

OPTIMUM NUTRITION / ABB PRESENT

The 2009 ABA Natural North America Bodybuilding, Figure and Fitness Championships

Men's and Women's Open, Masters, Novice, Teenage, Fitness and Figure

SATURDAY, AUGUST 1st, 2009

Bolingbrook High School, 365 Raider Way, Bolingbrook, IL

INBA Pro Qualifier for the Natural Olympia to be held in Australia



Special VIP Package

Best Seats for the Prejudging and Evening Show

Champions Bodybuilding Seminar featuring

John Hansen - *Natural Mr. Olympia*

Jennifer Abrams - *2009 Natural Illinois Women's Champion*

Thomas Anderson - *2008 Men's Overall Winner*

Chelsea Kmiec - *2008 Figure Winner*

Joe Sitzer - *2006 Natural North America*

(Seminar will be held at 3pm in auditorium)

Natural North America Contest T-Shirt

Save \$20

All for only \$60.00



Entry Deadline July 18th, 2009 Entry forms received after July 18th will be charged a \$25 late fee.

All Competitors receive:

- Natural North America Contest T-Shirt

Media Coverage:

Contest Coverage featured in IronMan Magazine, Muscle Mag International Magazine, Bodybuilding.com and NaturalBodybuilding.com

Winners will receive:

Free Subscription to IronMan Magazine
Interview on Natural Bodybuilding Radio.com

Bodypart Awards for the Natural North America including:

- Best Chest
- Best Back
- Best Arms
- Best Legs
- Best Abs
- Most Muscular
- Best Poser - Men
- Best Poser - Women

All Athletes will be required to pass a 5 year drug free polygraph test. The Overall Winner of the Natural North America will also be tested via urinalysis.

Tickets

- Judging - 11 AM - \$15 General Admission
- Evening Show - 6 PM - \$25 Reserved Seating
- Seminar - 3 PM - \$20 General Admission

Order Tickets

Online:

www.naturalolympia.com
Accept Visa, Mastercard and American Express

Mail:

Personal Checks and Money Orders Accepted
Payable and Mail to:
John Hansen
PO Box 1159
Westmont, IL 60559

For more information:

John Hansen - 1-800-900-8648
www.naturalolympia.com
www.naturalbodybuilding.com
World Headquarters Official Web Site ABA/INBA/PNBA
www.naturalbodybuilding.com
Hot Line (951) 734-3900



The 2009 ABA Natural North America and Natural Illinois State Bodybuilding, Figure and Fitness Championships

Open Men and Women, Novice Men and Women, Teenage Men, Figure and Masters Figure Women, Fitness Women
Saturday, August 1st, 2009 – Bolingbrook High School, 365 Raider Way, Bolingbrook, IL 60440

Eligibility: Open to all athletes, Teens and masters must bring proof of age. Novice must not have won any overall contests, except teens. ABA/INBA registration(\$60) available at check-in. Free T-shirt.

PLEASE VERIFY ALL CHECK-IN TIMES (800)900-8648. CHECK-IN TIME 9:00AM, PRE-JUDGING 11:00 AM, FINALS 6:00PM

Teen Men (2 classes) 13 -17 and 18 –19

Junior Masters Men Bodybuilding – 35-39

Masters Men/Women Bodybuilding (1 class)-40-49

Grand Masters Bodybuilding (1 class) 50-59

Ultra Masters Bodybuilding (1 class) 60-69 **Super Ultra Masters** (1 class)-70+

Fitness (1 class)

PROMOTER RESERVES THE RIGHT TO CHANGE CLASSES IF NECESSARY. FINAL CLASSES WILL BE DETERMINED, BASED UPON NUMBER OF ENTRIES RECEIVED.

Novice Men Bodybuilding (3 classes)-under 5'7, 5'7 -5'10, over 5'10

Open Men Bodybuilding (3 classes)- same as above

Novice Women Bodybuilding (2 classes)-5'4 and under, over 5'4

Open Women Bodybuilding (2 classes)- same as above

Ms. Figure (2 classes)- Open & Masters

Bikini Diva (1 class)

Model Search (1 class)

MUSIC: CD's only, are allowed. Pre-judging posing limit to 60 seconds (no music). Evening Show posing limit to 90 seconds with music (bodybuilders only). Bring your music already cued at Check-in. If entered in more than one class, a CD is needed for each class. (Quality Recorded and Cued)

AWARDS: 1-5 in each class. Most Muscular for men, Best Poser Women. (Promoter reserves the right to change any awards and number of placings). Natural North America Men will also offer Bodypart awards for Best Chest, Best Back, Best Arms, Best Abs, Best Legs and Best Poser.

ENTRY FEE: \$55.00 each class Fee must accompany entry form. Money Orders or checks made payable to John Hansen NO REFUNDS!

ENTRY DEADLINES: July 18th, 2009. A \$25.00 LATE FEE WILL BE ADDED AFTER JULY 18TH

BACKSTAGE: Will be limited to athletes and ABA officials, or Contest Personnel. NO EXCEPTIONS!!!

CAMERAS: No Video equipment permitted in the auditorium. A video may be purchased at the competition.

SHOWTIMES: Check-in 9am. Pre-judging 11:00am. Main Show 6:00pm

INFO & TICKETS: Contact John Hansen (800) 900-8648. ABA/INBA (951) 734-3900 Order Form Below. Order Tickets with Visa or Master Card, through the mail or in person.

NATURAL REQUIREMENTS: 5 YEARS DRUG FREE,.

2. Drug test will be given the day of the contest. Drug testing will be conducted using the polygraph system. Failure to take test at the scheduled time will result in disqualification from evening show. Testing will be based on steroids, growth hormone and any illegal drugs used to enhance bodybuilding and/or physical performance for 5 years prior to competition). Over the counter supplements WILL NOT be tested for. Also, consumption of alcohol or drugs taken the day of the competition will result in failure to pass test and disqualification. Failure to pass polygraph test would eliminate competitor from the competition. No refunds on entry fees and/or tickets purchased for any competitor eliminated. The Men's Open winner of the Natural North America contest will be tested by urinalysis. The promoter reserves the right to test any competitor for urinalysis.

If you should fail the drug test once you will be disqualified from the competition and for 1-5 years (pending on the contest requirement) from the ABA/INBA/PNBA.

PLEASE PRINT NEATLY * OFFICIAL ENTRY FORM * SEND ENTRY IN NOW * BODYBUILDING * FITNESS

TITLE OF CONTEST _____ DATE _____

NAME _____ ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE _____ OCCUPATION _____ AGE _____

HEIGHT _____ WEIGHT _____ E-MAIL _____ YOUR GYM NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____ PHONE _____

TITLES WON (IF ANY) _____ INTERESTS _____

Teenage Jr. Masters Men BB Masters BB Grand Masters BB Ultra Masters BB Super Ultra Masters BB Novice Men BB Open Men BB Novice Women BB

Open Women BB Mixed Pairs Physically Challenged Chair Standing Ms. Figure Masters Figure Ms. Fitness Open Model Search Bikini Diva

SIGNATURE _____ PARENT'S SIGNATURE _____ (If Under 18)

Upon signing the above, I will be legally binding myself, my heirs, my executors, administrators and assigns to waive and release any and all claims or rights for injuries or damages suffered by me against John Hansen, Kakos Productions, Mt. Olympus Inc., ABA, INBA, PNBA, IFSB, NFSB, facility, city, county, Ms. Fitness, their officers, agents, employee's, sponsors, co-sponsors, officials, sub contractors. I will participate in this event as a contestant. Further, I hereby grant full permission to any and all of the foregoing to use photographs, video tapes, motion picture recordings, or any other record of this event for any purpose. I further understand that all ABA/INBA/PNBA sanctioned titles shall be stated as ABA/INBA/PNBA titles when used by an athlete for any purpose. I have had an opportunity to review the INBA/PNBA Anti-Doping rules listed on the Naturalbodybuilding website. Misuse of ABA/INBA/PNBA titles will result in legal action by the ABA/INBA/PNBA and I will be responsible for any attorney fees and court costs.

TICKET ORDER FORM

_____ \$25.00 Reserved _____ \$15.00 Prejudging _____ \$20.00 Champions Seminar

_____ \$60.00 VIP Package includes best seats for prejudging and evening show plus Champions Seminar after prejudging and Natural North America Tshirt

TOTAL AMOUNT \$ _____ Money Orders, Checks, Credit Cards-Payable to John Hansen.

Card Holder's Name _____ Visa _____ MC _____ Credit Card # _____

Exp.Date _____ Name _____ Address (of cardholder) _____

City _____ State _____ ZIP _____ PHONE _____

Mail applications, entry fees and ticket orders to: John Hansen, PO Box 1159, Westmont, IL 60559

For questions, call John Hansen at (800) 900-8648 or call the ABA/INBA HOTLINE-(951)734-3900