

10th Anniversary

2010 NGA Mr. & Ms. Natural Philadelphia

Bodybuilding & Figure Championship

Guest Poser
Neil Rodriguez
NGA Pro Bodybuilder
from New Jersey

General Information	Event Schedule	Ticket Information
<p>Date: Saturday, May 1st, 2010</p> <p>Location: Plymouth – Whitemarsh High School 201 East Germantown Pike, Plymouth Meeting, PA 19462</p> <p>Entry Fee: \$25 for 1st class entry if paid before April 15th 2010 After April 15th 2010, \$35 for 1st class entry Crossovers \$ 20 per crossover class Cash or Money Order only; please make payable to <i>Warren Egebo</i></p> <p>Polygraph Test: Friday, April 30th, test times 10 am - 10 pm at Host Hotel Saturday May 1st, must complete test by 11 am at High School For Appointments, call Warren 215-200-1680 after April 1st Exam is \$35, payable to <i>Eric Abel</i> day of test. <i>Note:</i> if you passed a polygraph test within 90 days of show, tested after February 1st 2010, bring proof to check-in table on Saturday.</p> <p>Posing Prejudging: Mandatory poses and symmetry only Finals: 90 second time limit on free posing Bodybuilders: Music – NO profanity on posing music. Cassette or CD with ONLY your song cued for play Suites – ONLY solid colors of posing attire is permitted Props & Costumes – Okay for evening posing routine Ms. Figure: Bikini with jewelry & high heels (g-string attire not allowed)</p> <p>Banner Substances: check www.NationalGym.com</p> <p>NGA Card: Present current NGA card (or photo copy) at check in table or purchase card at check-in table on May 1st for \$35. Card is valid for a year and mailed from the NGA organization.</p> <p>Awards: Sculptured trophies to top five in each class</p> <p>Information: Warren Egebo 215-200-1680 www.MrNaturalPhilly.com</p>	<p>Check & Weigh-Ins: 9:30 am, Saturday</p> <p>Athlete's Meeting: 10:30 am, Saturday MANDATORY</p> <p>Spectator Doors Open: 11:45 am</p> <p>Prejudging: 12 noon</p> <p>Finals Doors Open: 5:45 pm</p> <p>Finals: 6 pm</p>	<p>Prejudging: \$10 - starts 12 noon</p> <p>Finals: \$20 – starts 6 pm</p> <p>VIP Finals: \$25 – (1st 10 rows center!!)</p> <p>Advanced Ticket Sales Tickets purchased prior to April 25th have first choice of seats the day of the show and get into event early!!</p> <p>Make Money Order Payable to: Warren Egebo Box 501 Plymouth Meeting, PA 19462 Phone 215 -200-1680 Or buy tickets at door!!</p>
Host Hotel		
<p>Comfort Inn 678 Bethlehem Pike Montgomeryville, PA 18936 215-361-3600 www.Choicehotels.com/hotel/pa124</p>		
Video and Photography		
<p>Video/DVD: www.MikePulcinella.com – allow 4 – 6 weeks for delivery</p> <p>Official Show Photographer: Jim Wilmer, ADONIS Productions www.AdonisProductions.iwarp.com 443-882-1390</p>		
Directions to NGA Mr. & Ms Natural Philadelphia		
<p>201 East Germantown Pike, Plymouth Meeting, PA 19462</p> <p>From PA Turnpike Take Exit 25 Norristown. Stay to right and get off ramp for Germantown Pike East / Plymouth Meeting. This will bring you onto Germantown Pike. Continue on Germantown Pike approx 1 ½ miles. High School is on left, parking in back. (High school is 1 ½ miles east of Plymouth Meeting Mall)</p>		

Entry form 2010 NGA Mr. & Ms Natural Philadelphia Bodybuilding & Figure Championships – PRO QUALIFIER

Name _____ Email _____

Address _____ City _____ State _____ Zip _____

Phone (____) _____ - _____ Date of Birth ____/____/____ Age _____ Weight _____

Mens Bodybuilding	Entry Fee
<p>Junior Men <input type="checkbox"/> Age 23 and under</p> <p>Master Men – winner turns PRO! <input type="checkbox"/> Masters Men (40years & older)</p> <p>GrandMaster Men <input type="checkbox"/> Grand Master Men (50 yrs & older) <input type="checkbox"/> Grand Master Men (60 yrs & older) <input type="checkbox"/> Grand Master Men (70 yrs & older)</p>	<p>1st Class Fee \$25 or \$35 _____ \$25 if paid before 4/15 \$35 if paid after 4/15</p> <p>_____ # of Crossovers x \$20 _____</p> <p>Total Amount of Payment _____</p> <p>Make Money Order Payable to: Warren Egebo Box 501 Plymouth Meeting, PA 19462</p> <p style="text-align: right;">Phone 215 -200-1680 Email klon@epix.net www.MrNaturalPhilly.com</p>
<p>Novice Men <input type="checkbox"/> Bantam Weight (up to 135 lbs) <input type="checkbox"/> Light Weight (135-156 lbs) <input type="checkbox"/> Middle Weight (157-172 lbs) <input type="checkbox"/> Light Heavy Weight (173-189 lbs) <input type="checkbox"/> Heavy Weight (over 190 lbs)</p>	<p>Open Men – winner turns PRO! <input type="checkbox"/> Bantam Weight (up to 135 lbs) <input type="checkbox"/> Light Weight (135-156 lbs) <input type="checkbox"/> Middle Weight (157-172 lbs) <input type="checkbox"/> Light Heavy Weight (173-189 lbs) <input type="checkbox"/> Heavy Weight (over 190 lbs)</p>
Women's Figure	Women Bodybuilding
<p>Open Figure <input type="checkbox"/> Open Short (5' 4" and under) <input type="checkbox"/> Open Medium (5' 5" – 5' 8") Overall winner turns PRO! <input type="checkbox"/> Open Tall (5' 9" and over)</p> <p>Masters <input type="checkbox"/> Master Women (35 years and older)</p>	<p>Open Women's Bodybuilding <input type="checkbox"/> Light Weight (up to 122 lbs) Overall winner turns PRO! <input type="checkbox"/> Heavy Weight (over 123 lbs)</p> <p>Masters <input type="checkbox"/> Master Women (35 years and older)</p>

Waiver of Liability

Waiver of liability: In consideration of this entry form and fee, I wave and release all rights and claims for damages against Warren Egebo, Plymouth – Whitemarsh High School, Colonial school district, NGA, their sponsors and associated bodies, officials, agents employees, or assigns by reason of injury or damage which I may sustain during, while traveling to or from or while participating in this event. I further agree to abide by all the decisions of the NGA committee, and declare that all information contained herein is, to the best of my knowledge, true, correct, and complete. I agree to hold harmless and release all photos and video rights for magazine, newspapers, television, video, and DVD distribution of my participation o\ in this competition.

Parent or Guardian (for persons under 18) _____ Date _____ Athlete's Signature _____

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Bodybuilding & Figure Championship

Plymouth – Whitemarsh High School

201 East Germantown Pike
Plymouth Meeting, PA
(1 ½ miles east of Plymouth Meeting Mall)

Saturday May 1, 2010

Pre-judging – 12 noon \$10
Finals – 6 pm \$20
VIP – 1st 10 rows \$25

for reserved tickets call 215-200-1680
tickets also can be purchased at door day of show

Classes

- ◆ Men's (Novice & Open)
- ◆ Master's Men (over 40, 50, 60 & 70)
- ◆ Women's Bodybuilding
(Lightweight, Heavyweight
& Master's Over 35)
- ◆ Women's Figure
(Short, Middle, Tall & Over 35)

Tickets

Advanced tickets by Mail

Payable to Warren Egebo
Box 501
Plymouth Meeting, PA 19462

General tickets also available at the
door (CASH ONLY)



Drug Tested / Pro Qualifier

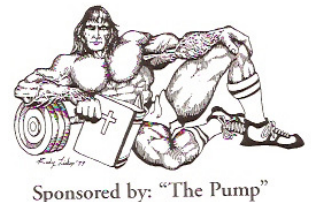
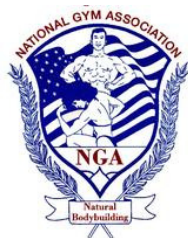
- ◆ Men's Open
- ◆ Men's Over 40
- ◆ Women's Bodybuilding
- ◆ Women's Figure
- ◆ Winners turn PRO!!

Josh Tolin

2009 Mr. Natural
Philadelphia winner!!

Over 600 spectators, including Mayor Nutter of Philadelphia
attended the 2009 show cheering on 62 competitors!!

Absolutely the Best Philly Physique show TEN YEARS IN A ROW



www.MrNaturalPhilly.com

For Entry Form & Information contact Warren Egebo

215-200-1680 ◆ klon@epix.net ◆ www.MrNaturalPhilly.com