



National Amateur Body Builders' Association. Inc

**NABBA**® New Zealand

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## 2023 New Zealand National Championships

21-22 October 2023, NEW PLYMOUTH

### ATHLETE INFORMATION SHEET #1

The annual NZ National Championships is our most prestigious event on our bodybuilding calendar. All Athletes that placed in the top three at a Regional Event in 2023 have qualified to compete at the 2023 New Zealand National Championships. We look forward to a great event with athletes from all over the country coming together for a great sporting experience, and of course battling it out for the 2023 New Zealand National Champions Titles!

All NZ National Entry Forms need to be submitted online. The Nationals Entry Form is different to the Regional Entry Form. Go to the NZ NATIONALS EVENT PAGE on the website [www.nabba.co.nz](http://www.nabba.co.nz). All the Official Show Information is here, along with the National Entry Form. Please read the information provided carefully. If everyone can work with the system we can assure an enjoyable, smooth running show.

#### SUBMITTING YOUR ENTRY FORM:

- **ALL ENTRIES NEED TO BE SUBMITTED ONLINE:** Please Note: This is a different Entry Form than the Regional Online Entry Form you would have used previously. You will find NZ NATIONAL Entry Form, on the website on the NZ NATIONALS EVENT PAGE
- **Entries for the NZ Nationals must be submitted by Wednesday 4<sup>th</sup> October 2023**
- **NO LATE ENTRIES WILL BE ACCEPTED AFTER Wednesday 4<sup>th</sup> October 2023**
- You will be sent a confirmation email from NABBA HQ within 24 hours of submitting your Entry Form.
- You can only compete in the class you have qualified in. You can only choose one class to compete in. Novice, Open, International Rules will apply. Go to [www.nabba.co.nz/rules](http://www.nabba.co.nz/rules).

#### SUBMITTING YOUR MUSIC:

- **ALL MUSIC MUST BE SUBMITTED with your Entry Form by Wednesday 4<sup>th</sup> October 2023**
- ALL MUSIC FILES MUST BE ATTACHED TO YOUR ENTRY FORM
- **ALL MUSIC FILES MUST BE SAVED WITH YOUR FULL NAME ONLY (eg. John Smith)**  
**We have a lot of Entry Forms and music files to process, so to ensure your music is processed correctly PLEASE MAKE SURE THE FILE YOU ATTACH IS SAVED WITH YOUR NAME**
- Music files will ONLY be accepted in MP3 format ( music in any other format will not be accepted)
- Music should be cut / edited for your routine 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 by Friday 6<sup>th</sup> October**
  - ONLINE PAYMENT to NABBA NZ Account Number: 06-0746-0153222-03
  - **Please make sure to REFERENCE your payment with NATIONALS and your FULL NAME (eg. NATIONALS John Smith)**
  - **PLEASE NOTE: ONLINE PAYMENTS WILL NOT BE ACCEPTED after 7<sup>th</sup> October**

#### ATHLETE CHECK-IN

- **There is a COMPULSORY ATHLETE CHECK-IN:** All competitors MUST ATTEND Athlete Check-In.  
**WHEN: Saturday 21<sup>st</sup> October, 5.00pm-7.00pm**  
**WHERE: Event Venue, New Plymouth Boys' High School, 107 Coronation St, New Plymouth**
- You will be issued with your Info Pack, Program, Competitor Number and Athlete Pass at Athlete Check-In
- **WEIGH-IN:** Athletes requiring height and weight checks, will be measured on Saturday at Athlete Check-In
- There will be NO ATHLETE BRIEFING on Sunday (Competition day).

## BACKSTAGE PASSES

- **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.
- Backstage Pass \$10.00. Backstage Passes are NON-REFUNDABLE.

## SHOW FORMAT

This National Championships will be a standard Two Show Format, the same format we use at Regional Events. Judging Rounds will start at 10am. Evening Show will start at 4.00pm. You will be advised about backstage access and Event Running Order at Athlete Check-In.

## TICKETS

Judging Round, Start 10.00am \$20.00

Evening Show, Start 4.00pm \$30.00

Combo Ticket, All day Pass \$45.00

## OFFICIAL ACCOMMODATION

Auto Lodge New Plymouth. 393 Devon Street East, New Plymouth.

Use Booking Code 'NABBA'

Phone 0800 800 896 or (06) 759 9918. Email [reservations@autolodge.co.nz](mailto:reservations@autolodge.co.nz)

## AFTER SHOW FUNCTION

Sunday 22<sup>nd</sup> October, after the Evening Show. Venue To Be Confirmed. This will be updated on the NZ Nationals Event Page on the website

## MONDAY BREAKFAST

Join us for breakfast on Monday 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! Venue – to be advised

## OFFICIAL SPRAY TANNER

Inner Glow Tans - Inner Glow Tans is the Official Spray Tan Artist for the 2023 NZ National Championships

Please contact Cayla via Email or Instagram to secure your booking ASAP

Phone: 021 263 2416. Email [innerglowtans@gmail.com](mailto:innerglowtans@gmail.com) Instagram: [@innerglowtans](https://www.instagram.com/innerglowtans) Facebook: Inner Glow Tans

## PHOTOGRAPHER

Ed has been our Official Photographer for events in the Taranaki Region for a number of years. It is great to have a high quality record of your stage time, not only as a personal record, stage photos are also a great development tool. Ed will be taking bookings at Athlete Check-In, or a printable version and pricing will be available on the NZ Nationals Event Page.

## MAKE-UP

Our Make-Up Artist is Stacey Elizabeth - Please keep an eye on the NZ Nationals Event Page for her contact details

## 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](http://www.nabba.co.nz/AreaReps) for your Area Reps contact details (or contact NABBBA HQ)

- *Keep an eye on the Nationals Event Page for all Info Updates <https://www.nabba.co.nz/new-zealand-nationals>*
- *There will also be info on our Facebook Page <https://www.facebook.com/NABBANZ>*
- *If you have any other questions please contact your Area Rep or NABBA HQ:  
Email: [nabba@inspire.net.nz](mailto:nabba@inspire.net.nz) or Phone: (06) 356 1570*