

Yohnnex Nutrition

presents

Capital Tournament of Champions



7509 Allentown Rd. • Ft. Washington, MD 20744 • Telephone: (301) 248-8888 • www.yohnnex.com

Contest Information

Host Hotel:

- April 15, 2010 is the last date to receive the special Yohnnex Sports' rate at the Holiday Inn - Georgetown.

FRIDAY, APRIL 30TH

Registration: (Mandatory for All Competitors - No Exceptions)

- Location: University of the District of Columbia (UDC)
4200 Connecticut Ave., N.W.
Washington, DC 20008
University's Auditorium in Building 46 East
(Van Ness Campus) - behind Gold's Gym
- **Registration from 3pm until 8pm.**
- Weigh-ins, Categories, Late sign-ups, Gift bags, T-shirts, etc.
- Random drug testing for Bodybuilding and Figure competitors.
- For directions <http://www.mapquests.com/>
- **Absolutely no registration for competitors on Saturday.**

SATURDAY, MAY 1ST

Show Time:

- 8:00 am Check-in for all competitors
- 9:00 am Competitors meeting
- 11:00 am **Prejudging starts**
After prejudging...drug testing (bodybuilding / Figure) for finalist
- Location: The University of the District of Columbia (UDC)
4200 Connecticut Ave., N.W. Washington, DC 20008
University's Auditorium in Building 46 East
(Van Ness Campus) - behind Gold's Gym.
- 4:00pm **Finals starts**

Contest Format:

Musclemania Format:

- Open Men's Bodybuilding

Bantam Weight	Up to 145lbs
Light Weight	Over 145 to 160lbs
Middle Weight	Over 160 to 180lbs
Light Heavy Weight	Over 180 to 200lbs
Heavy Weight	Over 200lbs
- Open Women's Bodybuilding

Light Weight	Up to 115lbs
Middle Weight	Over 115 to 125lbs
Heavy Weight	Over 125lbs
- Men's Masters

Master over 40 years
Grand Master over 55 years
- Women's Masters

Master 35 years and over
Grand Master 45 years and over

Figure Format:

- Classic 40 years old and older
Short Under 5'4"
Tall 5'4" and over
- Figure offer slightly muscular women a competitive arena. There is one competitive round in which competitors must wear a two piece swimsuit. Competitors will walk in a 'H' or 'T' configuration (depending upon the stage design). Judges will call for quarter turns when contestants must present an erect and stiff body posture. Finally, judges will line-up all contestants in their respective height classes and call for group comparisons. At all shows, competitors will have a short rehearsal. Shoes must be a standard high heel and no clog to exaggerate a competitor's height. The two piece swimsuit may have high, side cuts and extremely thin straps to extenuate competitor body lines. However, no thong or 'T' cuts are permitted.

Fitness Format:

- The judging should be based upon a specific criteria-scoring system.

Fitness Round		Swimsuit Round	
Execution & Performance	40%	Overall Appearance	40%
Appearance	30%	Body Condition	30%
Creativity	30%	Femininity	30%

Bikini Format:

- The order of the rounds: Themed Sportswear 50% and Bikini 50% scoring.

Themed Sportswear Round		Bikini Round	
Stage Presentation	40%	Overall Appearance	40%
Overall Appearance	30%	Body Condition	30%
Sports Wear Selection	30%	Facial Beauty	30%

Model Format:

- There are two divisions: Female Sports Model and Male Sports Model
- All contestants will be required to perform a runway style presentation in the 2nd round.
- There are no prescribed height and/or weight limitations.

Directions:

From VA

Take 395 North. Merge onto US-1 N toward Washington. Stay straight and go onto 14th St., NW. Turn left onto K St., NW. Turn right onto Connecticut Ave., NW. Continue on until you get to 4200. Auditorium (Bldg. 46) located behind the main building on Conn. and Veazey St.

From Baltimore

Take I-95. Merge onto Capital Beltway/I-495 via exit 27 toward Silver Spring. Take Connecticut Ave. exit 33 toward Kensington/Chevy Chase. Take ramp toward Chevy Chase. Turn left onto S/Conn. Ave. (MD-185) Continue on until you get to 4200. Auditorium (Bldg. 46) located behind the main building on Conn. and Veazey St.

From DC

Get on Connecticut Ave going North. Continue on until you get to 4200. Auditorium (Bldg. 46) located behind the main building on Conn. and Veazey St.

Or Take Metro: Van Ness/UDC Metro Stop on the Red Line.

- **Note: Street and Garage Parking Available. Covered Garage located on Van Ness St., adjacent to UDC Campus.**

Additional Information:

- Contact Yohnnex Sports (301) 927-7733