

NORTHERN ROCK NATURALS ATHLETE INFORMATION PACKAGE

Register Online

Registration for the GNC Allmax Northern Rock Naturals Competition is available online at <http://www.northernrocknaturals.com/>. Online registration will close on Wednesday, July 10 at 10:00pm Eastern. Registration will re-open onsite Friday at Athlete Registration. Please note that a \$50 late fee applies to on-site registrations.

Official CPA Services

Official Tanner & Makeup Artists: [Absolute Touch](#) is the only tanner & makeup artist permitted on-site and at host hotel

Official Photographer: [Stone Photography Studio](#)

Registration Location

Travelodge Hotel
1401 Paris Street
Sudbury Ontario
P3E 3B6
(705) 522-1100

Schedule

Registration/Weigh-in will be on Friday July 12 from 5:00p.m. to 7:00 p.m.
Athlete meeting at 7:30 p.m.

What to Bring to Registration

- Posing routine music can be uploaded via Muscware in mp3 format (please see your registration confirmation email for your athlete's profile link). Alternatively, you may bring a CD. Your posing routine music must be the only music on the CD. 60 seconds in length.
- Bodybuilders must weigh in wearing their posing suits
- Men's physique competitors are required to bring their stage shorts for approval by the head official.
- On-site entry fees must be paid with cash or credit cards, debit and checks will not be accepted.
- Athletes must have their CPA membership number to register. This can be purchased at registration if not already done.
- Money for photo or video packages if planning to purchase.
- Juniors and master competitors bring proof of age.
- Fitness, Figure and Bikini competitors must wear their 2 piece stage competition suit to register for approval by the head official. Shoes are not subject to inspection.
- For those athletes who pre-registered please ensure that you bring your CPA card with you.