

The N.G.A. 24th Annual



# Potomac Cup

**DRUG FREE**

**Bodybuilding, Figure, Physique & Bikini Championships**

**Saturday, Aug. 6, 2016**

**Freedom H.S.,  
Woodbridge, VA**



Men's: Novice \* Masters \* Physique \* Open classes  
Women's Bodybuilding \* Figure \* Bikini \* Physique  
*and the*



# Dave Spindel Pro Classic

Men's Pro \* Men's Physique Pro \* Women's Pro \* Figure Pro \* Bikini Pro \*  
\* Masters Men's Pro \* Masters Pro Figure \*

**PREJUDGING - 12:00 PM**

**PROS & AMATEURS**

\$20 - Adults

\$10 - Children (under 12)

**NIGHT SHOW & FINALS**

**6 PM**

**PROS & AMATEURS**

\$30 - Adults

\$15 - Children (under 12)

\$45 - Combo Ticket  
(Prejudging & Finals) - Adults

For information, tickets & applications:

**703-405-3036**

**[www.essentialfitness.com](http://www.essentialfitness.com)**



Promoters:

Sarah & Pam Spindel

Master of Ceremonies:

Daniel Spindel

Spray tanning

available on site by:

