



# RIBBF National Championships 2017

## UCH. LIMERICK—BODYBUILDING/ BODYFITNESS/ BIKINI/PHYSIQUE

### CHAMPIONSHIPS 7th October 2017

#### University Concert Hall Limerick



### CATEGORIES

Tick category below

#### Men

- 1/ First-timer
- 2/ Novice
- 3/ Junior\_U/23
- 4/ Masters 40-49
- 5/ Masters 50-59
- 6/ Classic Open
- 7/ U/70 KG
- 8/ U/75 KG
- 9/ U/80 KG
- 10/ U/90KG
- 11/ O/90 KG

#### Men's Physique

- 1/ Up to 173cm
- 2/ Up to 176cm
- 3/ Up to 179cm
- 4/ Up to 182cm
- 5/ Over 182cm

#### Bodyfitness/Figure

- 1/ Up to 169 cm
- 2/ Over 169 cm

Masters Bikini /  
Bodyfitness +35 . One  
category

#### Bikini Fitness

1/ First timer Upto  
164cm / Over 164cm

- Bikini Fitness
- 1/ Up to 160cm
- 2/ Up to 164cm
- 3/ Up to 169cm
- 4/ Over 169 cm

### PLEASE TYPE ONLY

Entry fee €25 applicable to all entries

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ Email \_\_\_\_\_  
 Phone \_\_\_\_\_ Memb.No \_\_\_\_\_ Coach \_\_\_\_\_  
 Nationality \_\_\_\_\_ Height categories please ensure that  
 you enter your height correctly in cm.  
 Category \_\_\_\_\_

### Competitors must be resident in the Rep. of Ireland

- IMPORTANT:** Absolutely No Entries will be accepted on the day
1. All competitors must be paid up members of the RIBBF and produce up to date Membership card
  2. All competitors must supply their own music. This should be on a FLASH DRIVE ONLY (downloaded as mp3)  
This should be handed to the show organiser at check in. No other files except the Music ( 60 seconds) on file.
  3. No Explicit Lyrics Permitted ,ie. Bad language, Racist remarks etc. Music will be stopped.
  4. Trophies will be awarded to the first three in every class.
  5. Weight class winners will compete for Overall Championship.
  6. No category changes allowed on check-in except for failure to qualify in weigh-in.
  7. Height category competitors should have their height correct on the entry form.
  8. In order for a category to go ahead there must be a minimum of 3 competitors.
  9. Details and rules of each category can be downloaded from ribbf.ie

**PLEASE RETURN THE ENTRY FORM, INDICATING THE DIVISION YOU INTEND TO PARTICIPATE IN, NO LATER THAN 26th.SEPTEMBER2017**

**All check-ins will take place on Fri. 6th.October**

**7pm—9pm. At the Castletroy Park Hotel**

**There will be an introductory wellness ladies  
Category. Check the criteria on ifbb.com rules**

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