

The 2012 N.G.A. Annapolis Bodybuilding, Figure & Bikini Championships

<p>Date: Sunday, June 3, 2012</p> <p>Check-In: 9:30 A.M. to 11:00 A.M. at Broadneck H.S. No entries after 11:00 A.M. ALL competitors must check-in and weigh in at this time. Mandatory competitors meeting at 11:45 A.M.</p> <p>Judging & Finals: 1:00 P.M. – Broadneck High School</p> <p>Entry Fees: \$50 Early Entry (if postmarked by 5/12/12). \$60 for applications postmarked after 5/12/12. \$75 for entries the day of the show. Entry fees are non-refundable. For logistics, PLEASE try to mail in application by 5/12/12.</p> <p>Crossovers: \$40 additional fee. (Crossovers not permitted from novice to open class, or from figure to bikini or bodybuilding events).</p> <p>Eligibility: Must be an amateur athlete with a current N.G.A. card & <u>all</u> athletes must pass a polygraph test that they have been drug free for 7 years. NGA cards may, and should, be purchased on registration day.</p> <p>Awards: All sculptures - 5 sculptures per class.</p> <p>Accommodations: Quality Inn, 410-974-4440 by 5/24/12. Ask for Annapolis Bodybuilding rates.</p> <p>To Enter: Mail <u>Certified Check</u> or <u>Money Order</u> payable to <i>David Spindel</i> at: Essential Fitness 13043 Tadmore Ct. Woodbridge, VA 22193</p>	<p>Polygraph Test: \$35 - Fees will be payable to the polygrapher at the polygraph appointment in cash. Please do not mail in these fees. Call Dave Spindel after 5/21/12 at (703) 670-8305 to set up appointments. <u>Polygrapher findings are final.</u></p> <p>Music/Posing: Contestant must bring own high quality cassette/60 sec max. Please, tape should contain posing music only. CDs are permissible, but try your home-made CD on another deck, other than the one you made it on, prior to the show to make sure that it plays on other machines.</p> <p>Jewelry: NO jewelry, other than wedding rings will be permitted for bodybuilders. Body piercings <u>must</u> be removed or you can not compete.</p> <p>Posing Suits: See rules on www.essentialfitness.com</p> <p>Directions: TO ESSENTIAL FITNESS: I-95 to exit number 158B (PRINCE WILLIAM PKWY). Follow Prince William Parkway to Smoketown Rd. Turn LEFT onto SMOKETOWN RD. Go past Gar-Field H.S. and make a RIGHT into Prince Wm. Square (we are behind Bob Evan's). TO BROADNECK HIGH SCHOOL: Take I-50 to exit 29B (Cape St. Clair/East College Parkway) in Annapolis. Go to 1st light and make left onto College Pkwy. Go ½ mile and make right at 1st light onto Green Hill Dr.. High School is on the right.</p>
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The 2012 N.G.A. Annapolis Bodybuilding & Figure Championships Entry Form

CHECK CONTEST(S) ENTERED:

Men's Novice Bodybuilding

Men's Novice (will be split into 2 to 3 wt classes)

Figure

Women's Fitness Figure - Will be split into 2 classes

Masters Fitness Figure (40 & over)

Bikini Class

Women's Open Bodybuilding

Women's Open (1 class)

Men's Open Bodybuilding

Lightweight - Up to 156 ¼ lb.

Middleweight - Over 156 ¼ & up to 172 ¼ lb.

Lt. Heavyweight - Over 172 ¼ & up to 189 ¼ lb.

Heavyweight - Over 189 ¼ lb.

Men's Master (35 & Over) Will be split into 2 wt classes

Men's Master (50 & Over)

Men's Master (60 & Over)

Indicate Shirt Size (for entries postmarked by 5/14/12): S M L XL XXL

NAME _____ AGE _____ TEL # _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

GYM REPRESENTING _____ TITLES WON _____

SPECIAL INTERESTS OR GOALS _____

In consideration of you accepting this entry, I hereby, intending to be legally bound for myself, my heirs, my executors, and administrators, agree to waive and release any and all rights and claims for damages arising from the above described contest. The waiver and release extends to the National Gym Association, Essential Fitness Inc, Dave Spindel, Broadneck High School and/or the Anne Arundel County Board of Education, as well as all contributors, staff, and officials connected with the above described contest.

SIGNATURE _____ DATE _____

SIGNATURE OF PARENT OR GUARDIAN (If under 18) _____