

# 2019 NGA S&D SOUTHEASTERN NATURAL FITNESS COMPETITION FORM

## COMPLETE THIS FORM AND MAIL WITH ENTRY FEE PAYABLE TO:

**BERNARD CUNNINGHAM P.O. BOX 1943 SWAINSBORO GEORGIA 30401**(We accept money orders, checks and cash-no credit cards. **\$50 Late fee after October 1** Promoters have the option not to accept late entries.

**No refunds**

Waiver in consideration of your accepting entry:

“I hereby intend to be legally bound for myself, my heirs, executors and administrators, and wave and release any and all rights and claims for damage I may have against S&D event Promoter, Swainsboro Auditorium and any and all sponsors, agents, representatives and assigns for any and all injuries and/or losses suffered by me as a result of my participation and/or attendance at the 2019 NGA S&D 6th Annual Natural Fitness Competition.

**Drug Test –Friday 5 p.m. Athlete Check-in 9 a.m. Prejudging-10 a.m. sharp. Evening Show-5:00 p.m.**

Signature or Signature of parent or Guardian (if under 18)\_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Occupation \_\_\_\_\_

Gym or Fitness Center \_\_\_\_\_

Contest Experience \_\_\_\_\_

The MC will introduce you at the Evening show. What is the special thing you want the audience to know about you?

AGE \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

**DIVISION :**Overall winners in classes annotated as “Pro Qualifier” on this entry form can receive a NGA pro card ,Top five place will receive awards. Music : professional-Quality CD must be present maximum of 90 seconds. **The drug test is Friday October 18 at 5:00 pm**

<b>Men’s Open Bodybuilding (Pro Qualifier)</b>	<b>Open Men’s Physique (Pro Qualifier)</b>	<b>Figure (Pro Qualifier)</b>
( ) Light Weight up to 156 1/4 lbs	( ) Up to and including 5’7	( ) Short up to 5’2
( ) Middle Weight Over 156to 172 1/4 Lbs.	( ) Over 5’7 up to 5’10	( ) Tall over 5’2
( ) Light Heavyweight over 172 1/4 to 189 1/4 Lbs.	( ) Over 5’10	
( ) Heavy Weight Over 189 1/4 lbs	<b>Men Classic Physique (Pro Qualifier)</b>	<b>Open Women Physique</b>
( ) Teens Bodybuilding: one Class	( ) One Class	( ) Short 5’2
		( ) Tall Over 5’2
<b>Master Men’s Bodybuilding (Pro Qualifier)</b>	<b>Master Figure Over 35</b>	
( ) Men Master over 40-One class	( ) One Class	<b>Novice Women Figure</b>
( ) Men master over 50-One class		( ) One class
( ) Men Master over 60-One class	<b>Open Women BB (Pro Qualifier)</b>	
	( ) Lightweight Up to 112 1/4 lbs	
<b>Men’s novice</b>	( ) Middleweight over 112 1/4 lbs to 122 1/4 lbs	<b>Bikini (Pro Qualifier)</b>
( )Light Weight up 165lbs	( ) Heavyweight Over 122 1/4 lbs	( ) Short up to 5’2
( )Middle Weight-166 to 186lbs		( ) Tall over 5’2
( ) Heavy Weight-187+lbs	( ) Kids age 5-12	
		( ) Bikini Masters Over 35 (Pro Qualifier)
( ) Bikini Model (Pro Qualifier)	( ) Transformation Division	

### FEES:

( ) ENTRY FEE FOR ONE CLASS \$50 ( ) DRUG TEST \$ 50 T-shirt size \_\_\_\_\_  
 ( ) ENTRY FEE FOR CROSSOVER \$40 ( ) NGA MEMBERSHIP CARD \$75  
 ( ) TICKET FOR PRE-JUDGING \$15 ( )VIP \$20 OR GO TO [WWW.NATIONALGYM.COM](http://WWW.NATIONALGYM.COM)  
 ( ) TICKET FOR EVENING SHOW \$20 ( ) VIP \$25  
 ( ) TICKETS FOR BOTH MORNING AND EVENING SHOW \$30 ( ) VIP \$35

**For more contact Bernard Cunningham: 706-526-1357**