

7th Annual N.G.A.

MID ATLANTIC

PRO BLOWOUT

Mens & Women's Pro Bodybuilding, Figure,
Physique, Bikini Pro & Men's Physique
competing for

\$9,300 in cash*.

November 17, 2018

Freedom H.S., Woodbridge, VA

Men's Pro (if 7 or more)	Men's Pro (if less than 7)	Figure Pro (if 7 or more)	Figure Pro (if less than 7)	Women's Pro 1 st \$500 (if 6 or more)
1 st \$1000	1 st \$750	1 st \$750	1 st \$500	2 nd \$300
2 nd \$500	2 nd \$350	2 nd \$350	2 nd \$250	3 rd \$200
3 rd \$250	3 rd \$200	3 rd \$200	3 rd \$150	
4 th \$150	4 th \$150			
5 th \$100	5 th \$100			

Master's Pro Figure	Bikini Pro	Men's Physique Pro	Men's Masters Pro
1 st \$500 (if 6 or more)	1 st \$ 500 (if 6 or more)	1 st \$ 500 (if 6 or more)	1 st \$ 500 (if 6 or more)
2 nd \$ 300	2 nd \$ 300	2 nd \$ 300	2 nd \$ 300
3 rd \$ 200	3 rd \$ 200	3 rd \$ 200	3 rd \$ 200

Master's Pro Bikini

1st \$ 500

(if 5 or more)

2nd \$ 300

3rd \$ 200

If only 1 competitor is in the class payout is up to promoters discretion.

All pro competitors will receive a medallion and an event t-shirt.

All entries post marked by November 7, 2018 will be guaranteed participation. Following this date, the promoter reserves the right to limit entries and late fees will be applicable.

For event information contact and applications:

Pam Spindel at

(703) 405-3036

www.essentialfitness.com

* Based on 7 or more competitors in the Mens Pro and Figure Pro events.

(to be held in conjunction with the N.G.A. Mt Rogers Bodybuilding, Figure, Physique & Bikini Championships)