



SPONSORED BY SUPREME BEING FITNESS

# FIRE & ICE

## 2019 GAUTENG PROVINCIALS

**24  
AUG**
**SANDTON PRIMARY | 141 Coleraine Drive | BRYANSTON (Sandton)**


### CASH PRIZES FIRST PLACE | SECOND PLACE | THIRD PLACE

**SPECTATORS ENTRANCE FEE R200.00 | MAIN SHOW LIVE JUDGING START 17H00 | KIDS UNDER 12 FREE**

**MASTERS BB - Over 40 men**  
( line up, comparisons, routine )

**MASTERS BB - Over 50 men**  
( line up, comparisons, routine )

**MASTERS BB - Over 60 men**  
( line up, comparisons, routine )

**MS. FIGURE - One Class**  
( line up, comparisons, not-judged routine )

**MS. FITNESS - One Class**  
( line up, comparisons, judged routine, evening dress )

**MS. FITNESS MODEL - ( Small ) - Up to 168 cm**  
( evening dress, no routine, line up - quarter turn )

**MS. FITNESS MODEL - ( Tall )**  
**Over 168 cm & including 168**  
( evening dress, no routine , line up - quarter turn )

**MS. FITNESS MODEL - Over 35 - One Class**  
( evening dress, no routine , line up - quarter turn )  
**+ Best Model Over 40 / Over 45 / Over 50 and Over 55**

**MS. SPORT MODEL**  
**Sportswear Round - One Class - ( Not Bikini )**  
( line up, free posing routine, comparisons - quarter turn to the right )

**MR. PHYSIQUE - One Line Up - ( Boardshorts )**  
( line up, comparisons - quarter turn to the right )

**MR. PHYSIQUE - Over 40 ( Boardshorts )**  
( line up, comparisons - quarter turn to the right )

**MR. FITNESS - ( Small )**  
**Up to and including 1,77m ( -100 +0 )**  
( line up, comparisons, routine )

**MR. FITNESS - ( Tall ) - Over 1,77m ( -100 +0 )**  
( line up, comparisons, routine )

**MEN BODY BUILDING - Lightweight**  
**Up to 70 kg ( line up, comparisons, routine )**

**MEN BODY BUILDING - Middleweight**  
**Up to 80 kg ( line up, comparisons, routine )**

**MEN BODY BUILDING - Light Heavyweight**  
**Up to 90 kg ( line up, comparisons, routine )**

**MEN BODY BUILDING - Heavyweight**  
**Over 90 kg ( line up, comparisons, routine )**



**WOMEN OVERALLS**  
( line up, comparisons, routine )

**MEN / WOMEN OVERALLS**  
( line up, comparisons, routine )


**REGISTRATIONS FROM 12H00 - 15H00 IBFF AFFILIATION FEE R 250 (ONCE OFF)**
**REGISTRATION FEE 1<sup>ST</sup> LINE UP R200 | REGISTRATION SECOND LINE UP R150**