



NGA SOUTHERN CROSS NATURALS

AUGUST 23, 2014

Location: Ormond Beach Performing Art Center 399 North US 1 Ormond Beach FL. 32174

Show Times: Prejudging: 10 AM evening 4pm

Drug Tested Event: This is a natural (drug-free) competition. All competitors must meet eligibility criteria listed in the Drug Testing Guidelines in order to participate. Competitors should review these procedures and the list of banned substances

Drug Testing: All competitors are required to be polygraph tested prior to competing. Photo identification must be shown prior to polygraph tests. Any competitor not polygraph tested will be disqualified.

Membership: All competitors required to be current members of NGA to participate in this event. Membership forms and online registration options can be found on NGA WEBSITE WWW.NGA.COM, or membership can be obtained when checking in for the event.

Division Offerings: MEN'S-BODYBUILDING, PHYSIQUE- WOMEN'S BIKINI,FIGURE, PHYSIQUE BODYBUILDING

Classes: BODYBUILDING, BY WEIGHT AND BY AGE, WOMEN FIGURE, BIKINI, PHYSIQUE BY HEIGHT AND AGE, MEN'S PHYSIQUE HEIGHT AND AGE. ** Classes or divisions may be drop or added or combined depending on entries***

Crossovers: A "crossover" is entering more than one division. For example, someone may enter the Novice division, if eligible, and also elect to crossover into the Open division and compete in it as well. Crossovers between Women- Figure, Bikini and Women's Bodybuilding are not permitted. Men's Bodybuilding and Physique are not permitted

Awards: for top 3 placements in each class plus best poser/presentation awards. Top 3 masters

Fees: If entry received by or postmarked by August 18th: Entry \$60, Crossover Entry \$40 for each additional class. **Late entry** \$60 entry, Crossover Entry \$45 for each additional class. Entries will not be accepted day of show. NGA Membership: \$60 (if not already a current member). Polygraph Exam \$45

Check-In/Polygraph Test: Friday August 22 4:00 PM – 9:00 PM at host hotel listed below and Saturday. Promoter will contact entrants approximately 1-2 weeks before show to schedule appointments. **COMPETITORS MUST BRING OWN MUSIC FOR ROUTINES/STAGE WALKS AT TIME OF CHECK-IN.** See details about music below.

Contestant meeting: Saturday August 23, 9 am at Venue

Backstage policy: One assistant max per competitor allowed, assistant **MUST** buy a trainers ticket, which is good for General Admission and back stage access.

Note: Tanning will be provided by Jax Mobile \$100 includes touch ups glaze and bikini bites email roxanaparker@exoticatanning.com * No Dream Tan Allowed***** phone Phone: 904-402-2890**

Pump-Up Area: Light weights, stretch bands and mirrors will be back stage for use in pumping up before going on stage.

Stage Photography: Will be available for purchase vendor will be at Friday night check in

Prejudging: The Prejudging portion of the event will consist of: Bodybuilding, Physique, Bikini, Figure comparisons

Finals: The Finals portion of the event will consist of: Bodybuilding routines, Figure, Bikini Physique stage walks, awards presentations, and overall judging (for divisions with more than one class). All competitors will perform at finals regardless of placement from prejudging. Bodybuilding routines and Figure/Bikini, Physique, stage walks should last no more than 60 seconds. Competitors are to supply own music for Finals performances on CD with no profanity (if burning music to CD on a computer please test it afterwards on a regular CD player to ensure it works outside the PC platform). Costumes/props are permitted.

Tickets: Adult General Admission Prejudging \$15, Adult General Admission Finals \$20, Adult General Admission Combo (both shows) \$30, Under Age 18 General Admission Prejudging \$5, Under Age 18 General Admission Finals \$5, Under 18 General Admission Combo (both shows) \$10, Trainers Ticket \$45 (only applicable to those helping a competitor prepare back stage. One trainer max per competitor is permitted. Trainer's tickets are good for general admission seating at both shows and back stage access).

*** HOST HOTEL HAMPTON INN 155 interchange Blvd. Ormond Beach Fl. 32174 phone 386-677-999 ask for Southern Cross discount

Contact person CONRAD OR MAMIE REID CELL PHONE 386-675-2334 OR HOME 386-738-5392

NAME_____#_____ (DAY OF SHOW)

DIVISION(S)_____ -

DIVISION CLASSES mark ones you want.

Men's Open Bodybuilding

- ☐ **Lightweight – To 156 ¼ pounds**
- ☐ **Middleweight – Over 156 ¼ to 172 ¼ pounds**
- ☐ **Light Heavyweight – Over 172 ¼ pounds to 189 ¼ pounds**
- ☐ **Heavyweight – Over 189 ¼ pounds**
- ☐ **Novice Men's Bodybuilding: One Class**
- ☐ **Teens Bodybuilding: One Class**

Men's Masters Bodybuilding

- ☐ **Masters 40 – 49**
- ☐ **Grand Masters 50 – 59**
- ☐ **Super Grand Masters 60+**
- ☐ **Super Grand Masters 70+**

Women's Open Bodybuilding (depending on entries)

- ☐ **Lightweight – To 122 ¼ pounds**
- ☐ **Heavyweight – Over 122 ¼ pounds**

Women's Masters Bodybuilding (depending on entries)

- ☐ **Masters 35 - 44**
- ☐ **Grand Masters 45+**

WOMEN'S FIGURE

- ☐ **Women's Open Figure: Height Classes**
- ☐ **Women's Novice Figure: Height Classes**

Women's Master Figure

- ☐ **Masters 35 – 44**
- ☐ **Grand Masters 45+**

Women's Bikini

- ☐ **Women's Open Bikini: Height Classes**
- ☐ **Women's Master Bikini 35+: One Class**

Women's Physique

Open one class

Master one class

- ☐ **Men's Physique: Open Based on height and entries**

☐ **Novice** ☐ **Masters one class**

Tanning

\$100.00 which will include as many coats as they need the night before, touch ups, glaze and bikini bite the day of the show and my email is roxanaparker@exoticatanning.com phone 904-402-2890

NGA SOUTHERN CROSS NATURALS 2014

Name (print): _____ Email: _____

Address (Street): _____ Phone: _____

City: _____ State: _____ Postal Code: _____

Date of Birth: _____ Age: _____ Height: _____ Weight: _____ Shirt Size: _____

Division(s) Entering (*check or circle*) ** please look at next page for explanation of classes

Men's Bodybuilding: TEEN- - NOVICE-* OPEN-* MASTER +40 +50 +60 +70 * PRO QUALIFER (Min 5 in Masters)

Women's Bodybuilding: * OPEN * MASTER 40

Figure: - NOVICE- * OPEN- * MASTERS +35 +45+60 *PRO QUALIFER

Bikini: -NOVICE-*OPEN- *MASTERS +35 +45 *PRO QUALIFER

MEN'S PHYSIQUE TEEN- NOVICE- *OPEN- *MASTERS +40 * PRO QUALIFER (MINIMUM 5 in Masters)

Women's Physique Open- Masters

Division Details: Novice: Open only to those who have not placed first in any class besides Teen within any division in the same category (Ex. Figure) with any organization (unless was the only competitor in the class). Eligibility will be verified during polygraph testing. Masters/Age Divisions: Open only to those falling into the stipulated age range (ex. Masters Age 40+ is age forty and over). Open: Open to anyone regardless of age and level of experience.

I have read, understand, and agree to the above terms. 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), ORMOND BEACH PERFORMING ARTS CENTER OR CONRAD REID, 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 NGA 2014 SOUTHERN CROSS NATURALS. AUGUST 23 2014

Name (print): _____ Signature: _____ Date: _____

If under Age 18: Parent's name (print): _____ Parent's Signature: _____

Fees to Submit with Entry Form:

Entry Fee*: _____ **Crossover Entry Fee(s)*** _____ **Polygraph Fee:** **\$45** **Total:** **\$** _____

*(If entry received by or postmarked by August 18 \$60, Crossover Entry \$40 for each additional class. After August 18st: Entry \$60, Crossover Entry \$45 for each additional class. Entries will not be accepted after August 23rd to). Fees non-refundable.

Payment by (*check one*): ☐ Check (*Not accepted after 8/22/14*) ☐ Money Order]

Make checks payable and mail to: **CONRAD REID 210 South Julia ave Deland FL. 32720**

***** TRAINER-NAME** _____

NGA Southern Cross Naturals

August 23, 2014 • Ormond Beach Florida

Location: College of Southern Nevada Performing Arts Center, 3200 E. Cheyenne Ave, N. Las Vegas, NV 89030

Show Times: Prejudging: 1:00 PM, Finals: 4:00 PM

Advance ticket purchases will be available for pick up at the ticket counter the day of the event.

(Tickets Available for Sale at the Door the Day of the Event Also)

Advance Ticket Sales Order Form

Name (print): _____ Email: _____

Address (Street): _____ Phone: _____

City: _____ State: _____ Postal Code: _____

Ticket Type	Cost	Quantity	Total
Adult General Admission Prejudging	\$15.00		
Adult General Admission Finals	\$25.00		
Adult General Admission Combo (good for both show times)	\$30.00		
Under Age 18 General Admission Prejudging	\$5.00		
Under Age 18 General Admission Finals	\$5.00		
Under Age 18 General Admission Combo (good for both show times)	\$10.00		
Trainer's Ticket (good for general admission seating at both shows and back stage access)****	\$45.00		
Trainers Tickets only applicable to those helping a competitor prepare back stage. One trainer max per competitor is permitted. Trainer's tickets are good for general admission seating at both shows and back stage access when competitor they're assisting is preparing back stage).			
Grand Total:			

Tickets Non-Refundable

Payment by (check one): ☐ Check (Not accepted after 8/23) ☐ Money Order ☐ Credit Card]

Make checks payable and mail to: **Conrad Reid 210 South Julia Ave Deland Florida 32720**

*** TRAINERS WITH 3 COMPETITOR GET TRAINER TICKET FOR FREE***** REFER TO ENTRY FORM OF COMPETITOR^^^^^^^^^