



**Junior American
Bodybuilding - Ms. Figure®- MS Bikini
Championships
Jr. Nationals
Saturday - November 5, 2011**

**Manheim Township Middle School + School Rd. + Lancaster, PA.
Location subject to change check NABBA website**

- + Women's Open Figure + Women's Masters Figure + Women's Open Physique +
+ Women's Bikini + Men's Athletic + Men's Junior + Men's Novice +
+ Men's Open + Men's Masters +**

Qualifier For Sr. Nationals held 12th November

AWARDS

Women's Open Figure - 2 Classes - 5 Places & overall
Women's Master Figure - (40 & Over) -1 Class - 5 Places
Women's Open Physique - 1 Class - 5 Places
Women's Bikini -1 Class - 5 Places
Men's Athletic - 1 Class - 5 Places
Junior - 1 Class - 5 Places
Men's Novice 2 Classes - 5 Places & overall
Men's Open - 3 Classes - 5 Places & overall
Men's Masters - 40 - 1 Class - 5 Places
Men's Masters - 50 - 1 Class - 5 Places
Men's Masters - 60 - 1 Class - 5 Places Masters overall

REQUIREMENTS

Open to all NABBA registered athletes. Unregistered athletes may purchase NABBA cards at check-in for \$45 cash or money order.
Masters and Junior men are required to present birth certificate or drivers license at check-in.

MUSIC

Contestants will provide their own music on quality tapes or CD's which should not contain profanity and must be cued, labeled and ready to play - **60 second time limit.**

For More Information Contact:

**Jim Devonshire
at
(717) 330-2189
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MS. FIGURE COMPETITORS

Entrants must be at least 17 years of age
Clothing should cover all "critical body parts"
No g-strings or thongs
Any jewelry or shoe styles may be worn
Rounds will be Quarter Turns, Mandatory Displays and 60 to 90 second Artistic Routine

WOMEN'S BIKINI

Looking for 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.

MENS ATHLETIC

Competitors should have an athletic and trained body without heavy muscular development, good muscle separation, low body fat, defined abdominals and nice overall symmetry.

TIMES

Check - in - 9:00 AM to 11:00 AM
Pre-judging -12:00 PM • Evening Show - 6:00

TICKET INFORMATION

Pre-judging - \$10.00 • Evening Show - \$15.00
Coaches Back Stage Pass - \$10.00 Plus
Regular Seat Price
Entry Fee - \$40.00
Late Fee After October 28 - \$15.00
Cash Only