

2018 NGA AMATEUR IRON TITAN CHAMPIONSHIPS

(PRO QUALIFIER)



SATURDAY

JULY 21ST, 2018

ELIGIBILITY:

- Amateur athletes registered with the NGA
- All athletes are required to take a drug free polygraph
- Contest is not limited to amount of entries for both men and women

PLACE:

Joseph E Soehl Middle School

300 E Henry St, Linden, NJ 07036

ENTRY FEE:

Amateur's = **\$50** **Crossover Fees = \$35 per additional category**

Send Entry Form, Profile Form, and Money order or check payable to:

Rick Francois

MAIL TO:

Rick Francois

625 E Henry St.

Linden, New Jersey 07036

REGISTRATION DEADLINE: JULY 7, 2018 - Postmark date

- Late fee for entries past this date = **\$30+** entry fee

CROSSOVERS: Contestants may compete in the masters, open and novice categories

AWARDS:

- High quality trophies and sculptures presented to the top five places per class
- Overall winner/Best Poser Award/Pro Card towards Overall Class Winner

EVENT TIME:

Check in 9:00 am, Athletes meeting 10:30 am

Pre-Judging 12:00pm & Finals 5:30 pm (doors open at 5:00 pm)

TICKET INFO:

- Pre-Judging **\$20** & Final's General Admission **\$30**
- Combo All Day Pass **\$45**
- **TRAINER PASS \$20 PLUS YOU MUST PURCHASE A TICKET TO AUDITORIUM**
- Children 10 and under **FREE**



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INFORMATION FOR COMPETITORS

POLYGRAPH TESTING:

1. All Competitors must be tested Friday JULY 20, 2018 at
RETRO FITNESS
505 N MICHIGAN AVE.
KENILWORTH, NJ 07033
2. Fees (\$45 cash only) are paid at time of testing directly to the polygraph tester
3. Must make appointment by calling (917)-560-3196
4. Testing will be done at [**REFER TO POINT 1**]
5. If you have taken a polygraph within the past 90 days of event, you must provide original proof at registration

TANNING SERVICE: For tanning services call (800) 396-6219

CHECK-IN & REGISTRATION/WEIGH-IN:

12:00PM to 7:00PM Friday JULY 20, 2018
RETRO FITNESS
505 N MICHIGAN AVE.
KENILWORTH, NJ 07033

COMPETITORS MEETING:

10:30AM SHARP at **Joseph E Soehl Middle School**
300 E Henry St, Linden, NJ 07036

PRE-JUDGING:

12:00PM SHARP (Athletes Check-in 9:30AM)

FINALS:

5:30PM (doors open at 5:00PM)

PROFILE:

Complete and return attached profile sheet with entry form

MUSIC:

Contestants must bring a CD or cassette tape preset to a maximum of 60 seconds. If tape is not set, the DJ will play substituted music.
[Music required for the following: *Teen/Men's Bodybuilding, Classic Physique, Women's Physique & Women's Bodybuilding*]

TRAINERS:

Must purchase a back-stage pass and admission ticket that will get them back stage and, in the auditorium, to view the show. Only **1** trainer back stage is allowed

A. The definition and rulings of a novice are:

1. a competitor that has not placed in the top 3 in an open division of any organization;
2. a competitor that has not won 1st place in a novice division of any organization;
3. a novice competitor can crossover to the open division and vice versa; and
4. a master or couple can crossover into the novice or open division, but not both.

B. This show entitles class winners in the open division bodybuilding and overall figure winner to turn pro. (5 competitors equal a valid class).

C. Promoters have the option of canceling any class for an insufficient number of competitors;

D. Promoters have the option of splitting a division that has a total of 10 or more athletes.

For example, if the teen division has 10 competitors, the Promoter can divide this class into two calling them "Teen A" and "B". This division should be worked out as evenly as possible either by age, weight, or height. Promoters should look at all entry forms and decide which way to go. It is the Promoter's option whether or not to do an overall of "Teen A" and "Teen B"



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SATURDAY JULY 21, 2018 ENTRY FORM



MEN'S DIVISIONS

WOMEN'S DIVISIONS

_____ **Men's OPEN Bodybuilding**

- _____ A) Lightweight: 156.25 & under
- _____ B) Middleweight over 156.25 up to 172.25
- _____ C) Light heavyweight over 172.25 to 189.25
- _____ D) Heavyweight over 189.25

_____ **Men's Masters BB** (must show ID)

- _____ A) age 35 +
- _____ B) age 45 +
- _____ C) age 55 +
- _____ C) age 65 +

_____ **Men's Novice Bodybuilding**

- _____ A) Lightweight: 156.25 & under
- _____ B) Middleweight over 156.25 up to 172.25
- _____ C) Light heavyweight over 172.25 to 189.25
- _____ D) Heavyweight over 189.25

_____ **Men's Physique OPEN**

_____ **Classic Physique – ONE CLASS**

_____ **Teen Bodybuilding – ONE CLASS** (must show ID/ up to 20)

_____ **Women's OPEN Bodybuilding**

- _____ A) up to 112.25 lb
- _____ B) over 122.25 lb

_____ **OPEN Bikini**

- _____ (A) SHORT _____ (B) TALL
UP TO 5'5" OVER 5'6"

_____ **Women's Figure Masters (ID)**

- _____ A) age 35 +
- _____ B) age 45 +

_____ **Master Bikini 35+ __ 45+__**

_____ **Novice Bikini-OPEN CLASS**

_____ **Women's Figure OPEN**

- _____ (A) SHORT _____ (B) TALL

_____ **Women's Physique**

- _____ A) LT 156.25
- _____ B) M over 156.25 to 172.25
- _____ C) H over 172.25

Name _____ NGA Card# (if applicable) _____

Address _____

Phone _____ Weight _____ Birth date _____ Age _____

E-Mail _____ Facebook _____ Instagram _____

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 all rights and claims for damages I may have against Rick Francois (NGA) New Jersey, 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 JULY 21, 2018 NGA Amateur Iron Titan Championships

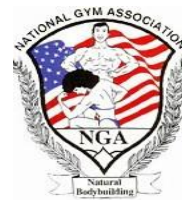
Contestant signature

Signature of guardian if contestant is a minor

Date Signed



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Profile for the MC to News Media – return with entry form

Name _____ Contestant# _____

Division(s) _____ Weight/ Height Class _____

Town & State Representing _____

Club/Gym Representing _____

Accomplishments/Previous Titles Won _____

Age _____ Coach _____ Team _____

Special Thanks/ Other Comments/ Hobbies:
