



# 2012 Heart of America Natural Classic

**J.T. Natural Body Building • Figure • Pro Figure  
& Miss Bikini Midwest • Championships  
Sanctioned By the National Gym Association  
Pro-Qualifier  
Saturday, May 12, 2012**



## GENERAL INFORMATION

### Eligibility:

Open to all Natural Amateur 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:

Five Points Washington, 360 North Wilmor Road, Washington, IL 61571.

(For directions, see page 3)

### Tickets:

(See Page 3)

### Schedule:

#### Friday, May 11, 2012

- Contestant Check-in**.....11:00 AM – 8:00 PM  
Five Points, Washington (for directions see page 2)
- Mandatory polygraph & urine test**.....11:00 AM – 8:00 PM  
Sleep Inn, Washington (for directions see page 2)
- Posing Seminar with Russ Testo**.....8:00 PM  
Five Points Auditorium (for directions see page 2)

#### Saturday, May 12, 2012

- Mandatory competitors meeting.....8:00 AM
- Pre-Judging**.....9:00 AM

#### Evening Show

- Competitors must report for walk through of show's opening at:.....5:00 PM
- Doors Open.....5:30 PM
- Showtime.....6:00 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! At Kep's Place in Washington.

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## (Page 2—General Information Continued)

### Music:

Contestants must bring CD– pre-set – maximum of 90 seconds. (*Bodybuilders only*) (CDs are preferred) – If using a cassette, please bring an extra tape.

### Video:

- A professional videographer will film the show, tapes will be available for purchase.
- Sign up for video purchase will take place at registration.
- Private video taping is prohibited.

### Photographer:

A professional photographer will be available at both pre-judging and evening show.

### Awards:

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

Pro Figure: (Cash prizes to be announced.)

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

### Entry Fees:

Pro Figure and Pro Men's Bodybuilding:

\$90.00 – due with receipt of application.

All other:

\$50.00 – 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.

### Deadline:

April 30, 2012

Send check or money order to:

John Abraham

2600 W. Windflower Court

Peoria, IL 61615

# 2012 Heart of America Natural Classic

## (Page 3—General Information Continued)

### Ticket and Seating Information:

#### Seating:

- Seating will be General Admission and V.I.P.—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:

##### General Admission

General Admission (Reserved Seating).....\$30.00  
(Tickets purchased before April 1 are just \$25)

##### V.I.P Tickets

V.I.P. Seating (1st eight rows).....\$40.00  
(Tickets purchased before April 1 are just \$35)

\*\*\* CHILDREN UNDER 12 HALF PRICE\*\*\*

\*\*Please Note that V.I.P Tickets must be purchased by May 11\*\*

*Group Rates are also available for 8 or more tickets, for details call Brian Garnant at 309-444-8222*

All tickets may be purchased online through the Five Points website at:

[www.fivepointswashington.org](http://www.fivepointswashington.org)

Or at the door:

To Five Points Washington  
360 N. Wilmor Rd.  
Washington, IL 61571  
(309) 444-8200

### Preferred Hotel:

**Sleep Inn** – 1101 Cummings Lane, Washington, IL 61571 -- (309) 481-0450

- When making reservation mention group rate for Heart of America Natural Classic.
- Hotel has deluxe hot continental breakfast, free wireless high speed internet, indoor pool and spa, fitness center, guest convenience store, complimentary passes to the Washington Community Center, and direct access to Washington's recreation trail with bikes provided.
- Contact event Promoters for list of other area hotels!

### Directions:

**To Five Points Washington** – 360 N. Wilmor Rd., Washington, IL 61571 -- (309) 444-8200

Take I-74 to East Peoria, exit 95A onto IL-116/N Main St. East; Merge onto US-24 E via the ramp to Washington; Take the ramp to US-24-BUS/IL-8; Merge onto Mcclugage Rd/US-24-BR S; Turn left at IL-8 E/Washington Rd; Turn left at Wilmore Rd.; Go to 360 N. Wilmore.

**To Sleep Inn** – 1101 Cummings Lane, Washington, IL 61571 -- (309) 481-0450

Take I-74 to East Peoria, exit 95A onto IL-116/N Main St. East; Merge onto US-24 E via the ramp to Washington; Take the ramp to US-24-BUS/IL-8; Merge onto Mcclugage Rd/US-24-BR S; Turn left at IL-8 E/Washington Rd; Turn left at Cummings Lane; Go to 1101 N. Cummings Lane.

### For more information contact:

**John Abraham—309-370-5172; email: [jjabraham1@yahoo.com](mailto:jjabraham1@yahoo.com)**

Or

Brad Schupp—309-285-8111  
(from 5—9 PM only)

Or

Phil McWilliams—309-678-2564

# 2011 Heart of America Natural Classic

## 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 1<sup>st</sup> 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. Solid color posing suits and trunks must be worn during pre-judging. No T-back or thongs will be allowed under any circumstances. If your suit does not comply, you will be asked to find another suit before being allowed to compete.
- F. 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.
- G. 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.)

### 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

TEEN MEN

- MEN     LIGHTWEIGHT TO 156 ¼ LBS.     MEN'S MASTERS--40 & OVER  
 MIDDLEWEIGHT OVER 156 ¼ TO 172 ¼ LBS.     MEN'S MASTERS--50 & OVER  
 L/HEAVYWEIGHT OVER 172 ¼ TO 189 ¼ LBS.     MEN'S GRAND MASTERS--60 & OVER  
 HEAVYWEIGHT OVER 189 ¼ LBS.

- WOMEN     LIGHTWEIGHT TO 112 ¼ LBS.  
 MIDDLEWEIGHT OVER 112 ¼ TO 122 ¼ LBS.  
 HEAVYWEIGHT OVER 122 ¼ LBS.  
 WOMEN'S MASTERS--40 & OVER

- NOVICE     MEN  
(See Rulings)     WOMEN

- LADIES FIGURE     LADIES FIGURE  
2 Piece Swimsuit     LADIES FIGURE MASTERS--40 & OVER  
(see Attachment For Judging Criteria)     LADIES FIGURE MASTERS--50 & OVER

MISS BIKINI MIDWEST

- PRO DIVISIONS     PRO FIGURE     PRO MEN'S 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), FITNESS COUNSELING INC., JOHN ABRAHAM, SCOTTISH RITE CATHEDRAL 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 2006 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 \$45.00**

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](mailto:nga@nationalgym.com)*

REGISTER ONLINE:  
<http://store03.prostores.com/servlet/nationalgym/the-NGA-Athlete-Membership/Categories>