

2011 NABBA USA ~ Central American Championships

(Formerly: CONTINENTAL USA)

**CLASSES: Men's Open * Women's Open * Figure * Bikini * Jr Masters Men * Masters Men * Teen Men
Novice Men: * 4 Classes**

Date: Saturday ~ September 24, 2011

Time: Check In: Friday Night Only 5pm-8pm at Host Hotel / Meeting: Saturday 9 AM / Prejudging: Saturday 10 AM / Finals: Saturday 6 PM

Location: Bolingbrook High School 365 Raider Way, Bolingbrook, IL 60440

Promoters: Rob & Darlene Mayo (815) 342-5477 P.O. Box 178, Coal City, IL 60416 www.illinoisnabbausa.com / illinoisnabbausa@comcast.net

Eligibility: All Competitors: Each competitor must be currently registered with the NABBA USA (National Amateur BodyBuilders Association). To meet this requirement, he/she must present his/her current membership card or current receipt, or purchase a membership card at this competition (\$45). Each competitor must be in good standing with the NABBA USA .
Jr Master's Men, Master's Men and Teen Divisions: Must show proof of age at Friday check in by providing Driver's License, State I.D., or copy of Birth Certificate. Age limitations for these divisions are through the day of competition.

Divisions:

Men's Open * 5 Classes	Light Weight (up to 154) Heavy Weight (199-225)	Middle Weight (155-176) Super Heavy Weight (over 225)	Lt. Heavy Weight (177-198)
Women's Open * 2 Classes	Light Weight (up to 125)	Heavy Weight (over 125)	
Figure * 3 Classes	Short (under 5'3")	Medium (5'3" to under 5'7")	Tall (5'7" and over)
Bikini * 3 Classes	Short (under 5'3")	Medium (5'3" to under 5'7")	Tall (5'7" and over)
Jr. Masters * Age 30-34 & Age 35-39	Masters Men * Ages 40-49 & 50+	Teen Men * Ages 13-19	
Novice Men * 4 Classes	Light Weight (up to 154) Lt. Heavy Weight (177-198)	Middle Weight (155-176) Heavy Weight (over 198)	

Awards: Sculptured Trophies will be awarded 1st-5th and Separate award for Overall. Team Trophy will be awarded to team with highest placing combined score. All competitors will receive official contest t-shirt. Official NABBA USA Medallion will be awarded to overall winners in each category.

Rules: Light oil permitted. No form of tanning products of any type allowed in the building. (this includes over the counter brands) Please have your tanning preparation done before you arrive. No hot stuff and no mentholated products.
*****Anyone caught with tanning or mentholated products in the building will be automatically disqualified. No Acceptions.*****
Any competitor who competes in prejudging must participate in the finals show. No food or drink in the auditorium.

Bodybuilders Only: Solid color posing suits only. No T-back or thong suits allowed. No jewelry will be worn. (except wedding ring)

Figure Only: Figure competitors will be judged on three rounds. Figure competitors wear two piece suits only. (no g-string) Suit may be of solid color, multi-color, decorated, embroidered, jeweled, sequined, or tasseled. Clear high heel shoes are standard footwear.

Bikini Only: Bikini competitors will be judged on two rounds. Group quarter turns and individual T-walk. Suit must be a bikini (no g-string, or thong). Suit may be of solid color, embroidered, decorated, jeweled, sequined, or tasseled. Clear high heels are standard footwear.

Music: Bodybuilding and figure competitors provide music for individual routines in the finals. 60 seconds, pre-recorded on quality CD, queued to start. Please do not ask that sound person start at a particular track number. They will not. Music must be at beginning of CD. House music will be provided for bikini competitors.

Fees: Send \$60 check or money order with completed entry form. Crossover entry fee is \$30 for a total of \$90 for both classes. Entries must be post-marked prior to September 10, 2011 to avoid late fee of \$40. Entry fees are non-refundable.

Lodging: Springhill Suites by Marriott 125 Remington Blvd, Bolingbrook, IL 60440 (630) 759-0529 Mention the show for discounted rates.

Images: Bersano Photography ~ Don Bersano ~ Call or Text 815-351-4339 bersanophotography.com bersanophotography@comcast.net
Stage-Shots and/or PhotoShoots. Book your appointments early.

Tanning: Liquid SunRayz ~ Jacquie Wabel ~ 309-642-1537 By appointment only. Book your appointment early.
Spray booth set up at the host hotel Friday, September 23, 2011.