

OFFICIAL ENTRY FORM

2010 NABBA • USA – GREAT LAKES OPEN

BODYBUILDING AND MS. FIGURE® CHAMPIONSHIP
 LOCATION: OSWEGO HIGH SCHOOL AUDITORIUM
 4250 ILLINOIS RT. 71
 OSWEGO, IL 60543

PLEASE CHECK THE DIVISION YOU INTEND TO COMPETE IN:
 ALL CONTESTANTS WILL PERFORM AT EVENING FINALS. EVENING FINALS BEGIN AT 6:00 PM

DIVISIONS & CLASSES

TEEN MEN - BIKINI DIVISION - MASTERS WOMEN - WOMEN'S FIGURE - WOMEN'S BODYBUILDING - MASTERS MEN - MEN'S OPEN BODYBUILDING

- | | | | | | | |
|--|---|---|--|--|---|---|
| <input type="checkbox"/> – (One class) | <input type="checkbox"/> – (2 Height divisions) | <input type="checkbox"/> – (One class 40 years and older) | <input type="checkbox"/> – (3 Height divisions) | <input type="checkbox"/> – (Lightweight up to 125) | <input type="checkbox"/> – (40-49 yrs) | <input type="checkbox"/> – (Bantamweight up to 143) |
| | | | <input type="checkbox"/> – (Women's Masters Figure - one class - 40 and older) | <input type="checkbox"/> – (Middleweight 126-140) | <input type="checkbox"/> – (50 and older) | <input type="checkbox"/> – (Lightweight 144-154) |
| | | | | <input type="checkbox"/> – (Heavyweight over 140) | | <input type="checkbox"/> – (Welter weight 155 – 165) |
| | | | | | | <input type="checkbox"/> – (Middleweight 166 – 176) |
| | | | | | | <input type="checkbox"/> – (Lt. Heavyweight 177-198) |
| | | | | | | <input type="checkbox"/> – (Heavyweight 199 – 225) |
| | | | | | | <input type="checkbox"/> – (Super Heavyweight over 225) |

NAME: _____
 ADDRESS: _____ CITY: _____
 STATE: _____ ZIP CODE: _____
 EMAIL: _____
 PHONE: _____ SIGNATURE: _____

OFFICIAL USE ONLY	
DIVISION _____	WEIGHT _____
CLASS _____	NUMBER _____

IN CONSIDERATION OF ACCEPTING THIS ENTRY, I HEREBY, INTENDING TO BE LEGALLY BOUND FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST BROOKS & NICHOLE ROBERTSON, JEFFREY KENYON, NATIONAL AMATEUR BODYBUILDERS ASSOCIATION U.S.A., INC., OHS, OR THE AGENTS, EMPLOYEES, REPRESENTATIVES FOR ASSIGNS OF ANY OF THE FOREGOING PERSONS OR ENTITIES FOR ANY AND ALL INJURIES OR DAMAGES I MAY INCUR WHILE TRAVELING TO OR FROM OR PARTICIPATING IN THIS COMPETITION, THAT I AM AN AMATEUR, IN GOOD STANDING AND AM ELIGIBLE TO COMPETE IN THIS COMPETITION IN THE DIVISION(S) IN WHICH I HAVE ENTERED. I FURTHER AGREE TO ABIDE BY ALL DECISIONS OF THE NABBA-USA AND DECLARE THAT ALL INFORMATION CONTAINED HEREIN IS TO THE BEST OF MY KNOWLEDGE, TRUE, ACCURATE, AND COMPLETE.

2010 NABBA • USA ELIGIBILITY AND OTHER RULES OF COMPETITION

RULES

FRIDAY NOVEMBER 12TH, 2010 @ HOST HOTEL
 3PM – 8PM MANDATORY ATHLETE CHECK IN
NO CHECK-IN DAY OF SHOW
 ALL EVENTS ARE SATURDAY, NOVEMBER 13TH, 2010
 9AM MANDATORY ATHLETE MEETING
 10AM PREJUDGING
 6PM FINALS – EVENING SHOW

ELIGIBILITY

EACH COMPETITOR MUST BE CURRENTLY REGISTERED WITH THE NABBA – USA AND TO MEET THIS REQUIREMENT, HE/SHE MUST PRESENT HIS/HER CURRENT CARD OR RECEIPT, OR YOU MAY PURCHASE A CARD AT THIS COMPETITION (\$45.00).
 EACH COMPETITOR MUST BE AN AMATEUR IN GOOD STANDING WITH THE NABBA – USA.

ENTRY FEES

SEND \$60.00 CHECK OR MONEY ORDER WITH COMPLETED ENTRY FORM.
 CROSSOVER ENTRY FEE IS \$30.00 FOR A TOTAL FEE OF \$90.00 FOR BOTH CLASSES.
 ENTRIES MUST BE POST-MARKED BY OCTOBER 25, 2010 TO AVOID A LATE FEE.
 LATE ENTRY FEE IS AN ADDITIONAL \$40.00
 CHECKS SHOULD BE PAYABLE TO BFITNESS INC. ENTRY FEES ARE NON-REFUNDABLE.

ACCOMODATIONS

AMERICINN OF OSWEGO

Call: 630-634-3444

SOUTHERN BELLE'S PANCAKE HOUSE & RESTAURANT

11/13/10 - Pancake Buffet - 6:00am-8:30am

SCHEDULE OF EVENTS

LIGHT OIL PERMITTED. NO BOTTLES OF TANNING LOTION ARE ALLOWED IN THE BUILDING. PLEASE HAVE YOUR TANNING PREPARATION DONE BEFORE YOU ARRIVE. NO OVER-THE-COUNTER TANNING PRODUCTS. NO HOTSTUFF, NO MENTHOLATED PRODUCTS.

ANYONE CAUGHT WITH TANNING OR MENTHOLATED PRODUCTS WILL BE AUTOMATICALLY DISQUALIFIED. NO EXCEPTIONS.

ANY COMPETITOR WHO COMPETES IN PREJUDGING MUST PARTICIPATE IN THE EVENING SHOW.

*BODYBUILDERS ONLY:

SOLID COLOR POSING SUITS ONLY. (NO T-BACK OR THONG SUITES ALLOWED). NO JEWELRY WILL BE WORN (EXCEPT WEDDING RINGS.)

*MS. FIGURE® ONLY:

MS. FIGURE® TWO PIECE, 3 ROUNDS (QUARTER TURNS, COMPARATIVE, AND ROUTINE)
 MS. FIGURE® COMPETITORS MAY WEAR JEWELRY DURING PREJUDGING

TICKETS

PREJUDGING (OPEN SEATING) \$15.00
 FINALS – EVENING SHOW \$30.00
 TICKETS CAN BE PURCHASED IN ADVANCE BY MAILING CHECK OR MONEY ORDER TO:

BFITNESS INFO: 630-551-7754
 1154 DOUGLAS RD brooksrobertson@bfitnessnow.com
 OSWEGO, IL. 60543

POSING

EVENING SHOW 60 SECONDS OF INDIVIDUAL POSING WITH MUSIC ON CD, CUED TO START

AT CHECK-IN, EACH COMPETITOR MUST PROVIDE CD WITH POSING MUSIC CUED TO START AT BEGINNING OF THE DISC.

IF CD IS BROKEN, NOT CUED, ETC., WE WILL AUTOMATICALLY INSTALL A "HOUSE CD".

ANY COMPETITORS MUSIC THAT CONTAINS PROFANITY OR VULGARITY WILL BE DISQUALIFIED.

ALL COMPETITORS MUST BE PRESENT AT THE EVENING SHOW.

ALL ATHLETES MUST EXHIBIT GOOD SPORTSMANSHIP AT ALL TIMES (INCLUDING AWARD PRESENTATION).

NO ONE WILL BE ALLOWED BACKSTAGE OR IN THE PUMP-UP ROOM EXCEPT COMPETITORS AND CONTEST OFFICIALS.

CURRENT NABBA- USA RULES WILL APPLY

NO FOOD OR DRINK IN AUDITORIUM

PHOTOGRAPHY

OFFICIAL SHOW PHOTOGRAPHER WILL BE AVAILABLE.
 MUSCLE PHOTO – BY SCOTT McCANLES

MASTER AND TEENAGE MUST PRESENT VALID ID AT CHECK-IN. ALL SUITS TO BE WORN AT FRIDAY NIGHT CHECK-IN.

AWARDS: The top 5 athletes in each class qualify for national bid, and trophy, and overall men, women, and bikini receive NABBA medallion.

MUSIC: CD is acceptable. Each CD must contain only one track, must be pre-set, must be limited to 60 seconds and must bear the contestant's name. Each contestant is responsible for picking up their music after the evening show.

POSING: No free posing during prejudging, 60 second limit to routines at evening show.

ENTRY FEE: Make check or money order for \$60 payable to Bfitness. Crossovers complete a separate entry form for each division and include a \$30 additional entry fee for each division..

DEADLINE: All entries not postmarked by 10/25/2010 will have an additional \$40 late charge.

TICKETS: Available day of show for prejudging and evening shows. Prejudging admission 10am \$15, evening show 6pm \$30

VIDEO: Private videotaping is allowed.