



FITNESS + FIGURE + BODYBUILDING + SPORTAEROBICS + MALE-FEMALE MODEL SEARCH + HIP-HOP DANCE CREWS + BALLROOM

**TRIPLE-A FITNESS & BODYBUILDING CHAMPIONSHIPS!  
"A DIFFERENT KIND OF SHOW!"  
GREAT PRIZES, GREAT PEOPLE, GREAT SHOWS!**

*Christopher's*

**13<sup>TH</sup> INTERNATIONAL LEGACY GRAND FINALS FITNESS CHAMPIONSHIP!**



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**AUGUST 21, 2009 RENO, NEVADA USA**

**Host Hotel: Atlantis Casino Resort & Spa**

**www.atlantiscasino.com/No Room Block - Rates as low as \$79 per night! (1.5 Miles from Grand Sierra Resort)**

**This show takes place right after Ms. Fitness USA & Worlds!**

**TAKE ADVANTAGE OF THIS GREAT OFFER: Register in advance for the LEGACY FINALS & you will be automatically qualified for Ms. Fitness USA!**

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**REMEMBER YOU MUST BE PRE-REGISTERED FOR THE LEGACY SHOW TO BE DOUBLE-QUALIFIED FOR BOTH SHOWS.**

**VISIT THE WEBSITE FOR YOUR REGISTRATION PACKET & RULES & GUIDELINES @ WWW.TRIPLE-A.NET  
OR EMAIL CLAIRE MCNALLY: CLAIRE @TRIPLE-A.NET YOU CAN ALSO CALL: 310 659 8918**

**Compete in these categories:**

**FITNESS + FIGURE + BODYBUILDING + SPORTAEROBICS + MALE-FEMALE MODEL SEARCH + HIP-HOP DANCE CREWS + BALLROOM + JUNIORS**

**(PLAN TO ATTEND OTHER TRIPLE-A LEGACY SHOWS SELECTED LEGACY FINALS WINNERS WILL BE SPONSORED @ THE FOLLOWING SHOWS...)**

**OCTOBER 16<sup>TH</sup> & 17<sup>TH</sup> "CANADIAN PRO/AM CHAMPIONSHIPS - TORONTO, CANADA!**

**OCTOBER 31<sup>ST</sup> "MONSTER MASH HALLOWEEN BASH - COLORADO!**

**NOVEMBER 7<sup>TH</sup> CHRISTOPHER'S "5<sup>TH</sup> INVITATIONAL UNIVERSE OF FITNESS CHAMPIONSHIP!"**

## Tentative Schedule(Subject To Change):

For Up-to-date Information Contact: Claire McNally 1/617 680-3194 or [Claire@Triple-A.net](mailto:Claire@Triple-A.net)

### THURSDAY, AUGUST 20 (PRE REGISTRATION @ GRAND SIERRA RESORT & HOTEL)

2:00-4:00PM – PRE-REGISTRATION/MS. FITNESS EXPO HALL (ALL CATEGORIES)

2:00-4:00PM – JUDGES TRAINING/MS. FITNESS EXPO HALL

4:00-5:00PM – DRUG TESTING/MS. FITNESS EXPO HALL (ALL BODYBUILDING & FIGURE CATEGORIES)

### FRIDAY, AUGUST 21 (ALL EVENTS @ ATLANTIS CASINO & SPA HOTEL)

7:30AM - JUDGES & STAFF MEETING & BREAKFAST

*(Special Note: Your Free Photo-Shoot Will Take Place After Each Round Of Judging, To Capture Each Look.)  
(Private/Extended Photo-Shoots Must Be Arranged w/Photographer!)*

8:00AM - COMPETITORS MEETING/LATE REGISTRATION(ALL CATEGORIES)

10:00AM – PHYSIQUE PRELIMINARIES (ALL MALE/FEMALE FITNESS MODEL EVENTS-SPEEDO & 2-PIECE)

11:30AM - PREJUDGING/BODYBUILDING (ALL CATEGORIES)

12:00PM - JUNIORS SPORTSWEAR MODELING

1:00PM - FEMALE FITNESS MODEL/1-PIECE- MALE FITNESS MODEL/SPORTSWEAR

1:30PM - PREJUDGING/MS. FIGURE (2-PIECE)

1:30PM - PREJUDGING/MS. FIGURE (1-PIECE)

2:00PM - BREAK- (Room Cleared & Set For Finals...)

-All SPOKESPERSON ROUNDS (TUX/SUIT & EVENING GOWN/PARTY DRESS)

Will Be Judged @ Evening Show Only

-All ROUTINE ROUNDS (ANY ROUND W/YOUR OWN MUSIC)

Will Be Judged @ Evening Show Only

### EVENING SHOW

6:00PM - 13TH INTERNATIONAL GRAND FINALS  
LEGACY & BODYBUILDING CHAMPIONSHIPS!

10:00PM - VICTORY PARTY & JUDGES FEEDBACK!

*Triple-A Fitness & Aerobics*  
*13th Legacy Fitness & International Grand Finals*  
*August 21, Reno NV USA*  
*Event Fees*

**ADULT LEGACY FITNESS COMPETITIONS (Plus TAFA Membership Dues)**

<u>DESCRIPTION</u>	<u>FEE</u>
Ms. Fitness Legacy Open or Master's or Novice	\$99
PRO/Elite Division/Ms. Fitness Legacy (Winners Paid)	\$119
Male/Female Fitness Model Search	\$99
Ms. Figure	\$99
Any 2nd Category	\$50
Any 3rd Category	\$20

**ADULT AEROBIC/DANCE ROUTINES (Per Individual, plus TAFA Membership Dues)**

1st SportAerobic, Step or Hip-Hop Prepared Routine	\$75
2nd SportAerobic, Step or Hip-Hop Routine	\$35
3rd SportAerobic, Step or Hip-Hop Routine	\$10
Special rate for Teams of 4 or more (No Individual Fees)	\$200 per Team

**JUNIOR EVENTS (Per Individual, plus TAFA Membership Dues)**

Junior Legacy Fitness	\$80
Junior Prepared SportAerobic, Step or Hip-Hop Routine	\$55
2nd Junior Event	\$25

**MEMBERSHIP (required for all competitors)**

New Adult Membership	\$49
Renewed Adult Membership	\$39
Junior Membership	\$39
Annual Federation Dues-EACH COUNTRY (Delegate's Fees)	\$100

**COMPETITION WORKSHOPS**

Judge's Seminar & Certification	\$50
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**AUDIENCE TICKETS:**

There is only one price for each ticket and it is good for the entire day; come to 1-event, come to all events...

All tickets are good all day. **Your ticket also includes admission to the "Victory Party"!**

<u>DESCRIPTION</u>	<u>FEE</u>
Adult - All Events Pass	\$35
<b>Youth 10-16 years</b> - All Events Pass	\$15
Coach/Trainer & Competitors Assistant's - Backstage Pass	\$40
<b>Children 9-years and below</b>	<b>Free</b>

**Triple-A Fitness & Aerobics**  
**13TH LEGACY - International Grand Finals Registration Form**

Please mail to:

TRIPLE-A FITNESS & AEROBICS HEADQUARTERS

816 WESTMOUNT DRIVE SUITE 203, WEST HOLLYWOOD, CALIFORNIA 90069

Or Fax: {00} 1 (781) 281-2872 **NO FAXED REGISTRATIONS will be accepted after 8/10/09**

**Your Name:** \_\_\_\_\_

Street Address \_\_\_\_\_

Unit/Apt # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Postal/Zip Code # \_\_\_\_\_

Country \_\_\_\_\_

Phone \_\_\_\_\_

(Include all area codes & country code for phones numbers outside the US)

E-mail Address \_\_\_\_\_

Name of Event: \_\_\_\_\_

How did you hear about this Triple-A Event? (Write Best Answer) i.e.

Saw A Show-Got An Invitation-Website/Internet-Mailing-Health Club-Other \_\_\_\_\_

You Are Here At This Event As...(Circle all that apply)

**STAFF MEMBER-JUDGE-PRESENTER-DELEGATE-WORKSHOP/MASTERCLASS  
COMPETITOR or WANT TO BE SENT INFORMATION FOR FUTURE EVENTS**

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**If you are NOT COMPETING & you {STOP HERE}**

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Fitness Competition Categories (Circle all events that you are entering)

**Body Building Male-- Body Building Female-- Ms. Figure**

**Mr. Fitness---Mr. Physique--- Ms. Fitness---Junior's Fitness---Master's Fitness—Model Search**

(Place an "X" by the Division/s you are entering)

Novice Body Building \_\_\_ Master Body Building \_\_\_ Open Body Building

\_\_\_ Fitness(Pro/Elite) Fitness (Open) \_\_\_

Master's Division (Ages 40 Plus) \_\_\_ Junior's Division (Ages 6-17) \_\_\_

Male/Female Fitness Model Search \_\_\_

For Fitness, & Model Search Categories Only

Height: Feet \_\_\_\_\_ Inches \_\_\_\_\_

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**IF NOT COMPETING IN SPORTAEROBIC EVENTS STOP HERE! SKIP BELOW TO FEES.**

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**SPORTAEROBICS, HIP-HOP, STEP & DANCE CATEGORIES**

(Place an "X" by all that apply)

SportAerobics "Prepared Routines"

Singles-Men/Women \_\_\_\_\_

Duos \_\_\_\_\_

Partner's Name \_\_\_\_\_

Trios \_\_\_\_\_

Teammates Names \_\_\_\_\_ and \_\_\_\_\_

Quads Plus (4 or more) \_\_\_\_\_ Team Name \_\_\_\_\_

"Follow-the-Leader" \_\_\_\_\_

STEP "Prepared Routines" \_\_\_\_\_

Hip-Hop "Prepared Routines" \_\_\_\_\_

**Fees**

***IMPORTANT NOTICE! The registration deadline is 1-week prior to each event. All Registration Forms & Fees NOT RECEIVED on or before that date and/or all DAY OF EVENT Registrations WILL BE CHARGED A \$25.00 LATE FEE!!!***

Membership Fee: \$49 Adult New/Re-Activating Members, \$39 Adult Annual Renewal, \$39 Juniors  
*All participants must be Triple-A Fitness Members.*

My Competition Fee Is: \$ \_\_\_\_\_  
My Membership Fee Is: \$ \_\_\_\_\_  
*(All 2009 Memberships expired on December 31, 2009)*

My Judge's Training Fees Are: \$ \_\_\_\_\_

# Of Show Tickets (See Fees Page): Adult \$ \_\_\_\_\_ Youth \$ \_\_\_\_\_ Children (Free) \_\_\_\_\_

My Total Event Fees Are: \$ \_\_\_\_\_  
My Tickets Total Is: \$ \_\_\_\_\_  
My Combined Total Fees Are: \$ \_\_\_\_\_  
My Late Fee Is: \$ \_\_\_\_\_

METHOD OF PAYMENT (Circle One)

CASH (Do not mail) or CASHIER'S CHECK/MONEY ORDER

PERSONAL CHECK

Accepted Only If Received One Week Prior To Event (Make checks PAYABLE to TRIPLE-A)

PLEASE NOTE: TRIPLE-A FITNESS & AEROBICS ***DOES NOT*** ACCEPT CREDIT CARDS!!!

*Completed Registration Forms Faxed in to {00} 1 (781) 281-2872, or that are mailed to the Triple-A Headquarters on or before the due date WILL BE ACCEPTED as Timely-Registrations, and you may pay all Fees at the On-Site Registration.*

**TO RECEIVE AN EMAILED COPY OF THE (VERY SIMPLE) 1-PAGE "RULES & GUIDELINES" VISIT: WWW.TRIPLE-A.NET AND SEND YOUR REQUEST BY CLICKING ONTO THE LINK TO THE HEADQUARTERS...  
Or Call 001 310 659 8918 To Have Them Posted To You!**