



2012 KEYSTONE CLASSIC

Bodybuilding -- Ms. Figure® -- MS Bikini

Championships

Saturday ---- June 9, 2012



Manheim Township Middle School ~ School Rd. ~ Lancaster, PA.

- 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 Teen • Men's Open • Men's Masters • Couples •

Qualifier For Sr. Nationals held in 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 (only if 2 or
register before May 21, 2012)

Women's Bikini - 1 Class - 5 Places

Men's Athletic - 1 Class - 5 Places

Men's Junior - 1 Class - 5 Places (ages 18 to 21)

Men's Teen - 1 Class - 5 Places (ages 13 to 17) **** NEW ****

Men's Novice - 3 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

Couples - 1 Class - 5 Places **** NEW ****

REQUIREMENTS

Open to all NABBA registered athletes. Unregistered athletes may purchase NABBA cards at check-in

for **\$50 cash or money order Only.**

Masters, Juniors, and Teens are required to present birth certificate or drivers license at check-in.

Teens are also required to have a parents release.

MUSIC

Contestants will provide their own music on quality CD's which should not contain profanity and must be cued, labeled and ready to play - **60 to 90 second time limit.**

MS. FIGURE COMPETITORS

Entrants must be at least 17 years of age
Clothing should cover all "critical body parts"

No g-strings or thongs

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.

COUPLES (1 Male & 1 Female of any class)

Looking for couples who compliment one another in appearance and demeanor, body structure and conditioning. 60 to 90 second routine which is completely in harmony and not pose independently of each other.

TIMES

Check - in --- 9:00 AM to 11:00 AM

Pre-judging --- 12:00 PM Evening Show --- 6:00 PM

TICKET INFORMATION

Pre-judging - \$10.00 Evening Show - \$15.00

Back Stage Pass - \$40.00 (includes entry to both shows)

Competitors entry Fee - \$40.00

Late Fee After May 23rd --- \$15.00

CASH ONLY

For More Information Contact:

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at

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