



2019 Heart of America Natural Classic

**J.T. Natural Body Building • Figure • Miss Bikini Midwest
Pro Bikini • Pro Figure & Pro Bodybuilding • Championships
Sanctioned By the National Gym Association
Pro-Qualifier**

Saturday, May 4, 2019



GENERAL INFORMATION

Eligibility:

Open to all Natural Amateur or Pro Athletes who hold or obtain an NGA Card on or before the day of the show.

7 year drug free requirement with polygraph and urine test.

Show Location:

Illinois Central College – Performing Arts Center, East Peoria, IL.
(For directions, see page 3)

Tickets:

(See Page 3)

Schedule:

Friday, May 3, 2019

Contestant Check-in.....12:00 noon – 9:00 PM
Stoney Creek Inn, East Peoria (for directions see page 2)

Mandatory polygraph & urine test.....12:00 noon – 9:00 PM
Stoney Creek Inn, East Peoria (for directions see page 2)

Saturday, May 4, 2019

Mandatory competitors meeting.....8:00 AM

Pre-Judging.....9:00 AM

Evening Show

Competitors must report for walk through of show's opening at:.....4:00 PM

Doors Open.....4:30 PM

Showtime.....5:00 PM

After the Show...

Please join us for a great "after party": food, drinks, DJ, and a chance to mingle with fellow competitors, judges, and fans! Location to be announced.

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Photographer:

A professional photographer will be available at both pre-judging and evening show. (See website for details.)

Tanning, Hair, Makeup:

Spray tanning, hair styling, and makeup will be provided. (See website for details.)

Awards:

All Classes - Trophies for Top five in each class, division and overall.

Pro Bikini: (Cash prizes to be announced.)

Pro Figure: (Cash prizes to be announced.)

Pro Men's Bodybuilding: (Cash prizes to be announced.)

Entry Fees:

Pro Figure, Pro Bikini, and Pro Men's Bodybuilding:
\$100.00 – due with receipt of application.

All other:

\$75.00 – due with receipt of application.

Crossover fee:
\$20.00

Testing Fee:

\$40.00 for polygraph & urine test—due at registration.

Biography:

Please clearly type biography and thank you on attached sheet. (Please limit bio to 30 words or less.)

Must be legible and returned with the application.

Deadlines:

Pro athletes:

April 15, 2019

(Please note: Any pro division with fewer than 5 entries by the April 15 deadline may be dropped from the program.)

All others:

April 30, 2019

Please make check or money order payable to:

"John Abraham"

and send to:

John Abraham
2600 W. Windflower Court
Peoria, IL 61615

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Ticket and Seating Information:

Seating:

- Seating will be General Admission—for both prejudging and evening.
- Doors will open ½ hour before prejudging and evening show.
- *Seating is limited*, so be sure to buy tickets in advance!

Ticket Prices:	Pre-judging (morning show)	Evening Show	Combo (both shows)
General Admission	\$25.00	\$30.00	\$50.00
Students	\$20.00	\$25.00	\$40.00
Children (age 5–12)	\$15.00	\$17.50	\$30.00

Tickets can be purchased online at: <https://iccticketing.universitytickets.com/w/default.aspx?cid=179>

Preferred Hotel:

Stoney Creek Inn – – 101 Mariners Way, East Peoria, IL 61611 — (309) 694-1300

- When making reservation mention group rate for Heart of America Natural Classic.
- Hotel has hot breakfast, free wireless internet, heated indoor/outdoor pool, fitness center, gift shop, Loose Moose Saloon, Specialty Rooms and Suites.
- Contact event Promoters for list of other area hotels!

Directions:

To ICC Performing Arts Center

– Illinois Central College – East Peoria Campus, 1 College Dr, East Peoria, IL 61635 — Phone: (309) 694-5136
Take I-74 to East Peoria, exit 95A onto IL-116/N Main St. East; turn right onto Centennial Drive; turn left onto College Drive; (slight left onto College Drive/Diamond Drive)

To Stoney Creek Inn – 101 Mariners Way, East Peoria, IL 61611 — (309) 694-1300

Take I-74 to East Peoria, exit 95A onto IL-116/N Main St. East; turn left on Mariners Way.

For more information contact:

John Abraham—309-370-5172; email: jjabraham1@yahoo.com

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CONTEST RULES/ REGULATIONS

RULINGS

- A. The definition and rulings of a novice:
 - 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.
- B. Promoters have the option of canceling any division for an insufficient amount of competitors.
- C. 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.”
- D. All athletes will be introduced to the audience at the evening show, and perform their routines.
- E. Jewelry may be worn during pre-judging, but must be inconspicuous. Promoter and official contest personnel have the option to request its removal if deemed inappropriate. More decorative jewelry and hair ornaments may be worn during the evening show.
- F. Space will be provided for the application of tanning lotions and oils. These products are not allowed in any other area of the building. **NO SPRAYS ALLOWED.** (i.e. Hot Stuff, Pam, etc.)

BODYBUILDING CRITERIA

Bodybuilders will pose in the evening show to house music displaying three or four of their best poses.

FIGURE CRITERIA

Physique Comparison Round

Contestants dressed in Two Piece Swimsuits and Heels will be instructed by the head judge through a series of quarter turns in groups of three for physique comparisons. The judges will look for good to excellent muscle tone, clean tight lines, and low but reasonable levels of body fat. Judges are not looking for muscle’s mass, cuts, or vascularity. Judges will look at overall shape and symmetry.

Presentation Round

Contestants dressed in Two Piece Swimsuits and Heels will individually walk to the Promoter’s choice of music. Contestants will walk stage right, stage left, and then center stage before exiting the stage. Judges will rate overall impression of contestant.

ENTRY APPLICATION

DIVISIONS

CLASSES

DEBUT
(1st time competitors
only)

OPEN CLASS DEBUT BIKINI
 OPEN CLASS DEBUT FIGURE
 OPEN CLASS DEBUT MEN'S PHYSIQUE
 OPEN CLASS DEBUT MEN'S BODYBUILDING

TRANSFORMATION

MEN'S-WOMEN'S OPEN TRANSFORMATION

TEEN MEN

MEN

LIGHTWEIGHT TO 156 ¼ LBS.
 MIDDLEWEIGHT OVER 156 ¼ TO 172 ¼ LBS.
 L/HEAVYWEIGHT OVER 172 ¼ TO 189 ¼ LBS.
 HEAVYWEIGHT OVER 189 ¼ LBS.

MEN'S MASTERS—40 & OVER
 MEN'S MASTERS—50 & OVER
 MEN'S MASTERS—60 & OVER
 MEN'S GRAND MASTERS—70 & OVER

MEN'S PHYSIQUE

LIGHT: TO 156 ¼ LBS. MIDDLE: OVER 156 ¼ TO 172 ¼ LBS. HEAVY: OVER 172 ¼ LBS.

MEN'S CLASSIC PHYSIQUE—
OPEN CLASS

WOMEN

LIGHTWEIGHT TO 112 ¼ LBS.
 MIDDLEWEIGHT OVER 112 ¼ TO 122 ¼ LBS.
 HEAVYWEIGHT OVER 122 ¼ LBS.

WOMEN'S MASTERS—40 & OVER
 WOMEN'S PHYSIQUE—(Open Class)

NOVICE (See Rulings)

MEN

WOMEN

LADIES FIGURE

2 Piece Swimsuit (see
Rulings For Judging
Criteria)

LADIES FIGURE
 LADIES FIGURE MASTERS—40 & OVER
 LADIES FIGURE MASTERS—50 & OVER

BIKINI

WOMEN'S BIKINI

BIKINI MASTERS—35 & OVER

BIKINI MODEL

PRO BIKINI

PRO FIGURE

PRO MEN'S BODYBUILDING

PRO MEN'S MASTERS BODYBUILDING

PRINT:

NAME _____ AGE _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL _____

GYM REPRESENTING _____ HT. _____ WT. _____

TITLES WON _____

BIOGRAPHY/THANK-YOU'S

(Can be continued on back or attach separate page. Please limit to 30 words or less.)

WAIVER: IN CONSIDERATION OF YOUR ACCEPTING ENTRY, 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 THE NATIONAL GYM ASSOCIATION, INC (NGA), JOHN ABRAHAM, FIVE POINTS WASHINGTON, 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/ATTENDANCE AT THE 2015 NGA HEART OF AMERICA NATURAL CLASSIC

Signature _____ Date _____

Signature of parent or guardian (if under 18) _____

Please send completed application to: John Abraham, 2600 W. Windflower Ct., Peoria, IL 61615

National Gym Association

Membership Application

Amateur Athletes \$65.00

(Please refer to the NGA Website: <http://national-gym.myshopify.com/collections/membership> for updated fees and information.)

LAST NAME _____ FIRST NAME _____ MI _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____ PHONE _____ D/O/B _____

SIGNATURE _____ DATE _____

PARENT SIGNATURE _____ DATE _____
(if under 18)

Yes, I would like to renew my NGA Membership.

Check or Money Order payable to NGA for \$ _____ is enclosed.

Please bill my Credit Card for \$ _____

Credit Card # _____

Card Holder's Name _____

Expiration Date _____ Visa Mastercard AMEX Discover

MAIL APPLICATIONS TO:
The National Gym Association, Inc.
P.O. Box 970579
Coconut Creek, FL 33097-0579

FOR EXPRESS PROCESSING
FAX: 954-344-8412
E-Mail: nga@nationalgym.com

REGISTER ONLINE:
<http://national-gym.myshopify.com/collections/membership>