

2025 NGA S&D SOUTHEASTERN NATURAL BODYBUILDING AND FITNESS COMPETITION FORM

COMPLETE THIS FORM AND MAIL WITH ENTRY FEE PAYABLE TO:

BERNARD CUNNINGHAM P.O. BOX 1943 SWAINSBORO GEORGIA 30401 (We accept money orders, checks, cash online payments-no credit cards. **\$50 late fee after TBA** Promoters have the option not to accept late entries.

No refunds

Waiver in consideration of your accepting entry:

"I hereby intend to be legally bound for myself, my heirs, executors and administrators, and wave and release any and all rights and claims for damage I may have against S&D event Promoter, Swainsboro Auditorium 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 and/or attendance at the 2025 NGA S&D 6th Annual Natural Fitness Competition.

Drug Test –Friday 4 p.m. Athlete Check-in 9 a.m. Prejudging-10 a.m. sharp. Evening Show-2:00 p.m.

Signature or Signature of parent or Guardian (if under 18) _____

Name _____ Age _____ Date of birth _____

Address _____ City _____ State _____ Zip _____

Email _____ Phone _____

Occupation _____

Gym or Fitness Center _____

Contest Experience _____

The MC will introduce you at the Evening show. What is the special thing you want the audience to know about you? _____

AGE _____ Height _____ Weight _____

DIVISION: Overall winners in classes annotated as "Pro Qualifier" on this entry form can receive a NGA pro card ,Top five place will receive awards. Music: professional-Quality CD must be present maximum of 90 seconds. **The drug test is Friday TBA at 5: pm**

1. Men's Open Bodybuilding (Pro Qualifier)

- ☐ Light Weight up to 156 1/4 lbs.
- ☐ Middle Weight over 156to 172 1/4 lbs.
- ☐ Light Heavyweight over 172 1/4 to 189 1/4 Lbs.
- ☐ Heavy Weight Over 189 1/4 lbs.
- ☐ Teens Bodybuilding: one Class

2. Open Men's Physique (Pro Qualifier)

- ☐ Up to and including 5'7
- ☐ Over 5'7 up to 5'10
- ☐ Over 5'10

3. Figure (Pro Qualifier) Figure (Pro Qualifier)

- ☐ Short up to 5'2
- ☐ Tall over 5'2

4. Men Classic Physique (Pro Qualifier)

- ☐ Light Weight up to 156 1/4 lbs.
- ☐ Middle Weight over 156to 172 1/4 lbs.
- ☐ Heavy Weight Over 189 1/4 lbs.

5. Open Women Physique

- ☐ Short up to 5'2
- ☐ Tall over 5'2

6. Master Men's Bodybuilding (Pro Qualifier)

- ☐ Men Master over 40-One class
- ☐ Men master over 50-One class
- ☐ Men Master over 60-One class

7. Master Figure over 35

- ☐ One Class

8. Novice Women Figure

- ☐ One class

9. Open Women BB (Pro Qualifier)

- ☐ Lightweight Up to 112 1/4 lab
- ☐ Middleweight over 112 1/4 lbs. to 122 1/4 lbs.
- ☐ Heavyweight Over 122 1/4 lbs.

13. () Kids age 5-12

10. Men's novice

- ☐ Light Weight up 165lbs
- ☐ Middle Weight-166 to 186lbs
- ☐ Heavy Weight-187+lbs

11. Bikini (Pro Qualifier)

- ☐ Short up to 5'2
- ☐ Tall over 5'2

14.() Bikini Model (Pro Qualifier) 15.() Transformation Division 16.() Bikini Masters Over 35 (Pro Qualifier)

FEES:

- ☐ ENTRY FEE FOR ONE CLASS \$50 ☐ DRUG TEST \$ 50 T-shirt size _____
- ☐ ENTRY FEE FOR CROSSOVER \$40 ☐ TICKET FOR PRE-JUDGING \$15 ☐ VIP \$20
- ☐ NGA MEMBERSHIP CARD \$80 OR GO TO WWW.NATIONALGYM.COM
- ☐ TICKET FOR EVENING SHOW \$20 ☐ VIP \$25
- ☐ TICKETS FOR BOTH MORNING AND EVENING SHOW \$30 ☐ VIP \$35

For more contact Bernard Cunningham: 706-526-1357 or 706-350-1566 Wwww.Thebeastsdfitness.net Email:getfitwitsnd@yahoo.com

