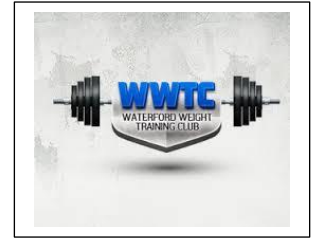


**Waterford Weight-Training Club
National Spring Classic 2018
Bodybuilding/ Bodyfitness / Bikini /
Physique Championships 21st. April 2018
W.I.T. Arena Carriganore Waterford**



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 Up to
164cm / Over 164cm

**Womens Wellness
open**

- Bikini Fitness
- 1/ Up to160cm
- 2/ Up to164cm
- 3/ Up to169cm
- 4/ Over 169 cm

PLEASE TYPE ONLY

Entry fee €25 applicable to all entries

Entry details must be typed

Name _____

Date of Birth _____

Address _____

Email _____

Phone _____ Memb.No _____ Coach _____

Nationality _____

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 DRIVEONLY (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 8th.April 2018

All check-ins will take place on Friday 20th.April

6pm—9pm. At the W.I.T Arena Waterford

Republic of Ireland Bodybuilding Federation

82 Whitethorn Drive, Caherdavin,

Limerick, Rep. Of Ireland

Tel: (mob- 0851178611)

E-mail: mickbullman@gmail.com