

IFBB New Zealand Elite

5th September 2009

Auckland Girls Grammar

Howe Street

Freemans Bay

PRIZE MONEY \$10,000

IFBB
NEW ZEALAND
Elite Bodybuilding

PRIZE MONEY \$10,000

**2009 IFBB New Zealand
ELITE
Bodybuilding - Fitness - Figure
CHAMPIONSHIPS**

SATURDAY 5th SEPTEMBER
Auckland Girls Grammar School
Contact Mark Stewart 021 949 818

2008 Elite Placings

Darryn ONEKAWA(NZL)-5 Jamie CAMERON(NZL)-3 Robert PIOTRKOWICZ(POL)-1

Preliminary Notice

The Registration & Weighing in plus Height check for Figure & Fitness will be on Friday 4th at the Quality Inn - 465 Great North Road, Grey Lynn..

The Prejudging will start at 9.00am with the Finals at 5.00pm

The Classes will be as follow:

MEN'S BODYBUILDING:

The Top 3 of the following classes will qualify to compete at the Elite for prize money

Junior Men 21years or under

Masters Men over 40 years to 50

Masters Men over 50 years plus

Novice Men under 80 kgs

Novice Men over 80 kgs

The Top 5 of the following classes will qualify to compete at the Elite for prize money

Open Men under 70 kilos.

Open Men under 80kgs

Open Men under 90kgs

Open Men under 100kgs

Open Men Over 100kgs

WOMEN'S BODYBUILDING:

The Top 3 of the following classes qualify to compete at the Elite for prize money.

Masters women Over 35 years to 45 years .

Masters woman Over 45 plus years .

Novice women Under 55 kilos

Novice woman Over 55 kilos.

The Top 5 of the following classes qualify to compete at the Elite for prize money.

Open women Under 55 kilos.

Open Woman Over 55 kilos.

FIGURE GIRLS:

The Top 3 of the following classes qualify to compete at the Elite for prize money

Senior women over 35 years to 45.

Senior Woman Over 45 and upwards

Novice Woman Short under 1.64 meters

Novice Woman Tall over 1.64 meters.

The Top 5 of the following classes qualify to compete at the Elite for prize money

Open Woman Short (height as above).

Open Woman Tall (height as above)

WOMEN'S FITNESS (AEROBIC): (NOT ELIGIBLE FOR THE ELITE CLASS)

One Open Class. No restrictions with age, weight or height.

WOMEN'S CAT WALK MODEL CLASS:(NOT ELIGIBLE FOR THE ELITE CLASS)

One Open Class. No restrictions with age, weight or height.

* Competitors will compete in a two-piece suit. The bottom of the suit must be v-shaped. No G-STRINGS are permitted. Competitors can compete in an off the rack suit HOWEVER all swimsuits must be in good taste and will be approved at the registration. The competitors may be tanned but not dreamtanned.. Excessive or over the top grooming is not recommended for this class.

* Competitors must wear high heels.

* Competitors may wear jewelry.

COMPETITION JUDGING

Presentation

* Competitors will walk onstage alone and perform their Model Walk (personal preference)

* The Model Walk consists of the following:

Walk to the center of the stage, stop and do a front stance then a full turn and do a rear stance then turn to the front again in front of the judges and then proceed to the side of the stage.

Comparison Round, Two-Piece Swimsuit

* Competitors will be judged wearing a two-piece swimsuit and heels.

* The competitors will be brought out in a group and directed to do a full front and rear stance.

* Judges will have the opportunity to compare competitors against each other in half turns. (No side judging permitted, front and back only.)

* Judges will be scoring competitors on the following items:

o Balance and Shape

o Overall physical appearance including complexion, skin tone, poise and overall presentation.

For further information on this event, please email Mark Stewart on jo-mark@xtra.co.nz or call on 021 949 818