

**ENTRY FORM**  
**NOVA SCOTIA CHAMPIONSHIPS**  
**SATURDAY, APRIL 14, 2012**

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 31, 2012.  
 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

- \_\_\_\_\_ Lightweight up to & incl 70 kg (154 lbs)
- \_\_\_\_\_ Welterweight up to & incl 75 kg (165 lbs)
- \_\_\_\_\_ Middleweight up to incl 85 kg (176 lbs)
- \_\_\_\_\_ Light-Heavy up to & incl 90 kg (198 lbs)
- \_\_\_\_\_ Heavyweight over 90 kg (198 lbs)
- \_\_\_\_\_ Classic Short (up to 5'9")
- \_\_\_\_\_ Classic Tall (over 5'9")

WOMENS PHYSIQUE

\_\_\_\_\_ One class only

FITNESS

\_\_\_\_\_ One class only

SENIOR WOMEN BODYBUILDING

\_\_\_\_\_ One class only

MASTERS \*

\_\_\_\_\_ (Men 40 & over, Women 35 & over)  
 One weight class only

COUPLES \*

\_\_\_\_\_ One class only

FIGURE

- \_\_\_\_\_ Short Class (up to & incl 5'4")
- \_\_\_\_\_ Med Class (over & up to & incl 5'6")
- \_\_\_\_\_ Tall Class (over 5'6")

BIKINI

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

**\* 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 31, 2012 to: NSABBA  
 14 White Sands Crt.  
 Hubley, NS B3Z 1A5

FOR OFFICIAL USE ONLY: Received: \_\_\_\_\_ Amount Rec'd: \_\_\_\_\_ Info Sheet & Rules Sent \_\_\_\_\_ Competor # \_\_\_\_\_ Placing \_\_\_\_\_