

2009 NLABBA BODYBUILDING & FIGURE CHAMPIONSHIPS REGISTRATION FORM



Competitor Weigh-In & Final Registration

Friday, November 20 @ 7:00 pm
Holy Heart of Mary Theatre
55 Bonaventure Ave, St. John's

Provincial Competition: Saturday, November 21

Pre-judging @ 10:00 am / Finals @ 6:00 pm
Holy Heart of Mary Theatre
55 Bonaventure Ave, St. John's

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 (check all that apply):

<input type="checkbox"/> Novice <small>(open to all 1st time competitors)</small>	<input type="checkbox"/> Junior <small>(21 yrs & under)</small>	<input type="checkbox"/> Masters <small>(Men/Women 35+ yrs)</small>	<input type="checkbox"/> Masters <small>(Men/Women 35+ yrs)</small>	<input type="checkbox"/> Couples <small>(open class category)</small>
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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)

Early Registration Cut-off Date: Monday, September 21st, 2009 (no exceptions).

A \$50.00 charge will be added to late registrations.

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**

Alternatively, email nlabba@canada.com to arrange for in-person registration drop off.

6. Music:

- All competitors are required to bring your posing routine music properly cued ready to play on CD.
- Your posing routine music must be burnt on a separate CD and clearly marked with a Sharpie marker the following information:
 - ✓ Your Name
 - ✓ Your Category/Division
 - ✓ Your Competitor # (will be provided during the competitor weigh-in).
- CD's will be collected at the competitor weigh-in.
- Your music will given back to you after the competition. Make sure you have a back-up copy in the case of incidentals that may occur.

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

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