



2009 Muscle Beach Classic Entry Form

Brought to you by Max Muscle Santa Cruz

When: Saturday August 15, 2009 – Athlete briefing to begin at 1:00pm.

Where: Capitola Village on the Esplanade Stage

Cost: \$50 per class for bodybuilding, fitness and figure.
\$35.00 entry fee for Model Search

Payment: Click [here](#) to pay; or print and complete this form. We accept money orders, visa, Mastercard, American express and checks payable to Max Muscle. Please mail your entry form along with payment to Max Muscle Santa Cruz 1420 41st Ave., Capitola, CA 95010. The mail-in deadline is August 1, 2009 – NO EXCEPTIONS! You may also pay day of the show or in person at the Max Muscle Santa Cruz store. NO REFUNDS

DIVISION	REQUIREMENTS	CHECK MARK TO REGISTER
Masters	40 years and up	
Men's Novice Light weight	Up to & incl. 174 ½ lbs.	
Men's Novice Heavyweight	Over 174 ½ lbs.	
Men's Open Lightweight	Up to & incl. 174 ½ lbs.	
Men's Open Heavyweight	Over 174 ½ lbs.	
Women's Body building	One Class	
Women's Fitness	One Class	
Women's Figure Short	Up to & incl. 5' 2"	
Women's Figure Tall	Over 5'2"	
Women's Model Search	One Class	

NAME: _____ AGE: _____ DATE OF BIRTH: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: _____ ALTERNATE PHONE: _____

EMAIL ADDRESS: _____

OCCUPATION: _____ GYM: _____

PREVIOUS CONTESTS/PLACINGS: _____ or attach separate paper



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Release:

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrators, waive, and release any and all rights and claim for damages I may have against the Santa Cruz Muscle Beach Classic 2008, Max Muscle Santa Cruz, City of Capitola, all sponsors and their representatives and assignees for any and all injuries incurred by me in connection with these championships and in traveling to and from them, and hereby grant full permission to any and all of the foregoing to use any photography, videotapes, motion pictures, recordings, and any other records of this event for any purpose whatsoever.

Athlete's Signature: _____ Date: _____

any athlete under the age of 18 must have a guardian's signature. All teenage competitors must show proof of age.

Parent/Guardian's signature: _____

GENERAL RULES

MUSIC: Only CD is acceptable. Each CD must contain only 1 song (mixing is OK). Routine will be 90 seconds. No profanity. CD must have contestants name first & last on CD. If a full CD is being presented a track number must also be included on CD. Max Muscle Santa Cruz and affiliates are not responsible for music left behind or lost.

ENTERING 2 DIVISIONS: Inform registration if you decide to enter another division using the same CD.

ELIGIBILITY: This is a non-sanctioned show; therefore there is no association fee. Open to all athletes.

RULES: All competitors' numbers must be worn on the left side of the posing suit. Male bodybuilders are able to wear plain or metallic materials for posing suit. Female bodybuilders are able to wear plain, metallic or crystals on their 2 piece posing suits. Figure competitors are able to crystal suits.

Model Search: any off the rack 2-piece suit is acceptable. High heels of your choice and jewelry are fine. No thongs and no crystal suits.

BACKSTAGE: Only competitors will be allowed back stage. No coaches, trainers, stylists, or family or friends.

CLASS GUIDELINES

THERE WILL BE NO NIGHT SHOW, THEREFORE ALL JUDGING WILL BE LIVE AND TROPHIES WILL BE AWARDED AT THE ENED OF EACH CLASS.

BODYBUILDING (MEN & WOMEN): Each competitor will have 90 seconds to perform his/her routine to the music of their choice. Top 5 will be awarded trophies.

FIGURE: Competitor suits must cover at least 1/2 of the glutes; thongs are not permitted. Rounds: there will be only 1 round in the 2-piece competition suit. Top 5 will be awarded trophies.

FITNESS: There will be 2 rounds. First round fitness routine, music must be provided on a CD with first and last name. Routine round will be 2 minutes. 2nd round: 2-piece competition suit. Suits must cover at least 1/2 of the glutes; thongs are not permitted. There are no mandatory moves. Stage is concrete therefore the fitness routine must be altered accordingly to accommodate the stage. Trophies will be awarded to the top 5 in the 2-piece competition suit.

Model Search: Model Search: any off the rack 2 piece suit is acceptable. High heels of your choice and jewelry are fine. No thongs and no crystal suits.

CONTACT: Max Muscle Santa Cruz 831-462-6629 or www.maxmusclesantacruz.com

TIME SCHEDULES: Athletes briefing at 1:00pm sharp!

SHOW: Begins at 2:00pm

SHOW SCHEDULE: Masters Men, Fitness Routine Round, Women's Bodybuilding, Novice Men, Fitness 2 Piece round, Figure, Model Search, Men's Open.

DEADLINE: to mail in entry will be August 1, 2009. Walk Ins will still be accepted day of the show.

ENTRY FEE: \$50.00, per class.

Model Search Entry Fee: \$35.00

Hotel Reservations

822 Bay Avenue

Capitola, CA 95010

1-800-660-2713

Rates: \$120 - \$130

Code: Muscle Beach Classic

Produced & Directed By:

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