



BERNICE THORNTON PRODUCTIONS

*presents the* **2007 NABBA USA  
JUNIOR NATIONAL BODYBUILDING CHAMPIONSHIPS  
MS. FIGURE<sup>â</sup> USA and the PENNSYLVANIA GRAND PRIX**

Date: Saturday, August 25, 2007  
Times: Athlete's Registration and Check-in: 9:30 AM to 11:00 AM, Prejudging: 12 NOON - Evening Show: 6:00 PM  
Location: International House, 3701 Chestnut Street, Philadelphia, PA 19104  
Contest Rules: All NABBA USA rules apply. Only solid color posing attire permitted in the bodybuilding championships. Ms. Figure<sup>®</sup> competitors may wear a bikini or conservative thong (g-string NOT permitted). High heels during quarter-turns and comparative displays, no shoes during routine.

Contest Divisions: **See Entry Form Below**

Eligibility: **All competitors must have a current NABBA USA membership card which will be available at athlete's check-in for \$45.00 payable by cash or money order. Personal check not accepted. JUNIOR NATIONAL BODYBUILDING CHAMPIONSHIPS:**

Competitors in the MEN's category must have placed 5th or better in a height/weight class in an open, State, Regional, or National Amateur competition, or have won an overall or placed in the top two in their class in a Novice **in any federation** within the past three years. No previous contest placement qualification required for the Women's, Master's, Grandmaster's, Juniors or Teenage categories. *Junior Men, Teenage Men and all Master's competitors must show proof of age at check-in.*

Men's ATHLETIC competitors should have an athletic and trained body without heavy muscular development, must have good muscle separation, low body fat, defined abdominals and nice overall symmetry.

**MS. FIGURE<sup>®</sup> USA:** Open to any female competitor, age 17 and over, with a shapely and trained body.

**PENNSYLVANIA GRAND PRIX (Novice Men):**

Novice contestants shall not have previously won an overall title, nor their class in any category of competition except the Novice category. Overall and class winners of Teenage competitions are exempt from the above and can enter the Novice.

Entry Fees: \$40.00 - Payable by money order only (personal check not accepted). Late entry fee - \$15.00 additional.  
Crossovers: **One Crossover Permitted in the Junior Nationals – if eligible and qualified - \$20.00 additional. Crossover NOT PERMITTED between Women's Bodybuilding and Ms. Figure<sup>â</sup> OR between Men's Athletic and any Men's bodybuilding category.**

Music: A quality cassette tape of your individual posing routine music recorded on one side for a **maximum** of 60 seconds, properly cued, **or** a CD with track indicated. Music must be free of profanity and non-offensive.

Hotels / Motels: Sheridan University City, 3549 Chestnut Street, Philadelphia, phone: (215) 387-8000

Information: For judging criteria or additional information contact: Bernice Thornton at (215) 224-7630, or NABBA Office at (718-882-6413), e-mail: bob @nabba.com. NABBA web site: www.nabba.com.

**Driving Directions:**

From I-95 North: Take the I-95 S exit towards Central Philadelphia. Merge onto Delaware Expressway. Delaware Expressway becomes I-95 S. Take the I-676/US-30 exit, exit number 17, towards Central Phila./ Independence Hall. Keep left at the fork in the ramp. Merge onto Vine Street Expressway. Take the I-76 E exit towards International Airport. Keep right at the fork in the ramp. Turn right onto Arch Street. Arch Street becomes North 30th Street. Turn right onto John F. Kennedy Blvd. Turn right onto Market Street. Turn left onto 38th Street. Turn left onto Chestnut Street and we are located one block down to the left. From I-95 South: Take the PA-291 exit, exit number 11, towards I-76 W/Central Philadelphia. Keep right at the fork in the ramp. Keep left at the fork in the ramp. Merge onto Penrose Avenue. Stay straight to go onto George C. Platt Memorial Bridge. George C. Platt Memorial Bridge becomes Penrose Avenue. Turn left onto S 26th Street. S 26th Street becomes I-76 W. Take the exit, exit number 41, towards University Avenue/Civic Center. Stay straight to go onto S 34th Street. S 34th Street becomes S University Avenue. Stay straight to go onto S 38th Street. Turn right onto Chestnut and we are located one block down to the left.

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**Additional driving directions** and maps can be found on the Web at MSN-Mappoint. Go to: <http://mappoint.msn.com>