



2010
NABBA Natural Mid-Atlantic Bodybuilding Championships
Ms. Figure® East Coast
Susquehanna Valley Bodybuilding Championships (Novice)

Saturday, May 22, 2010 • Hannah Penn Middle School
415 E. Boundary Ave, York, PA, 17403

OPEN MEN ♦ OPEN WOMEN ♦ NOVICE ♦ MEN'S ATHLETIC
JUNIOR MEN ♦ MASTER'S MEN ♦ MASTER'S WOMEN ♦ MS. FIGURE®

Title Sponsors:

The Athletic Club of York

Your Fitness is Our Business



SPANGLER AND BOYER
MECHANICAL, INC.

Awards

- Junior - under 23 - 5 places
- Athletic - 5 places
- Novice Men - short and tall - 5 places + overall
- Open Men's - short, medium, and tall - 5 places + overall
- Men's Masters (age 40 to 49) - 5 places
- Grand Masters (age 50 to 59) - 5 places
- Ultra Masters (age 60+) - 3 places
- Women's Physique - one class - 3 places
- Master's Women (age 40+) - 3 places
- Figure - short and tall - 5 places + overall
- Figure Masters (age 40+) - one class - 5 places

Team Award
Best Poser

Requirements

- All competitors must have a valid NABBA membership card
- Non-registered athletes may purchase a NABBA card at check-in. Cost is \$45; cash only.
- Masters and Junior men are required to present a birth certificate or driver's license at check-in
- Competitors may be required to submit to random drug testing by either urinalysis or polygraph.

Times

Check-in: 9:00 - 10:30 a.m.
Competitors meeting: 11:00 a.m.
Pre-judging: 12:00 noon
Evening Show: 5:00 p.m.

Ms. Figure® Competitors

- Must be at least 17 years of age or have parents release
- Clothing should cover all "critical body parts"
- No g-strings or thongs
- Jewelry and any high-heel shoe style may be worn
- Three rounds: Quarter turns, comparative displays
- Artistic routine: 60 to 90 seconds; no props of any kind permitted

Men's Athletic

- Competitors should have an athletic and trained body without heavy muscular development
- Have good muscle separation
- Low body fat
- Defined abdominals
- Nice overall symmetry

Music

- Contestants must provide their own posing music on a quality CD containing only the song to be used.
- Time limit - 60 seconds (See exception for Ms. Figure®)
- Must not contain profanity and/or offensive language.

Ticket Information

Pre-judging - \$10
Evening Show - \$15
Combo Ticket - \$22

Show Promoter:

