

ENTRY FORM
NOVA SCOTIA CHAMPIONSHIPS
SATURDAY, APRIL 10, 2010

Name _____ Member # _____

Address _____

City _____ Province _____ Postal Code _____ Phone _____

Age _____ Height _____ Sex _____

Years Training _____

Previous Contest Experience _____

Thank-you / Sponsors (maximum of 15 words) _____

Thank you information must be on this form, it will not be accepted at the Contest.

ENTRY FEE
\$40

Deadline Date is Friday, March 19, 2010.
 Enclose certified cheque or money order made payable to NSABBA.
A \$50 charge will be added for any late registrations.

Please check the category you wish to participate in:

JUNIOR WOMEN

_____ One class only

JUNIOR MEN

_____ One class only

SENIOR MEN

- _____ Bantamweight up to & incl 65 kg (143 lbs)
- _____ Lightweight up to & incl 70 kg (154 lbs)
- _____ Welterweight up to & incl 75 kg (165 lbs)
- _____ Light-Middleweight up to incl 80 kg (176 lbs)
- _____ Middleweight up to incl 85 kg (187 lbs)
- _____ Light-Heavy up to & incl 90 kg (198 lbs)
- _____ Heavyweight over 90 kg (198 lbs)

FITNESS

_____ One class only

SENIOR WOMEN

- _____ Lightweight up to & incl 55 kg (121 lbs)
- _____ Heavyweight over 55 kg (121 lbs)

MASTERS *

- _____ (Men 40 & over, Women 35 & over)
- _____ One weight class only
- _____ Grandmasters Men (50 & over)

COUPLES *

_____ One class only

FIGURE

- _____ Short Class up to & incl 162.5 cm (5'4")
- _____ Tall Class over 162.5 cm (5'4")

BIKINI

_____ One class only

*** THOSE COMPETITORS WISHING TO COMPETE IN 2 CLASSES (MASTERS/COUPLES & SENIOR) MUST PAY TWO ENTRY FEES.**

**** JUNIOR AND MASTER COMPETITORS MUST INCLUDE PHOTOCOPY OF BIRTH CERTIFICATE WITH THIS ENTRY FORM.**

***** ALL COMPETITORS ARE REQUIRED TO BRING PROOF OF HOME ADDRESS AND NS HEALTH CARD TO WEIGH-IN.**

I have read and I understand the information set forth above and agree to abide by all the rules and regulations set out by the NSABBA. In consideration of your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I may have against the Nova Scotia Amateur BodyBuilding Association and their respective agents, representatives, committees for any and all injuries and losses which may be suffered by me at or in conjunction with the competition which I hereby make application to enter.

 SIGNATURE (If under 19 years of age, signature of parent/guardian)

 DATE

Enclosed is a certified cheque/money order in the amount of \$

Submit no later than March 19, 2010 to: NSABBA
 14 White Sands Crt.
 Hubley, NS B3Z 1A5

FOR OFFICIAL USE ONLY: Received: _____ Amount Rec'd: _____ Info Sheet & Rules Sent _____ Competitor # _____ Placing _____