

2012 Annapolis

Athlete & Event Information

Thanks for participating in the 32nd anniversary of the Annapolis Championships. The purpose of this brochure is to help you out by answering your questions related to competing in the event. Note: Scheduled drug test (polygraph) appointments on Thurs. will be held at Essential Fitness (the store sign says Essential Dance Supplies) at 14510 Smoketown Rd., Woodbridge, VA (not the address where you mailed in your application). All polygraph tests administered on Sat, will be held at the Quality Inn, 1542 Whitehall Rd., Annapolis, MD. On Sunday, for walk-ons or special pre-approved situations, polygraphs will be held on a 1st come 1st served basis at Broadneck H.S.

Important Athlete Information:

1. **ALL competitors must present themselves to the Check-In table at Broadneck H.S. between 9:30AM – 11:00AM for final event day check-in and weigh-ins.** Note: Even though you sent in your registration form, you still need to check-in at the event day. Since all event processing reports are run at 11AM, if you are not there in time for check-in you can not compete in the event. We can not hold up the event due to one competitor's lateness (so try to get there on the early side). **ALL competitors must have their posing suits on when they check-in.**
2. If you do not have your **N.G.A. Card**, or proof of your purchase of one, you will need to proceed to the N.G.A. table to purchase one prior to going to the event day check-in table. Note: The best place to purchase your N.G.A. Card is at the show. If you purchase it online or from the N.G.A. website, you may not have the card in time to prove that you have one, and you might have to re-purchase one at the event. If you purchased it at the Annapolis event, we have records of your purchase. N.G.A. Card fee is \$45 (cash only). Cards purchased on event day will be good through 5/31/13.
3. As stated on the application, this year we will be accepting CDs and cassette tapes for competitors music. If you are bringing a CD, since there is no standardization in home copied CDs, you need to; 1) make sure that you "finalize" the CD after you record it (or it will only play on your computer), AND 2) try playing the CD on 3 different CD players (i.e. your car CD) to make sure that the CD will play on other decks. If it takes more than a couple of seconds to "boot up" do not use the CD. There is nothing worse than standing on stage in front of 500 people, waiting for your music to start. If your CD does not play in our decks immediately (10 secs), we will simply substitute your music for "house" music, and you will pose to house music. We can not hold up the show for this.
4. Coaches: No one other than competitors and event staff are permitted in the pump up area. There is an area just outside the pump up area if you require additional help from your friend. No coaches passes.
5. Props: We would prefer that you bring only your body and your posing suit to the stage. But, if you have to, we will only permit a prop that you can carry onto stage in one hand.
6. CONTEST PHOTOGRAPHY - We will be offering extremely high quality video and still photography to commemorate your performance at this year's event. These are extremely useful, not only from a memory standpoint, but also to use as a measure of progress for future performances. As has been the case for the past 8 years, the video will be shot with two cameras, in high quality digital, by Slade Media Group. Their great videography and timely turnaround makes this a "must have". Videos of the entire event will be offered at the Slade Media Group booth in the lobby. The still photography at this year's event will be offered by Robert Thomas Photography. Since the event is being professionally filmed, VIDEO CAMERAS, Tripods, and Camera bags will not be permitted in the auditorium.

Schedule of events:

<u>Time</u>	<u>Event</u>	<u>Location</u>
9:30 -11AM	Check-In (mandatory for all athletes)	Broadneck H.S.
11:00AM	Tickets go on sale at Freedom H.S.	Broadneck H.S.
11:45AM	Competitors Meeting (bring your music)	Broadneck H.S.
12:20AM	Doors open to auditorium for Prejudging	Broadneck H.S.
1PM	Event starts	Broadneck H.S.

As has been the standard for all shows promoted by Dave Spindel, and under the Mid Atlantic Region of the N.G.A. we will start the event judging promptly at 1PM. If your friends and family wish to see you, unlike the norm in the industry, tell them to be there on-time or they will miss you.

How the event will be run - This is a LIVE JUDGED event, which means that all aspects of the event will happen at the same time (there is no separate afternoon prejudging and then even show). For the **bodybuilding classes**, the class will come out together, and then the head judge will have the line-up go through quarter turns and then immediately perform the compulsory poses. Following this, the class will leave the stage, and then the MC will introduce each competitor for their individual posing routines (to their music). For the **bikini and figure classes**, the competitors will individually walk to center stage to perform their presentation to the judges, and then walk to the side of the stage. When the entire class is on stage, the competitors will then line up for group comparisons under the direction of the head judge. Following this, the class will leave the stage. The T-walks with the competitor's music for the Bikini and Figure

classes will immediately follow the intermission, at which time the MC will introduce each competitor in the order of the competitor's number.

If a competitor is in more than one class they will come out for group comparisons, but will only perform their individual routines with the first group that come out with. For the awards section of the event, following intermission, the top 5 in each group will be called out for the class awards presentation (in the order of the event prior to intermission). Overall competitions for the Novice Men, Masters Men, Bikini, Figure, and Open Men will follow all of the class awards (so if you win your class don't disappear, or you'll miss competing in the overall).

Competition Order - Master of Ceremonies, DAVE GROGAN:

Mens Novice (Ltw., Hvywt)
Mens Masters (35+ Ltw., 35+ Hvywt., 50+)
Bikini (Short, Tall)
Figure (Short, Tall)
Mens Masters - Pro Card Posedown (40+)
Masters Figure
Womens Open
Mens Open (Ltw., Midwt., Lthvywt., Hvywt.)

INTERMISSION

T-walks (Bikini and Figure)
Awards to top 5 (in the class order prior to intermission)
Overalls (Novice, Masters, Bikini, Figure, Open Men).

Essential Fitness (Essential Dance Supplies): 14510 Smoketown Rd., Woodbridge, VA 22192

Broadneck High School: 1265 Green Holly Dr., Annapolis, MD 21409

Current Vendors and Booths present at the event. Please visit and support these high quality groups while you are at the event. Samples and information about their products and services will be available in the lobby.

What Winners Wear - Specializing in custom fit competition suits. Judy will have suits for sale in the lobby at the show - www.whatwinnerswear.net - 410-750-9394

Studio 10 Cosmetics & Spray Tanning - Specializing in spray tanning and stage makeup to finish off your perfect stage look. Tanya Lewis, lead make-up artist, will be available at the event on to help you look perfect on stage. She has extensive experience in knowing "what works" - www.studio10cosmetics.com - 800-396-6219

IsAgenix (Allan Foster Independent Associate) - Isagenix is an all natural fat burning, weight loss, & cellular cleansing system which will help you to build lean muscle tissue, boost fat burning, replenish your body, and look & feel great! E-mail: chief21128@gmail.com
Web: <http://allanfoster.isagenix.com> tel: 410-446-7476

Slade Media Group - contest videographer - www.slademediagroup.com - tel: 703-975-2411

Robert Thomas Photography - contest photographer - www.robertthomasphotography.com

Contest T-Shirts - don't forget to get one - only \$15 each (2 for \$25)

Essential Fitness - nutrition, fitness, and dance products along with expert contest preparation

Mid-Atlantic Sound, Inc. - Event sound - Professional sound reinforcement, equipment rentals, and Wedding DJ services - tel: 703-517-7255

Hopefully, this information sheet provides you with a bit more information, and helps to contribute to a great and memorable event for all competitors and their guests.

Good luck to all, and look forward to seeing you at the 2012 Annapolis.

Dave Spindel, Event Promoter, N.G.A. Mid-Atlantic Regional Chairman

For information call: **703-670-8305**

website: www.essentialfitness.com

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Remainder of 2012 Mid-Atlantic N.G.A. Contest Schedule

The 20th annual POTOMAC CUP - Saturday, August 4, 2012 - Woodbridge, VA

The 37th annual MT. ROGERS - Saturday, November 17, 2012 - Woodbridge, VA

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ESSENTIAL FITNESS CONTEST WEEKEND SALE (Thurs 5/31 - Sun. 6/3)

For your contest needs Essential Fitness will be open from 10AM - 4PM on Saturday, and 12PM - 4PM on Sunday.

Take 20% OFF of all Supplement Purchases

Take 15% OFF of all ProTan Purchases