

## The 2012 N.G.A. Potomac Cup Bodybuilding, Figure & Bikini Championships

<p><b>Date:</b> Saturday, August 4, 2012</p> <p><b>Check-In:</b> 9 A.M. to 10:30 A.M. at <b>Freedom H.S.</b>. No entries after 10:30 A.M. All competitors must Check-In and weigh in at this time.</p> <p><b>Prejudging:</b> Mandatory competitors meeting at 11:15 A.M. 12:30 P.M. – Freedom High School</p> <p><b>Finals:</b> 7:00 P.M. – Freedom High School</p> <p><b>Entry Fees:</b> \$50 Early Entry (if postmarked by 7/14/12). \$60 for applications postmarked after 7/14/12. \$75 for entries the day of the show. Entry fees are non-refundable.</p> <p><b>Crossovers:</b> \$40 additional fee. (Crossovers not permitted from novice to open class, or from figure to bikini or bodybuilding events).</p> <p><b>Eligibility:</b> Must be an amateur athlete with a current N.G.A. card &amp; <b>all</b> athletes must pass a polygraph test that they have been drug free for 5 years. Open competitors will be tested for a 7 year period. NGA cards may be purchased on registration day.</p> <p><b>Accommodations:</b> Best Western Potomac Mills, \$75 for up to 4 guests, call 703-494-4433 by 7/25/12. Ask for Potomac Cup Bodybuilding rates. Includes breakfast</p> <p><b>Awards:</b> All sculptures - 5 sculptures per class.</p> <p><b>To Enter:</b> Mail <b><u>Certified Check</u></b> or <b><u>Money Order</u></b> payable to <b>Dave Spindel</b> at: Essential Fitness 13043 Tadmore Ct. Woodbridge, VA 22193</p>	<p><b>Polygraph Test:</b> \$35 - Fees will be payable to the polygrapher at the polygraph appointment in <b>cash</b>. Please do not mail in these fees. Call Dave Spindel after 7/23/12 at (703) 670-8305 to set up appointments. <u>Polygrapher findings are final.</u></p> <p><b>Music/Posing:</b> 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><b>Jewelry:</b> 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><b>Posing Suits:</b> See rules on <a href="http://www.essentialfitness.com">www.essentialfitness.com</a></p> <p><b>Directions:</b> <b>TO ESSENTIAL FITNESS:</b> 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). <b>TO FREEDOM HIGH SCHOOL:</b> Take I-95 to exit number 156A (Dale City/Rippon Landing). Go about 1/4 mi. and make right at light on Neabsco Mills Rd. towards Northern VA Comm. College. Make left into Freedom H.S. Address: 15201 Neabsco Mills Rd., Woodbridge, VA 22191</p>
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### The 2012 N.G.A. Potomac Cup Bodybuilding, Figure & Bikini Championships Entry Form

**CHECK CONTEST(S) ENTERED:**

**Novice**

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**

**Women's Open Bodybuilding**

Women's Open (1 class)

**Men's Open**

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 7/14/12):**     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, Freedom High School and/or the Prince William 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) \_\_\_\_\_