

FLINT BODYBUILDING
CHAMPIONSHIPS AND FIGURE
2010

DATE: April 10, 2010

LOCATION: University of Michigan Flint 303 E Kearsley at Harrison

ENTRY FEE: \$60.00 (Must be post marked by March 31, 2010)

LATE ENTRY FEE: \$80.00

ELEGIBILITY: Open to any Competitor that have not at any time in the 60 months preceding this event engaged in the personal use of Anabolic Steroids or other growth oriented drugs in any form or manner whatsoever.

DIVISIONS: Novice One Men, Novice One Women, Novice One Figure, Sub-Master Men, Sub-Master Women, Sub-Master Figure, Open Men, Open Women, Teenage

INFORMATION: All competitors competing in the novice class must not have ever competed in a bodybuilding or figure, in the past. All Competitors competing in the sub-master division must be between the ages of 35 and 49, years old. **Competitors will be divided by height based on the number of competitors. All music must be on CD.** Lyrics of all music must be of good taste. No music with racial or profanity lyrics will be allowed. Only posing attire is allowed to be worn on stage. Props that are attached to the body can be used at the evening show.

E.P.F.N.B. CARDS: All competitors must be in good standings with Executive Productions and must have an Executive Productions membership card to compete in this competition. Membership cards will be sold at the contest site for \$40.00. Applications can be found by logging on to **epfnb.org**

DRUG TESTING: Drug testing will take place April 10, 2010 between 9:00am and 10:00am at the University of Michigan Theatre located at 303 E Kearsley and Harrison.

COMPETITORS MEETINGS: 11:15am and 5:45pm

SHOW TIME: Prejudging 12:00pm, Evening show 6:30pm.

TICKET PRICE: \$10.00 Prejudging \$20.00 Evening Show.

TRAINERS PASS: \$25.00 (Only one per competitor and must be purchased along with the pre-entry fee). Must be purchased with a separate check or money order.

CONTACT INFORMATION: For any additional information, contact Dave Cammon At 810-287-6271 or e-mail dgcammon@earthlink.net or Dinisha Coulter or Miss Nana at 810-232-9622. Make all checks or money orders payable to the Flint YMCA Weightlifting Club. Mail Check or money order to Dave Cammon, Flint YMCA Weightlifting Club, 411 East Third Street Flint, MI 48503

FLINT BODYBUILDING ENTREY FORM

Please enter me in the: Novice one Men _____ Novice one Women _____ Novice one Figure _____

Sub-master Men 35-49 _____ Sub-master Women 35-49 _____ Sub-Master Figure 35-49 _____

Open men _____ Open Women _____ Open Figure _____ Teenage _____

Name _____ Address _____

City _____ State _____ Zip _____ Phone () _____

Age _____ I train at _____ I work at _____

As a _____ I go to School at _____

Hobbies are _____ Height _____ Weight _____

Past Titles 1. _____ 2 _____ 3 _____

PEOPLE I WOULD LIKE TO THANK

1. I would like to thank _____ for _____

2. I would like to thank _____ for _____

2. I would like to thank _____ for _____

In consideration of accepting this entry, I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators assume all responsibility for injuries I may incur as a direct or indirect result of my participation in this event and waive and release any and all rights and claims for loses and damages I may have against Executive Productions, University of Michigan Theatre, Participating sponsors there directors, employees and/or agents for any and all injuries suffered by me in this event. I further attest that I am physically fit and have trained sufficiently for this event and have not at any time during the preceding eighty-four (84) calendar months engaged in the personal use of anabolic steroids or any other growth oriented drugs in any form or manner whatsoever. I further agree to abide by all decisions of the contest director and declare that all information contained herein is, to the best of my knowledge, true, correct, and complete, and I hereby grant full permission to any and all of the forgoing to use any photographs, videotapes, motion pictures, recordings, or other recordings, or other record of this event for any purpose whatsoever.

Contestant Signature _____ Date _____

Parent or Guardian Signature if under 18 _____

E-Mail Address _____