

Dear Athletes,

James and Bianca Purtell would like to congratulate all of the Natural Athletes for all their hard work this past winter in and out of the gym. Now it's time to find out who are the best Bodybuilders, Figure, Bikini, and Fitness athletes in the state of Utah! The NGA Natural Utah Bodybuilding, Figure, Bikini, Women's Fitness & Men's Physique Championships will be held on 14 April 2012 at Bountiful High School in Bountiful, Utah. This years show promises to be a huge event like last year's sellout! Athletes from Utah will flex muscle and display physiques in Bodybuilding, Figure, Bikini, Women's Fitness, Men's Physique, Mixed Pairs and Masters classes. The Fitness, Bikini and Physique categories are quickly becoming very popular at both the Amateur and Pro events. **We are again offering a "Junior Kids 12 and Under" division. This will be a fun/non-competitive division for those gym rats that are 12 years of age and under. They will be in one division and do their routine at night in which ever category they represent...bodybuilding, figure, bikini or fitness.** There will be a Masters Division offered in Bodybuilding, Figure and Bikini (If there are at least 3 athletes). In the Men's and Women's Novice and Open BB divisions, we will be offering three weight classes; Lightweight, Middleweight, and Heavyweight broken down as follows:



Men

Lightweight ---164 under
Middleweight ---164 1/4 through 184
Heavyweight ---184 1/4 & over

Women

Lightweight- 118 and under
Middleweight- 118 1/4 to 135
Heavyweight- 135 1/4 and over

We are also offering Novice category in the Figure and Bikini. (Number of height divisions depends on number of athletes)

ALL competitors will polygraph except Teens and Bikini. **Note that "Androstenedione" "DHEA" and "Norandrostenedione" are banned.** **Ephedrine** is also banned from competition. This product has been reinstated by the government recently, but has not been authorized by the NGA since the IOC still has it on their banned list. The way Ephedrine will be addressed is as follows: A competitor cannot have taken it 30 days prior to the competition. Our stand on this product however is that all competitors should abstain from using Ephedrine all together, but since there is so much confusion on if it is legal or not legal; we have decided to ban it 30 days out only. The stance on **Pro Hormones** is this...every athlete will be responsible for any positive urine test result if they are using Pro Hormones and test high for testosterone (See NGA Banned substance list). Athletes should abstain from using them period. All competitors that are required to test will contact the polygrapher and set up an appointment by 31 March 2012. **I will obtain a complete list** from the polygrapher on the night of 13 April and **those competitors who did not test will not compete!** The NGA has a drug free requirement of 7 years. Note: Competitors who have proof of testing from another contest that is within 90 days of 14 April 2012, can bring in proof of the test with the tester's phone number, signed copy of the test and the questions asked and it will be accepted if it covers the banned substances list of the NGA and the 7 year drug-free requirement. In addition to the polygraph, there is a possibility any athlete could be selected randomly to urine test. I am looking to put on a competition you will have a good experience with and will hopefully come back and compete in again. My promise to you will be to put you competitors first and take care of you through the best of my abilities! I am also a competitor and know what competitors complain about back stage. I will try my best to avoid the mistakes other promoters make and take care of all of you! Please help me out by giving me constructive feedback during and after the competition so I can improve on it next year. If you have any questions about the competition, competing, diet, or pre-contest workout, please contact Bianca or myself. We will give you any tips we can. Good luck and we look forward to seeing you on 14 April 2012!

When you call us by phone, please include name, address, phone number, weight class and division competing in and e-mail address, thanks. Entry Forms will be mailed upon request by e-mail or you can download from our website www.utahngabodybuilding.com

Sincerely,

James & Bianca Purtell

Ptutah95@aol.com

801-731-9333 or 801-499-3633 (Cell)