



RIBBF SPRING CLASSIC 2017 UCH. LIMERICK—BODYBUILDING/ BODYFITNESS/ BIKINI/PHYSIQUE CHAMPIONSHIPS 30th.April 2017



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 170 cm.
- 2/ Up to 174 cm
- 3/ Up to 178 cm
- 4/ Over 178 cm

Bodyfitness/Figure

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

Bikini Fitness

- 1/ First timers
(incl.Height)
- 1/ Up to160cm
- 2/ Up to163cm
- 3/ Up to169cm
- 4/ Over 169 cm

PLEASE TYPE/PRINT IN BLOCK LETTERS ONLY

Entry fee €25 applicable to all entries

Name _____ Date of Birth _____
Address _____

Email _____
Phone _____ Memb.No _____ Coach _____
Nationality _____
Category _____ (Bikini first timers include height)

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 10th. April.2017

PRIZES WILL BE PRESENTED AFTER EACH EVENT

All check-ins will take place on Sat. 29th.April

7pm—9pm. At the Castletroy Park Hotel

LATE CHECK-INS SUNDAY WILL BE CHARGED

A FEE OF €20

Republic of Ireland Bodybuilding
Federation

82 Whitethorn Drive, Caherdavin,
Limerick, Rep. Of Ireland