2012 NGA Alabama Natural Open

Bodybuilding, Figure and Bikini Model Championships

A Super Pro Qualifier

Saturday, July 14, 2012

Eligible: Open to all natural amateur athletes who hold a current National Gym Association (NGA) membership card. NGA card ($45.00) can be purchased in advance or at check-in on Friday.

Drug Test: All athletes are required to take a pre-contest drug test on Friday at check-in. Fee for the drug test ($35.00) can be paid in advance or by cash only at check-in.

Location: The competition on Saturday will be held at Homewood High School, 1901 Lakeshore Drive South, Homewood, Alabama 35209

Time: Saturday prejudging check-in at 9:30 AM. Prejudging begins at 11:00 AM. Evening Show check-in at 5:00 PM – show begins at 6:00 PM.

Music: Bodybuilders must bring a pre-recorded CD with a maximum of 90-seconds of music for your posing routine. Fitness Models must bring a pre-recorded CD with a maximum of 75 seconds of music for your evening presentation. Figure competitors will compete to house music.

Awards: This event is a Tier IV Super Pro Qualifier. An NGA Pro Card will be awarded to the winner of each Men's and Women's Open class with at least five athletes competing, making the class a Pro Qualifier. An NGA Masters Pro Card will be awarded to the winner of each Men's and Women's Masters Class with at least three athletes competing, making the class a Masters Pro Qualifier.

Trophies: Niels Andersen Sculpture trophies will be awarded to the first five places for each class and Overall winners. Teen, Novice and Men's Fitness Model trophies will be awarded to the first five place winners for each class and Best Poser trophies will be awarded for Men's and for Women's Bodybuilding.

Fees: NGA membership card $45.00; One Class $60.00; Each Crossover Class $40.00; Drug Test $35.00 (in advance or cash only at check-in).

Deadline: Entry form and payment by check or money order must be in by July 1, 2012. After July 1, a late fee of $40.00 will be imposed. Promotes have the option not to accept late entries. No walk-on entries will be allowed on the day of the event.

Check-in: All athletes must check-in and take a drug test on Friday, July 13 from 5-8 PM at the Vestavia Express YMCA, 2086 Columbiana Road, Birmingham, AL 35216 205 823-0144. Bodybuilders must wear their posing suit during the weigh-in.

Information: Scott Hults 205 901-8520 or John Rossman 205 370-5202

Web Site: www.NGAAlabamaOpen.com

Email: NGAAlabamaOpen@aol.com

Entry Form – Page One of Two **Your Name: _____**

Men's Open Bodybuilding

( ) Lightweight – To 156 ¼ pounds

( ) Middleweight – Over 156 ¼ to 172 ¼ pounds

( ) Light Heavyweight – Over 172 ¼ pounds to 189 ¼ pounds

( ) Heavyweight – Over 189 ¼ pounds

( ) Novice Men's Bodybuilding: Classes to be announced

( ) Teens Bodybuilding: Classes to be announced

Men's Masters Bodybuilding

( ) Masters 40 – 49

( ) Grand Masters 50 – 59

( ) Super Grand Masters 60+

Women's Open Bodybuilding

( ) Lightweight – To 122 ¼ pounds

( ) Heavyweight – Over 122 ¼ pounds

Women's Masters Bodybuilding

( ) Masters 35 - 44

( ) Grand Masters 45+

( ) Women's Open Figure: Height Classes to be Announced

( ) Women's Novice Figure: Height Classes to be Announced

( ) Women's Bikini Model: Height Classes to be Announced

Women's Master Figure

( ) Masters 35 – 44

( ) Grand Masters 45+

( ) Women's Master Bikini Model 35+: One Class

( ) Men's Physique Model: One Class

Entry Form – Page Two of Two

Fees:

( ) NGA Membership Card: $45.00		$_____
( ) Drug Test: $35.00		$_____
( ) Entry Fee for One Class: $60.00		$_____
( ) Entry Fee for Each Crossover Class: $40.00 ( ) One Crossover ( ) Two Crossovers		$_____
( ) Tickets for Pre-judging: $15.00	_____ Tickets @ $15.00	$_____
( ) Tickets for Evening Show: $25.00	_____ Tickets @ $25.00	$_____
	Total Fees and Tickets	$_____

Return page One and Two of the Entry Form along with your check or money order made out to:

NGA Alabama Open

And send your entry form to:

Scott Hults, Chairman

4612 Round Forest Circle

Birmingham, AL 35213

Waiver in consideration of your accepting this entry: "I hereby intend to be legally bound for myself, my heirs, executors and administrators, and wave and release any and all rights and claims for damages I may have against the NGA, the event promoters, Homewood High School and any and all sponsors, agents, representatives and assigns for any and all injuries and/ or losses suffered by me as a result of my participation and/or attendance at the 2012 NGA Alabama Natural Open Bodybuilding, Figure and Fitness Model Championships."

Signature or Signature of Parent or Guardian (if under 18) _____

Name _____ **Age** _____ **Date of Birth** _____

Address _____ **City** _____ **State** _____ **Zip** _____

Email _____ **Cell Phone** _____

Occupation _____ **Gym or Fitness Center** _____

Contest Experience: _____

The MC will introduce you at the Evening Show. What is the one special thing you want the audience to know about you?

_____

_____