

# *2010 NATURAL PITTSBURGH Bodybuilding & Figure Championships*

Dear Natural Athlete,

Thank you for your interest in the NATURAL PITTSBURGH Bodybuilding & Figure Championships. This event will be held Saturday April 10, 2010. As always a great competition can be expected. I encourage you to complete and return your application as soon as possible. The classes are determined by number of entries so return your application ASAP.

Please review all the enclosed materials, which include: Bodybuilding & Figure contestant applications, contestant information sheet, directions, guidelines, and ticket form. If you have any questions concerning the show, please call us at 724-327-3326 or email us at [dean4540@aol.com](mailto:dean4540@aol.com) and we will be able to assist you.

Dean's Health and Fitness Center, and the North American Natural Bodybuilding Federation (NANBF, [www.nanbf.org](http://www.nanbf.org)) thank you for your interest and dedication to the sport of natural bodybuilding and figure competitions. Hope to see you April 10. Best of luck!

Dean J Tortorice

Dean's Health & Fitness Center

Promoter of the Natural Pittsburgh/Bodybuilding/Figure Championships

2010 NANBF NATURAL PITTSBURGH Bodybuilding, & WOMEN'S Figure  
Championships



- LOCATION:** Franklin Regional High School Auditorium  
3210 School Road  
Murrysville, PA. 15668
- DATE:** Saturday, April 10, 2010.
- TIME:** **Check-In – 10:00 am @ High School Auditorium.** Contestants meeting 11:15 AM. Competitors & assistant. Each competitor allowed one assistant backstage. **Assistants need tickets for both Pre-Judging and Night Finals.**
- PRE-JUDGING:** 12 PM (PRE - JUDGING TICKETS \$10.00)  
**FINALS:** 6:30 PM (FINALS TICKETS \$20.00 VIP-\$15.00 GEN)
- ENTRY FEE:** Postmarked on or before March 27, 2010 - \$40.00 per class entered (MAX-2)  
Please, money order or certified check. Sorry no refunds.
- ENTRY DEADLINE:** **March 27, 2010**  
**Additional \$30 fee late entries after deadline date. (No Exceptions!)**
- AWARDS:** Top five in each Class, Best Posers each Division, Overalls each Division, Niels Andersen Artworks Sculptured Awards.
- \*ACCOMODATIONS:** **The Holiday Inn Express, Rt. 22 Delmont, PA.** Quarter Mile West Of Intersection with Rt. 66/. **Group rates at \$75.00 per night.** Reservations received after cut off date will be accepted on a space available basis. **Cut off date is 3/27/10.** Free Parking / Free Hot Breakfast / Free local calls / Free Internet Service / within 3 miles of contest site Discount vouchers for Lamplighter Restaurant and much more....  
ALL CONTESTANTS/ FRIENDS & FAMILY STAYING AT THE HOLIDAY INN CAN WORKOUT AT DEAN'S FRIDAY THRU SUNDAY for \$5 Holiday Inn day rate.  
**CALL 1-800-HOLIDAY or hotel direct 724-468-1050. Web address [www.hiexdelmont.com](http://www.hiexdelmont.com)**
- DIRECTIONS (TO SCHOOL)** Coming from **All Points West of Pittsburgh**, Route 76 PA Turnpike, Get off at **Exit 57** for Pittsburgh/Monroeville; Take ramp onto RTE.22 EAST Murrysville. After 10<sup>th</sup> traffic light use next jug handle to right that allows you to go left across the highway. Go to stop sign and make a right on to old Wm Penn highway. Go approx 100 yards and make a left onto school property at Marquee. Follow up to top of hill to Senior High School. Parking in front and rear of building. **[TO HOLIDAY INN EXPRESS] Instead of turning left at jug handle stay straight on Rte. 22 east another 4 miles and Holiday Inn is on your left behind the Lamplighter Restaurant.**  
If coming from **All Points East of Pittsburgh**, Route 76 PA Turnpike, Get off at **Exit 8** for New Stanton: Follow ramp towards Greensburg and **Toll 66**. Get on **Toll 66 North to Delmont** (Toll 66 ends at Delmont) as you go down the hill you will see Kings Family Restaurant on your left. Just ahead you will see signs for **Rt. 22 West Murrysville**. Take 22 West about ¼ mile and **Holiday Inn Express** is on your right. Go another 3-4 miles on Rte 22 West till you pass the COZY INN BAR on your right... At the next traffic light make a right. Go to stop sign and make a left onto old Wm Penn highway. Go thru blinking light & make right at second entrance to school under Marquee. Follow to top of hill.

**ELIGIBILITY:** Open to all Natural Physique Athletes who have not at any time during the 84months prior to the day preceding this event, engaged in the personal use of anabolic steroids, other growth enhancing drugs, or Rx diuretics used to prepare for this competition or OTC diuretics used seven days prior to the event. Andro and related compounds and ephedra have a one year amnesty for new members. Refer to the banned substance list at NANBF.org or contact Fred Rowlett for any questions at 913-963-5091.

**FIGURE ELIGIBILITY:** Open to any female amateur who holds or obtains a NANBF or OCB Card on or before the day of the show. Figure Contestants must be tested.

**FIGURE GUIDELINES:** Figure competition is a blend of bodybuilding & fitness for females. It is a great way for women to show their physiques in a feminine way. The figure competition has 2 rounds. All contestants will wear a 2 piece suit and heels. Round 1 is a Poise & presentation round whereas contestants will be introduced individually, and asked to walk to the opposite side of the stage and do a modeling turn then go to other side of stage and do modeling turn from that side, then to center of the stage, stop while facing the audience, then slowly do a series of ¼ turns so the judges can see and judge accordingly. Then proceed to walk off the stage.

Round 2 – Contestants will file out on stage numerically. This round is symmetry where the head judge will call ¼ turns and then move contestants for physique comparisons. The judges are looking for the best package of symmetry, stage presence, overall skin tone and femininity. **NOTE: Thong or T Back swim suits cannot be worn.** V style suits are acceptable and should cover 50% of the glute area.

**HEIGHT CLASSES:** The Pittsburgh contest arranges its classes by height. The number of classes in each division is at the discretion of the promoter. The promoter may adjust the number of classes and height requirements the day of the show depending on the number of entries so as to produce the best competitive situation possible. Note: the number of entries received by March 27, 2010 will determine the number of height classes in each Division. **Please put your exact height without shoes on the application form before mailing back!**

**TESTING:** **All Contestants in Figure & Bodybuilding** will be given a polygraph examination to determine who is eligible to compete... The exam will take place prior to the contest near the contest site. **The contestant should call Dean's Health & Fitness Center starting March 1<sup>st</sup>, after the application has been sent to set up a testing time.** There will be no publicity for those who do not pass this test. **Testing Friday 4/9/10 @ Holiday Inn Express Delmont 5pm-9pm / Testing Saturday 4/10/10 @ Holiday Inn Express starting 8am-11am.** We suggest testing Friday evening if at all possible. After mailing in your application call to schedule your polygraph time. **There's a \$40 Testing Fee paid directly to the examiner.** For a list of banned substances you may go to [www.nanbf.org](http://www.nanbf.org) or [www.theocbwebsite.com](http://www.theocbwebsite.com).

**JUDGING:** check above websites for judging criteria.

**MUSIC:** We employ services of a professional D.J. Musical posing selection must on a CD (its best to have 2 copies just in case) Time limit is 60-70 seconds. Music will be stopped if it lasts beyond the time limit. Please have the CD labeled on the side where the music is recorded. The selection must be at the beginning of that side. For better sound quality, use a new CD. If your CD fails to function properly, please resume your posing routine to the house music. Please cooperate.

**PHOTOGRAPHY / CONTEST VIDEOS:** We will provide a professional photographer & video crew. They will provide quality pictures & video at a reasonable cost. You may obtain forms at the show to order either. **Video/Picture cameras will not be permitted at the evening show unless we cannot provide these services.**

**CROSSOVERS:** Will be allowed at this contest. One crossover allowed per each contestant.

All contestants in the Teen, Novice, Collegiate, Men's Master's (35+) (45+) (55+), Women's Masters (40+), & Women's Figure Masters (35+) (45+) Divisions must provide proof Of age at the check in table, Photo I.D. Driver's license, High School Picture I.D., or birth Certificates or passports. **(CROSSOVERS \$40 for additional class entered)**

**NOTE:** If by chance you are excluded from this contest as a consequence of not passing the Polygraph examination, there will be ***NO REFUNDS for the test, for the entry fee, for any Tickets purchased, or for any other financial obligations associated with this contest.***

**CONTESTANTS:**

You will be allowed one trainer in the pump-up area. That individual must have a ticket for both pre-judging and the evening show. No one will be allowed in the pump up room without a CONTESTANT BADGE or TRAINER PASS. The contestant must show a paid Prejudging and Evening Performance Ticket with them at the time they are being checked in or they will be able to purchase the Trainers Pass at this time. You can do this in advance through the order form included in this packet and save \$5.00. The Trainer may be asked to show their ticket even though they have a Trainer Pass so they must keep these ticket stubs with them at all times. NO EXCEPTIONS!

**\*\*MOBILE SPRAY TAN:** We will have **Italian Tan & Spa** Company coming out to allow you a perfect tan for the contest. **717-773-5852** call if interested. **Ask for Mike Rosito.** He will have a special show rate and they can tan you in 10 minutes. They will be available the night before at the Holiday Inn while the testing is going on and then again on Saturday at the contest site. **THEY GURANTEE A PERFECT TAN EVERY TIME.....**

**WARM-UP EQUIPMENT:**

Will be provided for pumping up. You may bring in weights specific to your needs but you are responsible for all your personal belongings and effects. Although Security will be provided backstage, you should not bring any valuables; Leave them in your hotel or with your companions.

**CHECK-IN:**

Check-In will take place in the lobby outside the auditorium 4/10/10 at 10am. Every competitor must have been tested prior to check-in. All contestants must present NANBF/OCB card at check-in. NANBF cards can be purchased at check-in for \$50. Having a NANBF/OCB card allows you to compete in either organization contests. You will be given a packet of information that will include the schedule for the event plus your contestant number and photo forms.

**TICKETS:**

Tickets for the 12:00 NOON Pre-Judging competition will be \$10.00 for all seats. All seating is general admission for Pre-Judging. Tickets for the Evening Finals will be available on a VIP & GENERAL ADMISSION seating basis for \$20.00 - \$15.00. All tickets purchased in advance will be directly through Dean's Fitness Center. Checks, Money Orders, & Credit Cards will be accepted through the mail but no tickets will be mailed until checks have cleared. CHECKS WILL NOT BE ACCEPTED AT THE DOOR FOR TICKETS – CASH ONLY! Tickets will be mailed directly to you. No Tickets will be held at the door, paid or otherwise. To order, fill out the enclosed ADVANCE TICKET ORDER FORM and return to Dean's Fitness Center.



Contestant #
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**“DRUG FREE”  
HEALTH & FITNESS**

## 2010 Natural Pittsburgh Bodybuilding Application

*Produced by Dean's Health & Fitness Center  
And Sanctioned by the North American Natural Bodybuilding Federation*

### Entry Form

Please complete the following information, sign both the competition and testing waivers on the reverse side of this form. Return it with the application fee of \$40.00 to Dean's Health & Fitness Center by March 27, 2010

Name	Age	Height	Weight
Address	City	State	Zip
Phone	Occupation/College (Attending)		
NANBF/OCB#	Exp. Date	Train at	
Placed in any Contests?	Which Ones?		

**SELECT CLASS(S) YOU ARE ENTERING \$40 per class (\$30 late fees after 3/27/10)**

**WOMENS BODYBUILDING**

- WOMEN'S OPEN -
- WOMENS MASTERS -  (40 yrs of age +)
- WOMENS NOVICE\* -  Never having placed 1<sup>st</sup> in a Novice Division or placed in the top 3 in Open Women's division in any organization.

**MENS BODYBUILDING**

- MEN'S OPEN -
- MASTERS -  35 + yrs of age -  45 + yrs of age -  55 + yrs of age
- MEN'S NOVICE -  Never having placed 1<sup>st</sup> in a Novice Division or placed in the top 3 in the open Men's Division in any organization.
- TEEN MEN -  16 through 19 years of age
- ( NEW DIVISION FOR 2010 ) COLLEGIATE -  Must be student at a College or University, Student Photo I.D. required.



**CONTEST WAIVER**

**Contest Waiver:** I, \_\_\_\_\_ in consideration of your accepting this entry, intend to be legally bound for myself, my heirs, executors, administrators, and do waive, release and discharge any and all rights against Dean's Health and Fitness Center, the Franklin Regional School District, their directors, the NANBF, includes all sponsors for any and all injuries and/or losses suffered by me as a result of my participation and/or attendance and traveling to NATURAL PITTSBURGH BODYBUILDING AND FIGURE CHAMPIONSHIPS April 10, 2010. These damages include, but are not limited to, published photos that I may find to be unattractive or editorial which I may construe as being misrepresentative. I also grant The North American Natural Bodybuilding Federation, Natural Physique Magazine, and Dean Tortorice permission to use photos, videos or any likeness of myself to promote the contest and/or contest DVD & video. I understand that this will be done without any compensation to me. I will also abide by all NANBF rules and show good sportsmanship.

**Signed** \_\_\_\_\_

**Guardian If Under 18 Years Old** \_\_\_\_\_

**Date** \_\_\_\_\_

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**TESTING WAIVER**

**Testing Waiver:** I realize that to compete, I must undergo a polygraph examination. I also fully understand that regardless of my age and sex, I must not have ever used any bodybuilding drugs of any type for 7years. I am also aware that any use of bodybuilding drugs is unacceptable and I will not be eligible to participate in this NANBF competition. I willingly submit myself to the polygraph examination and agree to abide by the decision of the examiner. I am also aware that the promoter has the right to retest after the show. (Applies to overall winners & is a urinalysis test)

In consideration of the acceptance of this application, I hereby for myself, my heirs, executors, administrators, and assigns waive and release any and all rights and claims for damages and injuries I might sustain at this competition against NANBF, Dean's Health & Fitness Center, the promoters, sponsors, directors, and or any others connected with the organizing and running of this competition.

**Signed** \_\_\_\_\_

**Date** \_\_\_\_\_

(Parent or Guardian If Under 18 Years Old) \_\_\_\_\_

# Natural Pittsburgh Championships

## 2010

### ADVANCE TICKET ORDER

NAME \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Return order to:**

### DEAN'S FITNESS CENTER

4540 William Penn Hwy.  
Murrysville, PA. 15668

**FOR ADVANCE TICKETS RETURN THIS ORDER FORM WITH PAYMENT**

Money Orders made payable to: Cash or Dean's Fitness Center

	#	TICKETS
VIP	_____	@ \$20.00
GENERAL ADMISSION	_____	@ \$15.00
(12 NOON) PREJUDGING	_____	@ \$10.00

**(1 TRAINER PASS PER CONTESTANT) (BACKSTAGE PASS GIVEN @ CHECK-IN)**

TRAINER PASS INCLUDES PREJUDGING/EVENING SHOW TICKETS AND BACKSTAGE PASS  
\_\_\_1\_\_\_ @ \$20.00. IF YOU WANT VIP SEAT FOR TRAINER @EVENING SHOW \$25.00

Visa / Master Card / Discover

Card Type  Visa  Master Card  Discover

Cardholder Name \_\_\_\_\_

Account # \_\_\_\_\_ Expiration Date \_\_\_\_\_

SUBTOTAL \$ \_\_\_\_\_.

Add \$2.00 for S&H \$ \_\_\_\_\_.

Authorization Signature \_\_\_\_\_

TOTAL \$ \_\_\_\_\_.







**FIGURE CONTEST WAIVER**



**Contest Waiver:** I, \_\_\_\_\_ in consideration of your accepting \_\_\_\_\_ (Print name) this entry, intend to be legally bound for myself, my heirs, executors, administrators, and do waive, release and discharge any and all rights against Dean's Health and Fitness Center, the Franklin Regional School District, their directors, the NANBF, includes all sponsors for any and all injuries and/or losses suffered by me as a result of my participation and/or attendance and traveling to NATURAL PITTSBURGH Bodybuilding and Figure Championships. April 10, 2010. These damages include, but are not limited to, published photos that I may find to be unattractive or editorial which I may construe as being misrepresentative. I also grant The North American Natural Bodybuilding Federation, Natural Physique Magazine and Dean's Fitness Center Inc, permission to use photos, videos or any likeness of myself to promote the contest and/or contest DVD & video. I understand that this will be done without any compensation to me. I will also abide by all NANBF rules and show good sportsmanship.

**Signed** \_\_\_\_\_

**Guardian If Under 18 Years Old** \_\_\_\_\_

**Date** \_\_\_\_\_