

THE 13th ANNUAL NGA



BODYBUILDING, FIGURE & BIKINI PRO-AM CHAMPIONSHIPS

April 24, 2010

Eligibility, Entry Fee & Deadline: Open to all natural amateur & professional athletes that and are drug free for a minimum of 7 years prior to the date of competition. All Competitors must either have or purchase an NGA or Natural Muscle membership card. Cards may be obtained on the day of show or in advance by mail (\$35.00 Amateur \$50.00 Pro) \$55.00-Amateur (\$75.00 Professional) cash or money order payable to Joe Christiano (no personal checks). Entry fee includes Official Natural Northeast contest T-shirt Each additional class is \$35. Entries must be postmarked by April 13th 2010 to avoid \$40 late fee. Entries will not be accepted on day of show. Promoter has the right to limit the number of entries accepted

Place & Time: Eastridge High School 2350 East Ridge Rd Rochester, New York 14622
10:00 AM competitor check in, 12:00 PM Pre Judging 6:00 PM Night Show.

Testing Fee: \$40.00 payable to polygraph examiner (cash only) on testing date call to schedule an appointment at (585) 234 7564

Send entry forms with appropriate fees included to **Joe Christiano PO Box 17945,
Rochester, New York 14617** (585) 234 7564 E Mail – naturalnortheast@gmail.com
Check the appropriate class and division. **Crossovers are permitted**

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- | | | |
|--|--|--|
| CLASSES | <input type="checkbox"/> PRO MEN | <input type="checkbox"/> PRO WOMEN |
| <u>Men's Open</u> | <input type="checkbox"/> Teen (Men) | <input type="checkbox"/> Teen (Women) |
| <input type="checkbox"/> Bantam weight under 144 | <input type="checkbox"/> Women's Figure Novice | <input type="checkbox"/> Women's Figure over 35 |
| <input type="checkbox"/> Lightweight 144 to 156 | | <input type="checkbox"/> Women's Figure over 45 |
| <input type="checkbox"/> Middleweight over 156 to 172 | <input type="checkbox"/> Women's Figure Open (classes determined on show date) | |
| <input type="checkbox"/> Light Heavyweight over 172 to 189 | <input type="checkbox"/> Men's Masters over 40 | <input type="checkbox"/> Women's Novice Bodybuilding |
| <input type="checkbox"/> Heavyweight over 189 | <input type="checkbox"/> Men's Masters over 50 | <input type="checkbox"/> Women's Bikini |
| ----- | <input type="checkbox"/> Men's Masters over 60 | |
| <input type="checkbox"/> Men's Novice (weight classes to be determined on show date) | <input type="checkbox"/> Women's Bodybuilding Masters over 40 | |
| <input type="checkbox"/> Women's Open Bodybuilding (classes determined on show date) | | |

Name _____ Address _____

City _____ State _____ ZIP _____ Phone# _____

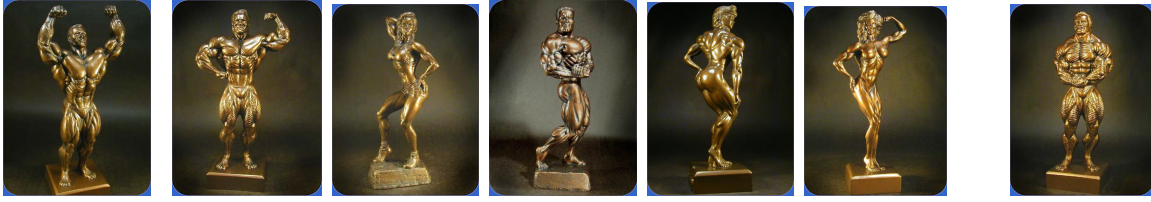
Gym Representing _____ Age _____ Height _____ Weight _____

E mail _____ NATURAL ORGANIZATION YOU HOLD A PRO CARD IN _____

Waiver: In consideration your accepting this entry in to the Natural Northeast Bodybuilding & Figure Pro-Am Championships, along with my non refundable entry, I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights claims for damages I may have against Eastridge High School, The National Gym Association or The contest promoter Joe Christiano. This also includes all sponsors, representatives and assigns for any and all injuries and/or losses suffered by me as a result of my participation and/or attendance and traveling to the Natural Northeast Bodybuilding & Figure Pro-Am Championships on April 24, 2010. These damages include, but are not limited to photos that I may find to be unattractive or editorial which I may construe as being misrepresentative. I also grant Natural Muscle The National Gym Association, and Joe Christiano permission to use photos, videos or any likeness of myself to promote the contest and/or contest DVD. I understand this will be done without any compensation to me. I also agree by my own free will without duress, to take a polygraph exam. I understand that I may be chosen randomly to take a urinalysis in addition to a polygraph exam. I also agree to the outcome of the test results from the examiner. I will abide by all NGA rules and show good sportsmanship. By signing and submission of this form I am stating that I am at least 7 years drug free and will abide by all NGA drug test policies and procedures.

Signature _____ Date _____ Parent (if under 18) _____

Awards: Top five places in each division (Niels Andersen sculptures featured)



Banned Substances: All Anabolic Steroids, Growth Hormone, Prescription Diuretics, Depressant drug, narcotics, medications that may be used for the purpose of deceiving a polygraph test. Clenbuterol, muscle implants and all FDA banned substances that may be used for bodybuilding purposes. A complete packet of banned substances will be mailed to each competitor after entry is received.

DRUG TESTING RULES & SHOW POLICIES:

1. All athletes must submit to a polygraph to ensure that they are within the 7-year time limit of NGA/Natural muscle banned substances. If any athlete fails the test mentioned above, they will be banned from the NGA and all of its contests.
 2. Failure to report for a polygraph testing, on time, may result in disqualification from the contest.
 3. Your polygraph appointment is a set time. If you are late for your appointment, you must reschedule and will be charged a \$20 reschedule fee. There is no guarantee for reschedule times.
 4. The overall Men's and Women's overall champion will turn pro. The overall Men's Masters Champion will turn masters pro.
 5. Professional cash and prize payouts are dependant on the number of entries.
- Natural professional bodybuilders are welcome from all organizations. If you are unsure of pro status please call for confirmation.

FIGURE COMPETITORS – ADD A PHOTO COPY OF YOUR LICENSE FOR HEIGHT VERIFICATION

Host Hotel: Holiday Inn Express 2200 N. Goodman St. Rochester, New York 14609 (585) 342 0430

*NOVICE means a competitor that has NOT placed in the top 3 in an open division in any organization and that has not won 1st place in a novice division in any organization. The promoter has the right to alter divisions and events with regards to participation & limit the number of competitors

Attire & Music: Bodybuilders: men- one piece posing suit of solid color. Bodybuilding: Women- 2 piece posing suit (may be connected) multiple color & sequins permitted. Women's Figure: 2-piece bikini style swimsuit. Competitors must bring a high quality cassette tape or burned CD (maximum 90 seconds) with only your posing music on it. **No profanity allowed in music.**

Please make money orders payable to Joe Christiano
PO BOX 17945 Rochester, New York 14617 (585) 234 7564

Ticket order form

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Tickets:

Prejudging _____ @ **\$10.00=** _____

Night show VIP _____ @ **\$24.00=** _____

Night show General _____ @ **\$18.00=** _____

*(Please note: these are advanced ticket prices only, day of prices are \$26.00 for VIP or \$20.00 for general)

TOTAL _____