

AUSTRALIAN NATURAL BODYBUILDING



ANB TASMANIA STATE PRO QUALIFIER

3 OCTOBER

VENUE C3 CONVENTION CENTRE
64 ANGLESEA ST, SOUTH HOBART TAS

MALE FITNESS | PHYSIQUE | CLASSIC PHYSIQUE | BODYBUILDING | WOMEN'S BIKINI |
WOMEN'S WELLNESS | WOMEN'S SPORTS | WOMEN'S FITNESS | FIGURE

ANB TASMANIA STATE PRO QUALIFIER

SHOW DATE

Saturday 3 October

VENUEC3 Convention Centre
64 Anglesea Street, South Hobart TAS**IMPORTANT INFORMATION FOR ATHLETES ON EVENT DAY**

Please read carefully and arrive on time. The following schedule helps ensure a smooth event day for all athletes, staff and spectators.

Only athletes with pre-booked hair & makeup or tanning appointments may enter the venue before 8:00 AM.

8:30 AM**ATHLETE CHECK-IN SHARP**

All athletes must be at the venue by 8:30 AM.

Athletes with scheduled tanning or hair & makeup appointments before 8:30 AM may enter earlier if required.

During this time:

- Weigh-ins
- Check-in / Registration
- Competitor number collection

Please do not be late.

OPTIONAL ROUTINES

Figure, Classic & Bodybuilding: bring a USB on show morning.
We give it to tech; without a USB, you cannot perform.

9:15 AM**COACH ACCESS ONLY**

No coach access before 9:15 AM.

All coaches must purchase a spectator ticket online or at the front door.

- Maximum one coach per athlete backstage.
- Athletes sign in their coach at the front door for a backstage wristband.
- No wristband = no backstage access.
- Only coaches signed in by the athlete are admitted backstage.

10:00-10:15 AM**SHOW COMMENCES****12:00-12:30 PM****BREAK (APPROX.)**

Short intermission.

12:30 PM**SECOND HALF BEGINS**

Athletes in the second half must be stage-ready by 12:00 PM.

STRICT RULE

No tan, oil, touch-ups, top coat or Dream Tan in the venue.

REMINDERS

- NO DREAM TAN PERMITTED ON SITE.
- NO OIL, NO HOT STUFF, NO OTHER TAN WHATSOEVER.
- NO TOUCH-UPS IN THE BACKSTAGE AREA AT ALL.
- THIS RULE IS STRICTLY ENFORCED.
- PLEASE ENSURE ALL TANNING, HAIR & MAKEUP AND MEDIA BOOKINGS ARE CONFIRMED BY WEDNESDAY 30 SEPTEMBER.

10:00-10:15 AM START

MEN'S FITNESS

BEGINNER
NOVICE
U25
O25
O35
OPEN
MEN'S FITNESS OVERALL

WOMEN'S SPORTS

BEGINNER
NOVICE
U25
O25
O35
OPEN
WOMEN'S SPORTS OVERALL

MEN'S BODYBUILDING

JUNIOR UNDER 25
NOVICE
MASTERS 40+
ULTRA MASTERS 50+
U65KG
U70KG
U80KG
U90KG
MEN'S BODYBUILDING OVERALL

WOMEN'S FIGURE

NOVICE
OPEN
WOMEN'S FIGURE OVERALL

WOMEN'S FITNESS

BEGINNER
NOVICE
U25
O25
O35
OPEN
WOMEN'S FITNESS OVERALL

BREAK / SHOW 2 - 12:30 PM

WOMEN'S BIKINI

BEGINNER
NOVICE
U25
O25
O35
OPEN
WOMEN'S BIKINI OVERALL

MEN'S CLASSIC

BEGINNER
TALL OVER 173.1CM
SHORT UNDER 173CM
NOVICE
OPEN
CLASSIC PHYSIQUE OVERALL

*SUBJECT TO CHANGE

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STAGE WALK



BACKSTAGE & PUMP-UP AREA INFORMATION

All athletes will file on from stage right (the athlete's right when facing the spectators). Follow the stage walk and backstage marshal's directions.

IMPORTANT:
THERE IS STRICTLY ONE COACH PER ATHLETE BACKSTAGE.

Each coach must have a spectator ticket, purchased online or at the front door. Coaches may enter from 9:15 AM only.

Athletes must sign in their coach at the front door. The coach will receive a backstage wristband at check-in.

No wristband means no backstage access. Only one coach per athlete is permitted backstage.

Please follow staff directions and keep the backstage area organised.

ANB TASMANIA STATE PRO QUALIFIER

8:30 AM**ATHLETE ARRIVAL**

All athletes must arrive by 8:30 AM for check-in, weigh-in and competitor number pickup. Athletes with pre-booked tanning or hair and makeup before 8:30 AM may enter earlier for their appointment.

9:15 AM**COACHES ARRIVAL ONLY**

Coaches may enter from 9:15 AM only. One coach per athlete; bring a spectator ticket purchased online or at the front door. Athletes sign coaches in.

**10:00-10:15
AM****SHOW 1 STARTS**

Spectator tickets are available online or at the front door. Show start time is approximate.

**12:00-12:30
PM****BREAK**

A short break between shows.

12:30 PM**SHOW 2 STARTS**

Second half begins at 12:30 PM.

TANNING INFORMATION

STRICT TANNING RULES

Under no circumstances are hot stuff, oil, or touch-ups permitted backstage or anywhere outside the designated tanning area.

VENUE REQUIREMENTS

We respectfully ask all athletes to follow these rules. Adhering to the venue's tanning conditions is extremely important and helps us maintain our venue contracts for future events. Thank you in advance for your cooperation and understanding.

ON-SITE TANNING TEAM

Our tanning team will be on site in tents and will be looking after all tans and all touch-ups throughout show day.

TANNING TIMES

Tanning times for show day will be sent out on Wednesday and Thursday. Our team works very closely with us around the registration cut-off to finalise these times.

BRONZON ATHLETES

All athletes tanning with our Bronzon team will also receive their tanning times shortly.

ANTI-DOPING POLICY

ANB AUSTRALIA ANTI-DOPING POLICY

All athletes are reminded that anti-doping testing will be taking place at all events across the country.

NATURAL COMPETITION

ANB is a natural competition and we have a strict no tolerance policy to doping.

CLEAN & FAIR COMPETITION

ANB Australia has a strong and determined vision for a clean and fair competition for all ANB Australian athletes.

VIOLATIONS

If you are found to be in violation of the ANB Anti-Doping Policy, severe action will be taken, including but not limited to suspension and loss of titles.

TESTING

We look forward to a fair and clean competition as we continue our high standard of testing.

TUE APPLICATIONS

Athletes who require the use of a prohibited substance or method for legitimate medical reasons must apply for a Therapeutic Use Exemption (TUE). A valid doctor's certificate must accompany the application, and it must be submitted to ANB no later than 30 days prior to the competition date.

THANK YOU

ANB TASMANIA STATE PRO QUALIFIER

TO ALL OUR ATHLETES

Thank you for supporting ANB and for being part of our Tasmania State Pro Qualifier. Without you, this show would not exist.

We truly appreciate the commitment, hard work, and trust you bring to the ANB stage. Our goal is for every athlete to feel welcome, supported, and to have an incredible experience on show day.

Please know that you are always welcome to ask questions — our team is here to help.

Thank you again for being part of the ANB community. We wish you a positive, memorable, and rewarding day.

WE APPRECIATE YOU.