

The National Gym Association proudly presents the 38th Annual

Annapolis

Drug Free

Bodybuilding, Physique & Figure Championships

A Tier 1 & 2 – Pro-Qualifier

Sunday, June 3, 2018

Broadneck High School, Annapolis, MD

Men's Open - 4 classes
Women's Open - 1 class
Men's Novice - 2 to 3 classes
Masters Men - 3 classes
Women's Figure - 2 classes
Masters Figure - (35 & over) 1 class
Novice Figure - 1 class
Bikini - 1 class
Masters Bikini - (35 & over) 1 class
Novice Bikini - 1 class
Men's Physique - 3 classes
Women's Physique - 1 class
Mixed Pairs - 1 class

Sculptured Trophies

(5 per class)

FREE CONTEST T-SHIRT

To all competitors entering before 5/24/18

CONTEST JUDGING & AWARDS: 1:00 P.M.

(This is a live judged event. Competitors will be judged in their respective classes, and placings will be awarded at this time).

◆ Children (under 12) - Cash \$15, Credit Card \$17

◆ Adults - Cash \$35, Credit Cards \$37

For Ticket and Entry Information Contact: 703-405-3036

E-Mail: spindelva@aol.com, or visit us on the web at www.essentialfitness.com

The 2018 N.G.A. Annapolis Bodybuilding, Figure, Bikini & Physique Championships

Date:	Sunday, June 3, 2018	Polygraph Test:	\$50 - Fees will be payable to the polygrapher at the polygraph appointment in <u>cash</u> . Please do not mail in these fees. Pam Spindel will call once application is received to schedule polygraph appointment. <u>Polygrapher findings are final.</u>
Registration:	9:30 A.M. to 11 A.M. at Broadneck H.S. No entries after 11 A.M. ALL competitors MUST register and weigh in at this time. Mandatory competitors meeting at 11:45 A.M.		Polygraph appointments will be held on Friday, June 1 st at KLR Dance Studio. Polygraph appointments on Saturday, June 2 nd will be held at Motel 6.
Judging & Finals:	1 P.M. - Broadneck High School		Bodybuilders and Women's Physique must bring own CD/60 sec max.
Entry Fees:	\$60 if postmarked by 5/16/18 \$70 for applications postmarked after 5/18/18. \$85 for entries the day of the show. Entry fees are non-refundable. For logistics, PLEASE try to mail in application by 5/16/18	Music/Posing:	Please, CD should contain posing music only. Try your home-made CD on another deck, other than the one you made it on, prior to the show to make
Crossovers:	\$50 additional fee. (Crossovers not permitted from Figure to Bikini or bodybuilding events).		
Eligibility:	Must be an amateur athlete with a current		

N.G.A. card & all 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 for \$75 cash only.

Accommodations: Motel 6, call 410-974-4440 by 5/20/18. Ask for Annapolis Bodybuilding rates.

Awards: All sculptures - 5 sculptures per class.

To Enter: Mail Certified Check or Money Order payable to Pam Spindel at:
Pam Spindel
12936 Jessica Ridge Way
Manassas, VA 20112

Jewelry:

Posing Suits:

Directions:

sure that it plays on other machines. Figure, Bikini, and Men's Physique will present to house music (our choice). NO jewelry, other than wedding rings will be permitted for bodybuilders. Body piercings must be removed or you cannot compete.

See rules on www.essentialfitness.com
FOR POLYGRAPH TESTING: June 1st:
KLR Dance Studio: 2850 Garber Way, Woodbridge, VA 22192
June 2nd: Motel 6: 1542 Whitehall Rd, Annapolis, MD 21409
TO BROADNECK HIGH SCHOOL:
1265 Green Holly Dr, Annapolis, MD 21409

The 2018 N.G.A. Annapolis Bodybuilding, Figure, Bikini & Physique Championships Official Entry Form

CHECK CLASSE(S) ENTERED:

Novice Figure

Novice Figure

Novice Bikini

Novice Bikini

Figure (Pro Qualifier)

Women's Figure - Will be split into 2 classes

Figure

Masters Figure (35 & over)

Bikini

Bikini (Pro Qualifier if 5 or more)

Master's Bikini (35 & over)

Women's Open Bodybuilding (Pro Qualifier if 5 or more)

Women's Open (1 class)

Women's Physique (Pro Qualifier if 5 or more)

Women's Physique (1 class)

Novice Bodybuilding

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

Men's Open Bodybuilding (Pro Qualifier)

Lightweight - Up to 156 ¼ lb.

Middleweight - Over 156 ¼ & up to 172 ¼ lb

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

Heavyweight - Over 189 ¼ lb

Men's Physique (Pro Qualifier)

Lightweight - Up to 156 ¼ lb.

Middleweight - Over 156 ¼ & up to 172 ¼

Heavyweight - Over 172 ¼ lb

Men's Masters Bodybuilding (Pro Qualifier)

Men's Master (40 & Over) Will be split into 2 wt classes

Men's Master (50 & Over)

Men's Master (60 & Over)

Mixed Pairs

Indicate Shirt Size(for entries postmarked by 5/24/18): S M L XL XXL

NAME _____ AGE _____ TEL # _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

E-MAIL ADDRESS: _____

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, Pam Spindel, Broadneck High School and/or the Anne Arundel 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)

CONTEST PRO TAN, POSING OIL, & HOT STUFF

To order call: ESSENTIAL FITNESS (703) 492-2722 or visit www.essentialfitness.com