The National Gym Association proudly presents the 39th Annual

Mt. Rogers

Drug Free

Bodybuilding & Fitness Figure Championships

A Tier 3 – Pro Qualifier, Fitness Figure and Masters Pro-Qualifier

Saturday, November 22, 2014

Freedom High School, Woodbridge, VA

(to be held in conjunction with the 3rd Annual Mid Atlantic Pro Blowout)

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
Master’s Men - (35 & over) - 2 classes
Master’s Men - (50 & over)
Master’s Men - (60 & over)
Women’s Fitness Figure - 2 classes
Master’s Fitness Figure - (40 & over) 1 class
Novice Figure - 1 class
Bikini - 1 class
Men’s Physique - 2 classes
Women’s Physique - 1 class

PREJUDGING: 12:00 P.M.
♦ $20 Adults
♦ $10 Children (under 12)

NIGHT SHOW & FINALS: 6:00 P.M.
♦ $30 Adults
♦ $15 Children (under 12)
♦ $45 Combo Ticket (Prejudging & Finals)

The 2014 N.G.A. Mt. Rogers Bodybuilding, Figure, Bikini & Physique Championships

Date: Saturday, November 22, 2014
Registration: 8:30 A.M. to 10 A.M. at Freedom H.S. No entries after 10 A.M. All competitors must register and weigh in at this time.
Prejudging: 12 P.M. – Freedom High School
Finals: 6 P.M. – Freedom High School
Entry Fees: $50 if postmarked by 11/1/14.
$60 for applications postmarked after 11/1/14.
$75 for entries the day of the show.
Entry fees are non-refundable.
Crossovers: $40 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
Polygraph Test: $40 - Fees will be payable to the polygrapher at the polygraph appointment in cash. Please do not mail in these fees. Call Pam Spindel after 11/10/14 at (703) 405-3036 to set up appointments. Polygrapher findings are final.
Music/Posing: Bodybuilding and Women’s Physique must bring your own CD/60 sec max. 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 sure that it plays on other machines. Figure, Bikini, and Men’s Physique will present to house music (our choice).
Jewelry: NO jewelry, other than wedding rings will be permitted for bodybuilders. Body piercings must be removed or you can not compete.
Directions: TO ESSENTIAL DANCE & FITNESS: 1-
The 2014 N.G.A. Mt. Rogers Bodybuilding, Figure, Bikini & Physique Championships Official Entry Form

CHECK CLASSE(S) ENTERED:

Novice
___ Men’s Novice (will be split into 2 to 3 wt classes)

Novice Figure
___ Novice Figure

Figure (Pro Qualifier)
___ Women’s Fitness Figure - Will be split into 2 classes
___ Masters Fitness Figure (40 & over)
___ Bikini (Pro Qualifier if 5 or more)

Women’s Open Bodybuilding (Pro Qualifier if 5 or more)
___ Women’s Open (1 class)

___ Women’s Physique (1 class)

Indicate Shirt Size (for entries postmarked by 11/1/14) : _____ 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 PRO TAN, POSING OIL, BRONZER, & HOT STUFF

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