

05  
OCT  
2019

# SOUTHERN CAPE SPRING



Classics

**DIAZ HOTEL & RESORT DIAZ BEACH**  
1 Beach Blvd. East, Die Voor Bay | **MOSSEL BAY**

**MAIN SHOW 13:00pm**

**SPECTATOR FEE: R150**

**LEARNERS R50**

**KIDS UNDER 10: FREE**

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

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

**JUNIORS BB - Under 21 years**  
( line up, comparisons, routine )

**JUNIORS BB - Under 23 years**  
( line up, comparisons, routine )

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

**MS. FITNESS MODEL - One Line Up**  
( Bikini, evening dress, T-walk, line up - quarter turns )

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

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

**MS. FITNESS MODEL - Over 35 - One Class**  
( Bikini, evening dress, T-walk, line up - quarter turns )

**MS. FITNESS - Over 40 - One Class**  
( Bikini, evening dress, T-walk, line up - quarter turns )

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

**MR. FITNESS MODEL - One Class**  
( Black Boxer, evening wear, T-walk, line up - comparisons )

**MR. PHYSIQUE - One Line Up**  
( Boardshorts, line up, comparisons - quarter turns )

**MR. FITNESS - One Line Up**  
( line up, comparisons - quarter turns )

**MR. ATHLETIC - One Line Up**  
( 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 )

**MEN/WOMEN OVERALLS WINNERS**

**BIG CASH PRIZES**  
**UP TO R100 000**

**REGISTRATIONS 8:00am - 12:00 pm**

**IBFF AFFILIATION FEE R250 ( once-off )**

**ATHLETES STAGE FEE - FIRST LINE UP R200 / SECOND LINE UP R150 / THIRD LINE UP R100**

**BACKSTAGE PASS: R50 (p.p) (Only 2 per athlete permitted)**