

3 R D A N N U A L  
**EAST TENNESSEE**  
**SPORTS EXPO**

**THE SOUTH'S MOST UNIQUE MULTI-SPORTS EVENT**

**OCTOBER 9, 2010**

**OAKRIDGE HIGH SCHOOL, OAKRIDGE, TN**

**WWW.EASTTNSPORTSEXPO.COM**

NPC BODYBUILDING, FIGURE AND BIKINI COMPETITIONS  
SANCTION # 11347

Mail Check to:  
East Tennessee Sports Expo  
C/o Phil Nunamaker  
107 S. Hickory Ln.  
Oak Ridge, Tn 37830

Make Check Payable to:  
**East TN Sports Expo**

For Contest info: call Phil 865-363-7864  
or Ginger 865-363-7854  
Email- ginphil@comcast.net

Go to our website for updates on the Expo  
[www.EastTNSportsExpo.com](http://www.EastTNSportsExpo.com)

Attn: Bodybuilders  
Give us your feedback

[Ginphil@comcast.net](mailto:Ginphil@comcast.net)

Send us your picture or post them on my  
Facebook expo page

OFFICIAL ENTRY FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

Gym Representing \_\_\_\_\_

**Interesting Personal Info** that you would like us to use at the competition. \_\_\_\_\_  
\_example---. Mother of 4, Veteran, etc....

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**Division Entering**(please circle)

- Teen—
- Novice—
- Junior—
- Men's Open—
- Men's Masters(40-49)(50-59)(60+)—
- Women's Figure Open
- Figure Masters(35and over)
- Figure Novice
- Women's Open---
- WOMEN'S MASTERS 40-49 and 50 & over
- Bikini
- "American Heroes"(First Responders/Military)must provide proof .This category will have a special trophy

**Crossovers-**

Teen and Masters are the only athletes allowed to crossover into Junior and Open divisions and First Responders .

Women's bodybuilding and Bikini may not crossover into Figure nor Figure into Women's bodybuilding or Bikini

Figure Masters may compete in the Figure Open or Novice but not both

Womens Bodybuilding Masters may crossover into Open or Novice

All classes will be awarded 3-5 trophies determined by number entered in class at time of weigh-in.

Injury Release: In consideration of accepting this entry, I, the undersigned hereby for myself, my heirs, and administrators, waive and release any and all claims for personal injury, or property damage of whatever for and nature, I have against Phil and Ginger Nunamaker , the National Physique Committee and Oak Ridge High School or any vendors, individuals, sponsors in affiliation with the contest and/or expo that may arise from participation in the competition.

Note. If under the age of 18, must have parent or legal guardian Signature  
Parent or guardian

X \_\_\_\_\_

Competitors Signature

X

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**Bring your own sheets for the hotel if you are using tanning products.**

**Staybridge is supplying Dark colored towels.**

## **No Tanning Products allowed at High School.**

The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the StayBridge , Oak Ridge TN including any rules or regulations prohibiting cooking or food preparation in the Hotel Rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the promoter from and against any damages caused by the undersigned to the Staybridge , Oak Ridge or damages to a guestroom or rooms occupied or registered to the undersigned. Finally the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Staybridge Oak Ridge and Oak Ridge high School and may result in disciplinary action against the undersigned, including but not limited to, suspension or expulsion as a member of the NPC and /or competing in contests sanctioned by the NPC.

Competitor X\_\_\_\_\_

Date\_\_\_\_\_

### Entry Fees

\$55.00 for each class

\$30.00 Crossover-Men's and Women's Masters, Figure Masters, and Teen Only

\$25.00 additional late charge if after September 27, 2010

No checks accepted after October 1, 2010

Date: October 09, 2010

Place:Performing Arts Building

Oak Ridge High School, 1450 Oak Ridge Turnpike, Oak Ridge TN 37830

**\*MANDATORY\*Weigh-in 6:00pm-9:00pm**

**Friday, October 08 at Staybridge Suites ,420 S. Illinois Ave., Oak Ridge TN 37830**

Behind Outback Steakhouse, turn in at Outback and come thru Parking lot. There is no sign for Staybridge on Illinois Ave.

### Contest times

Pre-Judge Competitors Meeting and check-in **no later than 8 am**

Pre-judging 9:30am

Evening Show 6:30pm

**Competitors will receive Free Expo ticket**

**Parking is free**

## **Tickets**

Prejudging 9:30am, \$10-Expo included

Evening Show 6:30pm

Reserved VIP seating \$30.00

General admission reserved \$22.00

**Tickets go on sale August 13,, 2009**

Part of proceeds go to Oak Ridge High School Athletic Program

Call Ginger 865-363-7854 for Tickets

Cash, Checks, or money order. Credit cards on website or by calling Ginger  
865-363-7854

Expo tickets \$10.00 (pre-judge included. Group rates available)

Other Expo events(Please sign up for email updates or visit website

Expo Competitions and other event schedule will be available on website soon.

Pro-athletes

IFBB PRO Brandon Curry –guest poser

Proverbs 13:4

The sluggard craves and gets nothing,  
but the desires of the diligent are fully satisfied

[WWW.EASTTNSPORTSEXPO.COM](http://WWW.EASTTNSPORTSEXPO.COM) sign up on our site for updates  
and giveaways