

2020 NGA S&D SOUTHEASTERN NATURAL BODYBUILDING AND 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, cash online payments-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 23 at 5 :pm**

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

FEES:

- ENTRY FEE FOR ONE CLASS \$50
- ENTRY FEE FOR CROSSOVER \$40
- TICKET FOR PRE-JUDGING \$15 VIP \$20
- TICKET FOR EVENING SHOW \$20 VIP \$25
- TICKETS FOR BOTH MORNING AND EVENING SHOW \$30 VIP \$35
- DRUG TEST \$ 50
- NGA MEMBERSHIP CARD \$80
- OR GO TO WWW.NATIONALGYM.COM

T-shirt size _____

For more contact Bernard Cunningham: 706-526-1357 or 706-350-1566