

2008 NLABBA BODYBUILDING & FIGURE CHAMPIONSHIPS REGISTRATION FORM



Weigh-In & Final Registration

Holy Heart of Mary Auditorium
55 Bonaventure Ave, St. John's
Friday, June 6 @ 7:00 pm

Competition Saturday, June 7

Holy Heart of Mary Auditorium
55 Bonaventure Ave, St. John's
Pre-judging @ 10:00 am / Finals @ 7:00 pm

1. Provide the following information (please print clearly):

Name (First) _____ (Last) _____

Address _____

City/Town _____ Postal Code _____

Email _____ Phone # _____

Age _____ Height _____

Training Gym _____ Years Training _____

Occupation _____

2. List all previous competitions/awards (include year, contest name, category and placing):

3. Comments (to be read by the emcee when you are introduced..."I would like to thank..." – keep is short please):

4. Expected Weight Category & Class:

<input type="checkbox"/> Novice (open to all 1 st time competitors)	<input type="checkbox"/> Junior (21 yrs & under)	<input type="checkbox"/> Masters (Men/Women 35+ yrs)	<input type="checkbox"/> Grandmasters (Men/Women 49+ yrs)
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<p>Men's Bodybuilding Division</p> <p><input type="checkbox"/> Bantam (up to 143 lbs)</p> <p><input type="checkbox"/> Lightweight (over 143 – 156 lbs)</p> <p><input type="checkbox"/> Middleweight (over 156 – 176 lbs)</p> <p><input type="checkbox"/> Light Heavyweight (over 176– 198 lbs)</p> <p><input type="checkbox"/> Heavyweight (over 198 lbs)</p>	<p>Women's Bodybuilding Division</p> <p><input type="checkbox"/> Lightweight (under 114.5 lbs)</p> <p><input type="checkbox"/> Middleweight (114.5 to 127 lbs)</p> <p><input type="checkbox"/> Heavyweight (over 127)</p>	<p>Women's Figure Division</p> <p><input type="checkbox"/> Short (up to & incl. 5'3")</p> <p><input type="checkbox"/> Tall (over 5'3")</p>
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5. Registration Fees (includes DVD):

I have enclosed my:

- \$100.00 entry fee** (new NLABBA members)
- OR-
- \$75.00 entry fee** (existing NLABBA members)

Registration Cut-off Date: Saturday, May 24th, 2008

Important: A \$50.00 charge will be added for any late registrations received after May 24th

Please send your completed registration form (2 pages) along with a certified cheque or money order payable to:

**NLABBA
16 Carlisle Drive
Paradise, NL A1L 1E7**

6. Music:

- All competitors are required to bring your posing routine music properly cued ready to play on CD.
- Your routine music must be burnt on a separate CD with your name and category/competitor # clearly marked.
- CD's will be collected at the Weigh-in on June 6.
- Your music will given back to you after the competition. Make sure you have a back up copy incase of any incidentals that may occur.

Contest rules & details are available on the NLABBA website at www.nlabba.com

For additional information or questions please contact the NLABBA Executive at nlabba@canada.com