

# Fitness Atlantic Championships April 17, 2010

#### **GENERAL INFORMATION**

#### FOR FURTHER INFORMATION CONTACT:

EVENT ORGANIZER, BRIAN CANNONE P.O. BOX 800, TRUMBULL, CT 06611-0800 www.fitnessatlantic.com

#### TICKETS:

Preliminaries (Fitness, Bikini, Model) 9:00am - \$20.00 Bodybuilding & Figure Pre-Judging 1:00pm - \$20.00 (All preliminary tickets are open seating & are good for both preliminary events.) All Finals (Reserved Seating) 6:00pm - \$25.00

#### **DIVISIONS:**

Bodybuilding: Junior Men, Novice Men (Light, Heavy), Master Men, Grandmaster Men, Women's Open, Open Men (Bantam, Light, Middle, Welter, Light Heavy, Heavy.)

Figure: Short, Medium, Tall

Fitness: One Class

Bikini: Short, Medium, Tall, Classic

Model: Men, Women

#### TO ENTER THIS CONTEST:

All entry forms must be received no later then Saturday, April 10, 2010. A \$25.00 late fee will apply on any entry postmarked after 4/10/10. All late entry fees must be paid by MONEY ORDER ONLY. No mail will be picked-up after Thursday 4/15/10.

All pre-registered <u>bodybuilding</u> contestants must weigh-in and complete their drug testing on Friday April 16<sup>th</sup>, at the North Haven Holiday Inn, North Haven, CT between the hours of 9am and 6pm. NO EXCEPTIONS! THERE WILL BE <u>NO</u> COMPETITOR MEETING. ALL INFORMATION FOR SATURDAY WILL BE GIVEN AT THE TIME OF DRUG TESTING/REGISTRATION.

All pre-registered Figure, Bikini, Fitness, and Model contestants must check-in on Friday April 16th at the North Haven Holiday Inn, North Haven, CT between the hours of 9am and 7pm. NO EXCEPTIONS! THERE WILL BE NO COMPETITOR MEETING. ALL INFORMATION FOR SATURDAY WILL BE GIVEN AT THE TIME OF REGISTRATION DURING THE HOURS LISTED ABOVE.

Opening Number rehearsal (optional) will be Friday, April 16th in the ballroom of the Holiday Inn, North Haven from 7:00pm - 9:00pm. Any women participating in the opening number will receive a complimentary T-Shirt.



#### IMPORTANT NOTES FOR CONTESTANTS:

\*Registration is mandatory for ALL athletes on Friday April 16, 2010

\*All Bodybuilding and Fitness athletes must bring their music to registration on April 16, 2010

\*Music for Fitness athletes must be no longer than 2 minutes

\*Music for Bodybuilding athletes must be no longer than 60 seconds

\*All bodybuilders must weigh-in in posing suit only

\*Bodybuilders must set drug-test appointments for April 16th between 9am & 6pm. Call (203) 395-6196 for an appt.

\*There will be no crossovers into Fitness, Bikini, Model, or Figure accepted on the day of registration!

#### **HOST HOTEL**

Holiday Inn – North Haven 201 Washington Ave. North Haven, CT 06473

Tel: 1-203-2394225 Fax: 1-203-2341247 Check-In Time: 3:00 PM Check-Out Time: 11:00 AM

\*Ask for "Fitness Atlantic" rates

The location is ideal. The list of amenities include, a full service restaurant and lounge, free continental breakfast, indoor pool, sauna, outdoor deck and bar, charming courtyard, laundry valet service (M-F), exercise room, free parking, exceptional meeting and banquet facilities, and the most comfortable guest accommodations.

The central location is minutes from the arts and culture of Greater New Haven and the CT shoreline, 30 minutes from Hartford, CT., 11/2 hrs from New York City and 2 hrs from Boston.

#### **VENUE**

#### **CONTEST VENUE:**

Performing Arts Center at East Haven High School 35 Wheelbarrow Lane East Haven, CT 06512



## **DRUG TESTING**

Friday, April 16, 2009 - Holiday Inn, North Haven, CT

#### 9:00am - 6:00pm - Drug Testing

Drug testing will be held only on Friday, April 16th from 9:00am to 6:00pm at the Holiday Inn, 210 Washington Ave, North Haven, CT 06473 (call 203-395-6196 for appt.)

Fitness Atlantic is proud to be a natural competition that only promotes drug-free sports. There is mandatory drug testing. **All bodybuilders** must pass an examination prior to the event. Each contestant must pay \$35.00 fee (cash or money order only) directly to the examiner at the time of testing. Contestants who refuse to make themselves available or do not provide an appointment time will also be disqualified from the event.

#### **ANABOLIC STEROIDS**

Bolasterone	Dromostanolone	Methandriol	Oxandrolone
Boldenone	Ethylestrenol	Methenolone	Oxymetholone
Calusterone	Epitestosterone Ratio	Methandienone	Oxymesterone
Chlorotestosterone	Fluoxymesterone	Methyltystosterone	Probenecid
Clenbuterol	Furazabol	Mibolerone	Stanozolol
Dehydrochloromethyl-	Mestanolone	Nandrolone	Testosterone
Mesterolone	Norethandrolone	Tana orono	1 001001010110

#### **DIURETICS**

Acetazolamide	Chlorothalidone	Furosemide	Piretanide
Amiloride	Chlorothiazide	Hydrochlorotiazide	Polythiazide
Bendroflumethlazide	Cyclothiazide	Indapamide	Quinethiazide
Benzthiazide	Dichlorphenamide	Mefruside	Spironolactone
Bumetanide	Ethacrynic Acid	Mehtylclothiazide	Triamterene
Canrenone	Etozolin	Metolazone	Trichlormethizide

#### **BETA-BLOCKERS**

Acebutalol	Bupranol	Nadolol	Sotalol
Alprenolol	Labetalol	Oxprenolol	Timolol
Atenolol	Metipranolol	Pindolol	Toliprolol
Bunitrolol	Metoprolol	Propranolol	·

If a contestant tests positive regardless of the legal or illegal products reportedly consumed, he/she will be disgualified and forfeit any title and prizes.



# **CONTESTANT ENTRY APPLICATION**

PERSONAL INFORMATION

Division Entering (circle all that apply): Fitness Open Bikini Open (by height) Bikini Classic (35+) Figure Open (by height) Bodybuilding: Open Men Novice Men Junior Men (23 & under) Master Men (40+) Grandmaster Men (50+) Women's Open

Name:	
Address:	
City:	State/Country: Postal Code:
Cell Phone:	Home Phone:
Age: Date of Birth:	Height:' Weight:
Hair Color: Eye Color:	Email Address:
CHECKLIST	ABOUT YOURSELF
PLEASE REVIEW THE FOLLOWING:	Occupation:
☐ Completed Entry Application ☐ Completed Accident Waiver and Release of Liability	Competition Experience:
□ \$100.00 to Enter (written out to Beyond Fitness LLC) includes or <u>\$150</u> for two classes	
☐ Photocopy of Driver's License or Photo ID Required	Interesting Information About Yourself:
□ *Preferred Drug Testing Time 9am-6pm (*Bodybuilders only)	Lifetime Ambitions
SEND TO  Beyond Fitness LLC, Attn. Brian Cannone Post Office Box 800, Trumbull, Connecticut, 06611-0800	Lifetime Ambitions:  Entry Applications must be received by April 10, 2010
Transpair, Connecticat, 000 FT-0000	Entry Applications must be received by April 10, 2010

No Exchanges, Refunds or Transfers on Entry Fee and Ticket Orders



### **ACCIDENT WAIVER AND RELEASE OF LIABILITY**

I certify that I am physically fit, have trained sufficiently for participation in this event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, organizers and sponsors, in which I may participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release, and Discharge from liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from the event, Beyond Fitness LLC, FitnessAtlantic.com, Brian Cannone, The City of East Haven, the Holiday Inn Hotel, their directors, officers, employees, volunteers, representatives, agents, event holders, event directors, event volunteers, (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims as a result of participation in this event, whether caused by negligence of release or otherwise.

I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during this event. And further consideration of permission being granted to participate in their related events (the Event), receipt of which benefit is hereby acknowledged, I hereby grant you, Beyond Fitness LLC, FitnessAtlantic.com, Brian Cannone, and all video and entertainment organizations, and all their agents, successors, licenses, and assigns the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance, name, to exhibit, distribute, transmit, and/or exploit any such reproductions containing my voice, and/or appearance in all media, including without limitation, by means of still photography, motion pictures, video, printing or any other media known or hereafter devised, including also with respect to merchandising, advertising, and/or publicity, and the right to use my name and information about me in any connection with the foregoing.

This Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. The rights granted to me hereunder are granted for the entire universe and shall endure in perpetuity, and no further compensation shall be deemed to obligate you, Beyond Fitness LLC, FitnessAtlantic.com, Brian Cannone, to photograph or otherwise reproduce my voice, appearance or name, or to make use of the rights herein. These rights may be assigned by Beyond Fitness LLC, FitnessAtlantic.com, Brian Cannone, at their sole and complete discretion. I understand that you Beyond Fitness LLC, FitnessAtlantic.com, Brian Cannone and any and all approved video entertainment organizations hereunder this Accident Waiver and Release of Liability be construed broadly to provide a release and waiver to a maximum permissible under applicable law.

Thereby certify that IT	lave read this document, and, i understand its t	Jointein.		
		1	1	
Signature	Print Participant Name	Date		



