

*The Bodybuilding, Figure, and Fitness Team of WVU
presents:*

The 1st Annual

WVU Bodybuilding, Figure, and Fitness Classic

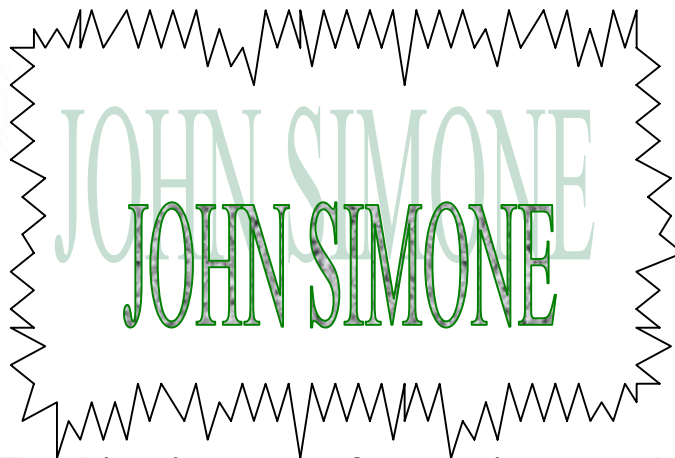
Feb 28, 2004 - 11AM @ Mountainlair Ballroom

Free Competition Entry for all WVU students*



Come see

*Guest Poser, WVU alumni, and
Bodybuilding Champion*



Trophies given to top 3 competitors per class

Great experience for 1st time athletes

For more information, e-mail vvubodybuilding@yahoo.com

* An entry fee is required for competition registration, however, entry fee will be returned on competition date when athlete competes in show.

* All competition details are located on the back of this flyer.

This competition will consist of three rounds for all competitors.

1st round will be symmetry comparisons

- symmetry comparisons will be a series of 4 “relaxed” poses for direct comparisons with competitors.

2nd round will be mandatory poses

-Mandatory poses for bodybuilding athletes are front double biceps, side-chest, side-tricep, rear double bicep, rear lat spread, front lat spread, abdominal and thigh, and most muscular (except females).

-Mandatory poses for figure and fitness women are side triceps, side chest, rear double bicep, and abdominal and thigh. All poses for women will not include closed fists.

3rd round will consist of a 90 second routine

-All classes will contain a routine round. Routines will be 90 seconds in length. All music *must be placed on a CD*. Use of props is allowed. No vulgar music!

Entry Fees.

-All WVU students are encouraged to compete. There will be a \$20 fee for entry that will be given back to the competitors on the date of the show, making this event free for students. *If competitors choose not to compete, no refund will be given.*

-All non-WVU students are also encouraged to compete. There will be a non-refundable \$20 fee for 1 event, \$30 for 2 events.

Classes/Events.

-*Bodybuilding* will consist of three classes that will be formed on the date of the show for competitor fairness. Bodybuilding competitors will wear posing suits of solid color for comparisons. *Figure* will consist of two classes – Short & Tall, also formed on the date of the show. Figure will be judged wearing two piece suits only. *Fitness* will consist of one class. Fitness competitors will wear two piece suits only. No posing suit rule for individual routines.

Please mail registration info to:
WVU Bodybuilding, Figure, and Fitness Team
312 Eleanor Dr.
Morgantown, WV 26508

REGISTRATION FORM (This form may be duplicated)

Name _____ Athletes Event(s) _____
Last First Middle Int.
Phone Number _____
Area Code Phone #
Address _____
Street City State Zip Code

1st Time competitor Y or N WVU Student Y or N Type of Payment enclosed Check or Money order

I will not hold West Virginia University, the Bodybuilding, Figure, and Fitness Team of WVU, any members of this team, the city of Morgantown, or the state of West Virginia, liable for any injuries that might occur during this event. My signature below signifies that I understand these provisions.

Signed _____ Date _____