

# Potomac Cup

**Drug Free**

## **Bodybuilding, Physique & Figure Championships**

A Tier 1, 3 & 4 – Pro-Qualifier

**Saturday, August 4, 2018**

**Freedom High School, Woodbridge, VA**

**(to be held in conjunction with the 5<sup>th</sup> Annual Dave Spindel Pro Classic)**

See separate Pro application and event details under its own link in this section.

**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 to 2 classes**  
**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 7/26/18

**PREJUDGING: 12:00 P.M.**

- ◆ \$10 Cash, \$12 Credit Card - Children
- ◆ \$25 Cash, \$27 Credit Card - Adults
- ◆ \$50 Cash, \$52 Credit Card - Adult Combo

**Ticket (Prejudging & Finals)**

**NIGHT SHOW & FINALS: 6:00 P.M.**

- ◆ \$15 Cash, \$17 Credit Card - Children (under 12)
- ◆ \$35 Cash, \$37 Credit Card - Adults

### **The 2018 N.G.A. Potomac Cup Bodybuilding, Figure, Bikini & Physique Championships**

Date:	Saturday, August 4, 2018	Polygraph Test:	\$50 - Fees will be payable to the polygrapher at the polygraph appointment in <b>cash</b> . 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:	8:30 A.M. to 10 A.M. at <b>Freedom H.S.</b> No entries after 10 A.M. ALL competitors MUST register and weigh in at this time. Mandatory competitors meeting at 10:45 A.M.	Music/Posing:	Polygraph appointments will be held on Thursday, August, 2 <sup>nd</sup> & Friday, 3 <sup>rd</sup> at Best Western Potomac Mills Bodybuilders and Women's Physique must bring your own CD/60 sec max. Please, CD should contain posing music only. Try your
Prejudging:	12 P.M. - Freedom High School		
Finals:	6:00 P.M. – Freedom High School		
Entry Fees:	\$60 if postmarked by 7/18/18 \$70 for applications postmarked after 7/18/18. \$85 for entries the day of the show. Entry fees are non-refundable.		
Crossovers:	\$50 additional fee. (Crossovers not permitted from Figure to Bikini or bodybuilding events).		

<p><b>Eligibility:</b> Must be an amateur athlete with a current N.G.A. card &amp; <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 for \$75 <b>cash</b> only.</p> <p><b>Accommodations:</b> Best Western Potomac Mills, \$94 for up to 4 guests, call 703-494-4433 by 7/20/18. 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>Certified Check</b> or <b>Money Order</b> payable to <b>Pam Spindel</b> at: Pam Spindel 12936 Jessica Ridge Way Manassas, VA 20112</p>	<p>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. Figure, Bikini, and Men's Physique will present to house music (our choice).</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 cannot compete.</p> <p><b>Directions:</b> <b>FOR POLYGRAPH TESTING:</b> Best Western: 14619 Potomac Mills Rd. Woodbridge, VA 22192 <b>TO FREEDOM HIGH SCHOOL:</b> 15201 Neabsco Mills Rd., Woodbridge, VA 22191</p>
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**The 2018 N.G.A. Potomac Cup 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**

**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 7/26/18):**  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, 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)

**CONTEST PROTAN, POSING OIL, & HOT STUFF**

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