



NGA AMERICAN NATURAL CHAMPIONSHIPS

Saturday, November 9, 2019

- ELIGIBLE:** Open to natural amateur athletes who hold a current NGA card or may obtain membership on day of testing (cash only) for \$75.00. All classes are required to take a seven-year drug-free polygraph excluding kids.
- PLACE:** CORAL SPRINGS CHARTER SCHOOL
3205 North University Dr., Coral Springs, FL
- TIME:** CONTESTANT CHECK-IN: 9:00 AM - PREJUDGING: 10:30 AM (**SHARP**)
EVENING: SHOWTIME 5:30 PM - DOORS OPEN: 5:00 PM
- MUSIC:** All bodybuilders, classic physique and fitness competitors **ONLY** can bring a cd with a maximum of 60 seconds of music. If not provided, house music will be played. All physique, figure and bikini competitors will do their walk to house music. (Photography is prohibited).
- AWARDS:** DEBUT, NOVICE, COLLEGIATE, TEENS, KIDS, etc., (men and women): 1st five places.
- ENTRY FEE:** \$80.00 - NGA American Natural Championships (Kids \$50.00)
- TESTING:** \$60.00 (Payable by cash to the polygrapher at testing). Held Nov. 8th at host hotel (see below). Call the NGA office 954-344-8410 for a testing appointment beginning Sept. 1st. Appointments will not be accepted until application and payment have been received. Failure to call for an appointment will jeopardize your entry into the 2018 NGA Amateur Universe and/or the NGA American Natural Championships.
- DEADLINE:** Oct. 31, 2019 Postmarked - Late Fee \$50.00. Promoter has the option not to accept late entries.
- HOST HOTEL:** LaQuinta Inn, 3701 North University Dr, Coral Springs, FL 33309, 954-753-9000. The cost is \$82.00 per room, per night plus applicable tax. Room reservations must be made by Oct. 17th to reserve this price. Please mention Group Number 770-170211-CG0005 to get this reduced price. Rooms are limited.
- TANNING:** With the difficulty of obtaining venues, please refrain from using the product Dream Tan. Because of the inconvenience of cleanup from this product, the school has made this requirement mandatory. Failure to refrain from using this product will result in disqualification from this event. Please use other products or obtain a spray tan from our sponsor Body Heat Tanning 954-675-4764 and ask for Rhonda Culligan. Tanning at the venue excluding our sponsor Body Heat Tanning is strictly prohibited and will result in disqualification. Body Heat Tanning is located at: 10673 Wiles Road, Coral Springs, FL 33076. www.bodyheattanning.net
- MAKE-UP:** For professional make-up contact Nina Gomez at 954-774-1373. The same rules apply as tanning. www.kissandtellmobilyemakeup.com
- CONTACT:** (954) 344-8410 or nga@nationalgym.com
- SEND CHECK/
MONEY ORDER:** THE NATIONAL GYM ASSOCIATION, INC.
PO Box 970579, Coconut Creek, FL 33097-0579
- ENROLL ONLINE:** <http://nationalgym.com/nga-contest-registrations.html>

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MEN'S BODYBUILDING	MEN'S PHYSIQUE	MEN'S CLASSIC PHYSIQUE	WOMEN'S BODYBUILDING	WOMEN'S PHYSIQUE	FIGURE	BIKINI	FITNESS
Debut ___	Debut ___	Debut ___	Debut ___	Debut ___	Debut ___	Debut ___	Debut ___
Novice ___	Novice ___	Novice ___	Novice ___	Novice ___	Novice ___	Novice ___	Novice ___
Teens (Ages 16-19) ___	Teens (Ages 16-19) ___	Teens (Ages 16-19) ___	Teens (Ages 16-19) ___	Teens (Ages 16-19) ___	Teens (Ages 16-19) ___	Teens (Ages 16-19) ___	Teens (Ages 16-19) ___
Juniors (Ages 20-21) ___	Juniors (Ages 20-21) ___	Juniors (Ages 20-21) ___	Juniors (Ages 20-21) ___	Juniors (Ages 20-21) ___	Juniors (Ages 20-21) ___	Juniors (Ages 20-21) ___	Juniors (Ages 20-21) ___
Collegiate ___	Collegiate ___	Collegiate ___	Collegiate ___	Collegiate ___	Collegiate ___	Collegiate ___	
Masters (Ages 35-39) ___	Masters (Ages 35-39) ___	Masters (Ages 35-39) ___	Couples ___				
MISC DIVISIONS							
Wheelchair ___	Physically Challenged ___	Couples ___	Kids Fit - Girls (Ages 5-15) ___	Kids Fit - Boys (Ages 5-15) ___			

NAME _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

TEL.# _____ **E-MAIL** _____

AGE _____ **Weight** _____ **Height** _____

TITLES WON _____

OFFICE USE ONLY	
Card #: _____	Entry: _____
Xover: _____	Owes: _____

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), Coral Springs Charter School, School Board of Broward County, 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 American Natural Championships to be held on November 9, 2019.

SIGNATURE _____

DATE _____

Make check payable to the NGA and mail to NGA, PO Box 970579, Coconut Creek, FL 33097-0579 or enroll online at:

www.nationalgym.com/nga-contest-registrations.html