



BERNICE THORNTON PRODUCTIONS

PRESENTS THE

2010 NABBA USA

JUNIOR NATIONAL BODYBUILDING CHAMPIONSHIPS

- ★ OPEN MEN ★ OPEN WOMEN ★ TEENAGE MEN (AGES 13-19) ★ JUNIOR MEN (AGES 20-23)
- ★ NOVICE MEN ★ MEN'S ATHLETIC ★ MASTER'S MEN (40-49) ★ MASTER'S WOMEN (40+)
- ★ GRANDMASTER'S MEN (50+) ★ GRANDMASTER'S MEN (60+)

&

Special Feature Co-Sanctioned by the



WFF®

WORLD FITNESS FEDERATION

Ms. FIGURE® USA

Looking for the shapely and trained female body. Suit must be a bikini (no g-string or thong).
Judged in three rounds: Quarter Turns, Comparative Displays, and Artistic Routine.

WOMEN'S BIKINI

Looking for the shapely and symmetrical female beach body. Suit must be a bikini (no g-string or thong).
Judged on Symmetry, Style of Walk, Poise, Confidence, Stage Presence and Charisma.

PENNSYLVANIA GRAND PRIX (Novice Men)

- ★★ ATHLETES OF ALL BODYBUILDING FEDERATIONS WELCOME TO COMPETE ★★
- ★ See Entry Form, Eligibility Requirements, Classes, Categories, Awards & Information on Reverse ★

SATURDAY, 23 OCTOBER 2010

GROVER WASHINGTON JR. MIDDLE SCHOOL, 201 E. OLNEY AVENUE, PHILADELPHIA, PA 19120

AWARDS – JUNIOR NATIONALS

Open Men – 3 Classes, 5 Places + Overall
 Open Women – 1 Class, 5 Places
 Master's Men – (age 40-49) – 1 Class, 5 Places
 Master's Women (age 40+) – 1 Class, 3 Places
 Grandmaster's Men (age 50+) – 1 Class, 3 Places
 Grandmaster's Men (age 60+) – 1 Classes, 3 Places
 Men's Athletic – 1 Class, 3 Places
 Jr. Men (ages 20-23) – 1 Class, 3 Places
 Teenage Men (ages 13-19) – 1 Class, 3 Places
 PA Grand Prix Novice – 2 Classes, 5 Places + Overall
 Women's Bikini – 1 Class, 5 Places

AWARDS – MS. FIGURE® USA

1 Class, 5 Places (2 Classes depending on number of entries, + Overall)

TIMES

Check-In 9:30 am-11:00 am
 Pre-Judging 12:00 noon
 Finals Evening Show 6:00 pm

ELIGIBILITY

See specific qualifications on reverse side.
 All athletes must present a current valid NABBA USA membership card.
 Non-registered athletes may purchase a NABBA USA card at check-in for \$45.00 cash or money order only – no checks.

MUSIC

Contestant must supply a quality cassette tape, properly cued or CD. 60 seconds max or 60-90 seconds for Figure. Music must be free of profanity and non-offensive.

TICKET/FEE INFORMATION

Pre-Judging Ticket \$10.00
 Evening Show Ticket \$20.00
 Entry Fee \$45.00
 Crossover Fee \$20.00
 Late Fee \$15.00



Perly McIlwaine
 2009 Ms. Figure® USA
 Overall Winner



Andre Fennell
 2009 Men's Overall
 Junior National Winner



Calvin Huang
 2009 Novice Winner
 Pennsylvania Grand Prix

For Further Information Contact Bernice Thornton (215) 224-7630