Athletic 50+ / Open Athletic Tall

Event 13: Open Figure Short

Event 14: Masters 40+ / International Physique Men