



# GREAT LAKES

Get Your Flex On

[www.NATURALMUSCLE.com](http://www.NATURALMUSCLE.com)

INVITATIONAL BODYBUILDING, PHYSIQUE, FIGURE & BIKINI CHAMPIONSHIPS

Presented by Natural Muscle Association LLC



April 21st, 2018

Drug Tested

Pro & National Qualifier for Bodybuilding, Men's Physique, Figure & Bikini

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**LOCATION:** Bayfront Convention Center - 1 Sassafras Ext. - Erie, PA 16507 [www.bayfrontconventioncenter.com](http://www.bayfrontconventioncenter.com)

**TIME:** 10:30 AM - Contestant Check In 1 PM - Pre-Judging 4 PM - Night Show

**ENTRY FEE:** \$70 (US Currency) No Personal Checks after April 7th. Make payable to: Natural Muscle Association LLC.

**Cross-Over \$55** Entries accepted after April 7th will be charged a \$25 late fee. See attached entry and ticket order form.

Entries will be limited to 100 competitors. All competitors must either have or purchase a Natural Muscle Association

membership card \$60 (\$85 Pro) You can enter online at [www.NATURALMUSCLE.com](http://www.NATURALMUSCLE.com). **FIGURE, BIKINI & PHYSIQUE COMPETITORS – ADD A PHOTO COPY OF YOUR LICENSE FOR HEIGHT VERIFICATION.**

**TICKETS:** Can be ordered on line at [WWW.NATURALMUSCLE.COM](http://WWW.NATURALMUSCLE.COM). Tickets are also available at the door the day of the show. **CASH ONLY THE DAY OF THE SHOW**

**DRUG TESTING:** All contestants will be subject to urinalysis testing for illegal and/or medically prescribed performance enhancing drugs – See list below. All results are final. By competing in this contest you agree to the results from the urine testing company. If you test positive to any of the NMA banned substances you forgo your placing, all awards and status and are banned from all NMA contests. Results are confidential. Any retests are done at the competitor's expense. Competitor cost is \$55 for test.

**MUSIC:** MP3 format. Maximum of 90 Sec. for Bodybuilders & Women's Physique. **NO PROFANITY IN POSING MUSIC.** Email your music to [naturalmuscle@gmail.com](mailto:naturalmuscle@gmail.com) no later than April 10th. Bikini, Figure, and Men's Physique will walk to house music.

**ATTIRE:** **Bodybuilders** - One piece-posing suit. **Women's Physique/Figure/Bikini** - 2 piece bikini-style swimsuit. **Men's Physique** - Competitors will wear board shorts.

**Natural Muscle Association Banned Substances:** All Anabolic steroids - Growth hormone - Prescription diuretics - Muscle implants - Clenbuterol - All FDA banned substances used for bodybuilding purposes. Alcohol use, day of show. Go to [WWW.NATURALMUSCLE.COM](http://WWW.NATURALMUSCLE.COM) for the complete list

# ENTRY FORM

<p><b>Men's Bodybuilding</b>  <input type="checkbox"/> 1<sup>st</sup> Time Competing  <input type="checkbox"/> Masters Over 60  <input type="checkbox"/> Masters Over 50  <input type="checkbox"/> Masters Over 40  <input type="checkbox"/> Teenage  <input type="checkbox"/> Novice  <input type="checkbox"/> Open  <input type="checkbox"/> Classic Physique</p> <p><input type="checkbox"/> <b>Women's Physique</b></p> <p><b>Men's Physique</b>  <input type="checkbox"/> 1<sup>st</sup> Time  <input type="checkbox"/> Master 40  <input type="checkbox"/> Teenage  <input type="checkbox"/> Open</p>	<p><b>Weight Classes</b>  <b>Men's Open</b>                  Light Weight Under 156lb                  Middle Weight Over 156lb to 172lb                  L/Heavy Weight Over 172lb to 189lb                  Heavy Weight Over 189</p> <p>All other classes determined day of show</p> <p><b>Transformation</b>  <input type="checkbox"/> Women  <input type="checkbox"/> Men</p>	<p><b>Women's Bikini</b>  <input type="checkbox"/> 1<sup>st</sup> Time Competing  <input type="checkbox"/> Bikini Mom  <input type="checkbox"/> Over 45  <input type="checkbox"/> Over 35  <b>Open</b>  <input type="checkbox"/> 5'3" and Under  <input type="checkbox"/> Over 5'3" to 5'6"  <input type="checkbox"/> Over 5'6"</p>	<p><b>Women's Figure</b>  <input type="checkbox"/> 1<sup>st</sup> Time Competing  <input type="checkbox"/> Figure Mom  <input type="checkbox"/> Over 45  <input type="checkbox"/> Over 35  <input type="checkbox"/> Novice  <b>Open</b>  <input type="checkbox"/> 5'3" and Under  <input type="checkbox"/> Over 5'3" to 5'6"  <input type="checkbox"/> Over 5'6"</p> <p><input type="checkbox"/> <b>Women's Physique</b></p>
<p>*NOVICE means a competitor that has NOT placed in the top 3 in an open division in any organization and that has not won 1st place in a novice division in any organization.</p> <p>The promoter has the right to alter divisions and events with regards to participation &amp; limit the number of competitors</p>		<p>1<sup>st</sup> Time is for competitors who have never competed before in that class</p>	

WAIVER: By your accepting my application to the 2018 GREAT LAKES Natural Bodybuilding, Physique, Figure & Bikini Championships, along with my nonrefundable entry fee, 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 Natural Muscle Events LLC (Manager Jerome Marsala), Natural Muscle Association LLC (Manager Jerome Marsala), Bayfront Convention Center, NaturalMuscle.com, 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 and traveling to the 2018 GREAT LAKES Natural Bodybuilding, Physique, Figure & Bikini Championships, April 21st 2018. I also grant NaturalMuscle.com, Natural Muscle Events LLC (manager Jerome Marsala), Natural Muscle Association LLC (Manager Jerome Marsala) Permission to use photos, videos or any likeness of myself to promote any future contests, videos, magazines or any other media involved with future and present contests for the purpose of promotion and/or sales of these media, without any compensation to myself, as condition of my entering the event. If I do not wish to have my photos used in any future promotional media I understand that it is my responsibility to notify the promoter of the event or Natural Muscle Events LLC & Natural Muscle Association LLC. I also agree, by my own free will and without duress, to submit a urine sample. I also agree to the outcome of the tests results from the urinalysis center. I understand that any retests are done at the competitor's expense I will abide by all Natural Muscle Association rules and show good sportsmanship. By signing and submission of this form I am stating that I am Drug Free and will abide by the Natural Muscle Association drug test policies and procedures. GOVERNING LAW. The laws of the state of New York State govern this agreement (without giving effect to its conflicts of law principles). If either party employs attorneys to enforce any rights arising out of or relating to this agreement, the losing party shall reimburse the prevailing party for its reasonable attorneys' fees and costs.

Signature\_\_\_\_\_

Parents Signature\_\_\_\_\_

(If under 18) Parental signature constitutes acknowledgment and acceptance

**Send Entry Form Fees To:**

**Natural Muscle Association LLC  
P.O. Box 1305  
Grand Island, N.Y 14072  
716-553-4905**

**ENTRY FORM**

**Print Legibly – Use only the space provided**

**For Questions On What Division You Qualify For:**

Jerry Marsala @ 716-553-4905  
Jerry@naturalmuscle.com  
WWW.NATURALMUSCLE.COM

Name \_\_\_\_\_

Phonetic spelling \_\_\_\_\_ E-MAIL \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State/Prov \_\_\_\_\_ Zip/Post \_\_\_\_\_ HGT \_\_\_\_\_ WGT \_\_\_\_\_

Gym Representing \_\_\_\_\_

Occupation \_\_\_\_\_

Thank You To \_\_\_\_\_

**Entry Fee - \$70** = \_\_\_\_\_

*(\$25 late fee after April 7th)*

**Competitor Check in at 10:30AM  
Pre-Judging starts at 1:00PM.  
Night Show starts at 4:00PM.**

**Cross Over - \$55 Per Class** = \_\_\_\_\_

**NMA Card - \$60 (\$85 Pro)** = \_\_\_\_\_

**TOTAL = \_\_\_\_\_**

**[www.naturalmuscle.com/proshop.html](http://www.naturalmuscle.com/proshop.html)**

**TICKET SALES - CASH ONLY THE DAY OF THE SHOW!!!**

**For Money Order or Personal Check**

**Payable to: Natural Muscle Association LLC - P.O. Box 1305 - Grand Island, N.Y 14072  
716-553-4905**

**No Personal Checks After April 7<sup>th</sup>**

## NMA Drug Screen Form

Name \_\_\_\_\_

Age \_\_\_\_\_

Address:

Street \_\_\_\_\_

City \_\_\_\_\_

State/Province \_\_\_\_\_

Zip/Postal \_\_\_\_\_

Email \_\_\_\_\_

Mobile Phone \_\_\_\_\_

Have you ever competed in a Bodybuilding, Physique, Figure or Bikini Contest? (If so you are not eligible for any of the 1st Time Divisions)

Yes

No

If so when \_\_\_\_\_

Have you ever failed a polygraph or urine test?

Yes

No

If so when \_\_\_\_\_

Have you ever used any substance on the NMA banned substance list?

Yes

No

If so when \_\_\_\_\_

Have you ever-used any type of steroid or muscle performance enhancing drugs

Yes

No

If so when \_\_\_\_\_

Have you ever-used prescription diuretics or any prescription drug to remove bodily water to prepare for a contest?

Yes

No

If so when \_\_\_\_\_

Have you ever-used Growth Hormone?

Yes

No

If so when \_\_\_\_\_

Have you ever-used Winstrol or any similar compound?

Yes

No

If so when \_\_\_\_\_

Have you ever-used Clenbuterol or any similar compound?

Yes

No

If so when \_\_\_\_\_

Have you ever-used Testosterone or any similar compound?

Yes

No

If so when \_\_\_\_\_

Have you ever used Synthol or any similar compound?

Yes

No

If so when \_\_\_\_\_

Are there any substances that you used unknowing what they were

Yes

No

If so when \_\_\_\_\_

Explain any issues above: