



THE NABBA USA NATIONAL COMMITTEE
PRESENTS THE



2010 NABBA USA AMERICAN BODYBUILDING CHAMPIONSHIPS

(The Nationals)

★ OPEN MEN ★ OPEN WOMEN ★ JUNIOR MEN (AGES 16-23) ★ NOVICE MEN ★ MEN'S ATHLETIC ★
★ MASTER'S MEN(40-49) ★ GRANDMASTER'S MEN(50+) ★ GRANDMASTER'S MEN(60+)

★ QUALIFIERS FOR TEAM SELECTION TO THE 2011 NABBA UNIVERSE (ENGLAND),

2011 NABBA WORLD CHAMPIONSHIPS AND WORLD FITNESS FEDERATION (WFF) INTERNATIONAL COMPETITIONS ★

&

Special Feature Co-Sanctioned by the



WFF®

WORLD FITNESS FEDERATION

Ms. FIGURE® AMERICA

Looking for the shapely and trained female body.

Judged in three rounds: Quarter Turns, Comparative Displays, and Artistic Routine.

Suit must be a bikini (no g-string or thong).

WOMEN'S BIKINI

Looking for the shapely and symmetrical female beach body.

Judged on Symmetry, Style of Walk, Poise, Confidence, Stage Presence and Charisma.

Suit must be a bikini (no g-string or thong).

EAST COAST GRAND PRIX

(Novice Men)

★★ATHLETES OF ALL BODYBUILDING FEDERATIONS WELCOME TO COMPETE★★

★See Entry Form, Eligibility Requirements, Classes, Categories, Awards & Information on Reverse★

TIMES

PRE-JUDGING - 12:00 PM

EVENING SHOW - 6:00 PM

COMPETITORS' CHECK-IN

8:30 AM at West York Area Middle

School

13 November 2010

TICKET INFO & PRICES

PRE-JUDGING - \$10.00

EVENING SHOW - \$20.00

TICKETS SOLD AT DOOR

DAY OF THE SHOW

QUESTIONS, TRAVEL DIRECTIONS,

ACCOMMODATIONS CONTACT:

SCOTT POLITANO at 516.287.4020

E-mail: SCOTQUAD@hotmail.com

CATHY FERRARO at 717.917.3413

E-mail: Cathy@NABBA.com

SATURDAY, 13 NOVEMBER 2010

WEST YORK AREA MIDDLE SCHOOL

1700 BANNISTER STREET, YORK, PENNSYLVANIA 17404