



# ***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](http://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 than 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 bodybuilding 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 NO 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 16<sup>th</sup> 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 16<sup>th</sup> 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 16<sup>th</sup> 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., 1 1/2 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	Methyltestosterone	Probenecid
Clenbuterol	Furazabol	Mibolerone	Stanozolol
Dehydrochloromethyl- Mesterolone	Mestanolone	Nandrolone	Testosterone
	Norethandrolone		

### DIURETICS

Acetazolamide	Chlorothalidone	Furosemide	Piretanide
Amiloride	Chlorothiazide	Hydrochlorothiazide	Polythiazide
Bendroflumethlazide	Cyclothiazide	Indapamide	Quinethiazide
Benzthiazide	Dichlorphenamide	Mefruside	Spirolactone
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 disqualified and forfeit any title and prizes.



## CONTESTANT ENTRY APPLICATION

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

### PERSONAL INFORMATION

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State/Country: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Height: \_\_\_\_\_' \_\_\_\_\_" Weight: \_\_\_\_\_  
Hair Color: \_\_\_\_\_ Eye Color: \_\_\_\_\_ Email Address: \_\_\_\_\_

### CHECKLIST

PLEASE REVIEW THE FOLLOWING:

- Completed Entry Application
- Completed Accident Waiver and Release of Liability
- \$100.00 to Enter (written out to Beyond Fitness LLC) includes or **\$150** for two classes
- Photocopy of Driver's License or Photo ID **Required**
- \*Preferred Drug Testing Time  
9am-6pm \_\_\_\_\_  
(\*Bodybuilders only)

### SEND TO . . .

Beyond Fitness LLC,  
Attn. Brian Cannone  
Post Office Box 800,  
Trumbull, Connecticut, 06611-0800

### ABOUT YOURSELF

Occupation: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Competition Experience: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Interesting Information About Yourself: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Lifetime Ambitions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Entry Applications must be received by April 10, 2010

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





