



2019 NGA East Coast Natural Pro/Am Championships
Mount Nittany Middle School – State College, PA
Saturday, September 21, 2019

ELIGIBLE: Open to all natural amateur & PRO athletes who hold a current NGA card or may obtain membership on or before day of registration. All classes (except kids) are required to take a seven year drug-free polygraph.

PLACE: **MOUNT NITTANY MIDDLE SCHOOL**
656 Brandywine Drive - State College, PA 16801

HOST HOTEL: **SUPER 8 HOTEL (814-237-8005)** 1663 S. Atherton St., State College, PA 16801
*Discounted rates expire September 1st - *Mention the NGA for discounted rate!*

TIME: Friday, September 20th ~ 4-8pm—**Mandatory Registration- Super 8 Hotel** (no Saturday Registrations)
Saturday, September 21st ~ 8:00am – **Mandatory Athletes Meeting**
PREJUDGING: 10:00a – Doors Open 9:30a
This is a Straight-Through Format. Finals will be after a short intermission following prejudging

MUSIC: All competitors may bring an mp3, smartphone or cd with a maximum of 60 seconds of music (PRO's - 90 seconds). If not provided, house music will be played. Any music supplied that contains profanity, foul language or explicit material will be immediately cut off and the routine stopped. This situation may also disqualify a competitor. Neither the Promoters nor the DJ are responsible for poor quality of music or apparatus submitted.

AWARDS: Amateurs – 1st 5 place winners
Pros - Cash

	<u>5-9 Athletes</u>	<u>10+ Athletes</u>
1 st	\$500	\$1,000
2 nd	\$300	\$ 500
3 rd	\$200	\$ 300

*Assuming the minimum number athletes is met (5 & 10)
*Under 5 is at discretion of Promoter

ENTRY FEE: Amateur entry fee = \$75.00 (includes 1st class) | \$25.00 per Amateur crossover class
PRO entry fee=\$120 (includes 1stclass) | \$120 per PRO crossover | Transformation=Free with 1st class

TICKET INFO: Audience Tickets - \$40 | Children 12 & Under – FREE
Trainers Pass - \$50 – 1 per athlete and includes all day pass

DEADLINE: September 7, 2019 to avoid late fees. Late entries are not guaranteed awards or goodie bags

POLYGRAPH: \$65.00 (Payable by cash only to the polygrapher at testing). Held Friday, Sept 20th at host hotel (see below). Call Chris Secrest directly at (917) 560-3196 for a testing appointment in advance. Failure to call for an appt. will jeopardize your entry into the show. If you have a valid, accredited polygraph (within 90 days of the show and performed by an official approved polygrapher), you ARE REQUIRED to show physical proof prior to or at registration. VERBAL proof is NOT ACCEPTED. If acceptable proof is not available, you will be required to take a polygraph onsite.

TANNING: Blaze Bronzing email blazebronzing@gmail.com
With the difficulty of obtaining venues, the product Dream Tan is PROHIBITED. Because of the inconvenience of cleanup from this product, the hotel has made this requirement mandatory. Use of this product will result in disqualification from this event. Please use other products or obtain a spray tan from our sponsor. Spray Tanning at the venue; excluding our sponsor Blaze Bronzing, is strictly prohibited and will result in disqualification.

PHOTOGRAPHER: David Puller 202.841.7835 | email: bdpimagery@msn.com

MAKE-UP: Jessica Rothenbecker 570.417.6489 | email: jbecker21362@gmail.com

PROMOTERS: *Earl Snyder* 814.577.9796 | *Terri Whitsel* 717.649.3191
REGISTER 100% ONLINE: www.ngaeastcoastnatural.com
or SEND MONEY ORDER *Earl Snyder* (no personal checks)
ONLY TO: 503 Cricklewood Drive – State College, Pa 16803
EMAIL: info@ngaeastcoastnatural.com

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MEN'S BODYBUILDING	MEN'S PHYSIQUE	MEN'S CLASSIC PHYSIQUE	BIKINI	FIGURE	WOMEN'S PHYSIQUE / BODYBUILDING		TRANSFORMATION	
Debut ____	Debut ____	Debut ____	Debut ____	Debut ____	Physique Open ____		Crossover Class Only ____	
Novice ____	Novice ____	Novice ____	Novice ____	Novice ____	Bodybuilding Open ____		Must be registered In a class	
Teen ____	Teen ____	Teen ____	Teen ____	Teen ____	Teen ____		Must submit story and before photo	
Masters (40-49) ____	Masters (40+) ____	Masters (40+) ____	Masters (35+) ____	Masters (35+) ____				
Masters (50-59) ____								
Masters (Ages 60+) ____			Bikini Model Open ____					
Open Lt up to 156 ¼ ____	Open Light up to 156 ¼ ____	Open Light up to 156 ¼ ____	Open Short (under 5'5") ____	Open Short (under 5'5") ____	<i>There must be a minimum of 5 athletes per class to qualify for PRO. If there are less than 5, the winner must win the overall to qualify to turn PRO providing there are a total of 5 or more in the whole division.</i>			
Open Mid ovr 156¼ to 172¼ ____	Open Middle ovr 156 ¼ to 172 1/4 ____	OpenMiddle ovr 156 ¼ to 172 1/4 ____	Open Tall (5'5" & over) ____	Open Tall (5'5" & over) ____	<i>DEBUT – 1st time on stage in the class NOVICE – Never placed 1st in the class</i>			
Open Ltv ovr 172¼ to 189¼ ____	Open Heavy over 172 1/4 ____	Open Heavy over 172 1/4 ____						
Open Hvy Over 189 ¼ ____			PRO Model ____					
PROMaster ____	PRO Master ____	PRO Master ____	PRO Master ____	PRO Master ____				
PRO Open ____	PRO Open ____	PRO Open ____	PRO Open ____	PRO Open ____	Pro Womens Physique ____			

PRINT NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TEL.# _____ E-MAIL _____

AGE _____ Height _____ Weight _____ NGA Member # _____

WAIVER: In consideration of your accepting this entry, I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights and claims for damages I may have against The National Gym Association, Inc. (NGA), Super 8 Hotel, Mount Nittany Middle School, Hot Bodies Intl, Promoters - Earl Snyder, Terri Whitsel and any and all sponsors, agents, representatives and assigns for any and all injuries and/or losses suffered by me as a result of my participation and/or attendance at the 2019 NGA East Coast Natural Championships on 9/21/19.

SIGNATURE _____ DATE _____