



YORK BARBELL COMPANY

Presents The

2010 NABBA NORTH AMERICA BODYBUILDING CHAMPIONSHIP

| OPEN MEN | OPEN WOMEN | MEN'S ATHLETIC | JUNIOR MEN | NOVICE MEN
| MASTER'S MEN | GRANDMASTER'S MEN | WOMEN'S FIGURE | WOMEN'S BIKINI

Special Feature

YORK BARBELL GRAND PRIX NOVICE CHAMPIONSHIP

MS. FIGURE® NORTH AMERICA

WOMEN'S BIKINI NORTH AMERICA

! ATHLETES OF ALL BODYBUILDING FEDERATIONS WELCOME TO COMPETE !

(SEE SPECIFIC ELIGIBILITY REQUIREMENTS ON REVERSE)

SATURDAY, SEPTEMBER 25, 2010

YORK BARBELL COMPANY, 3300 BOARD ROAD, YORK, PA 17406

AWARDS

Women's Figure – 2 classes – 5 places and Overall
Men's Open – 3 classes – 5 places and Overall
Women's Open – 1 class – 5 places and Overall
Men's Athletic – 1 class – 5 places
Men's Masters (over 40) – 1 class – 5 places
Men's Masters (over 50) – 1 class – 5 places
Men's Best over 60 & 70 – 1 class – 5 places
Junior Men's (16 to 23) – 1 class – 5 places
Novice Men – 2 classes – 5 places and Overall
Women's Bikini – 1 class – 5 places

ELIGIBILITY

Open to USA, Canadian and Mexican Citizens
Open Men must have placed 5th or better in
Any Open competition of any recognized
Federation within the past 3 years.
No prior contest requirements for Ms. Figure®
or Women's Bikini.
All Athletes must present a current valid NABBA card.
Athletes may purchase NABBA cards at check-in
for \$45 cash or money order – no checks.

MS. FIGURE® COMPETITORS

Entrants must be at least 17 years of age.
Clothing should cover all "critical body parts".
No g-string or thong. Any jewelry or shoe
style may be worn. Comparative Displays
and 60 to 90 second Artistic Routine.

MUSIC

Contestants will provide their own music on quality
cassette tape or CD which should not contain
profanity and must be cued, labeled and ready to
play - 60 seconds time limit

TICKET / FEE INFORMATION

Prejudging Ticket	\$10.00
Evening Show	\$20.00
Prejudging & Show Ticket	\$25.00
Entry Fee	\$40.00
Crossover	\$20.00

TIMES

Check-in	9:00 a.m. – 11:00 a.m.
Prejudging	12:00pm
Evening Show	6:00pm

WOMEN'S BIKINI

The emphasis is on the shapely and symmetrical
female beach body. The Competitor should
not have the toned development or definition
of the Ms. Figure® competitor. Must wear Bikini,
no thong or g-string permitted.