

NPC Midwest Open Bodybuilding, Men's Physique, Fitness, Figure and Bikini Championship

- NATIONAL QUALIFIER -

NAME _____ AGE _____ Please list what you would like the announcer to say about you on reverse side

STREET ADDRESS _____

CITY/STATE/ZIP CODE _____

PHONE NUMBER _____ EMAIL _____

Competitor's Signature _____

Parent/Guardian Signature (If under 18 years of age) _____

In consideration of accepting this entry, I hereby, intending to be legally bound for myself, my heirs, executors and administrators, (i) waive any and all rights and claims for damages I may have against Jack Titone, Ann Titone, The National Physique Committee of the U.S.A., Inc., (The "NPC") or the agents, employees, representatives or assigns of any of the foregoing persons or entities for any and all injuries or damages I may incur while traveling to and from, or while participating in, this competition; (ii) I certify that I am an amateur in good standing and am eligible to compete in this competition in the Division(s) in which I have entered, and (iii) I further agree to abide by all decisions of the NPC and declare that all information contained herein is, to the best of my knowledge, true, correct and complete.

NPC CARD# _____ FEE: \$75.00 For EACH Division Entered. NO REFUNDS. \$75.00 Crossover Fee.

Cut along the blue line below and mail cash or money order to: Jack Titone, 5604 Wickershire St. Louis MO, 63129

*Entries MUST be postmarked by FEB 17, 2012 to avoid \$40.00 late fee.

List all classes in which you will compete. Include height for physique/figure/bikini. (Please note: \$75.00 for EACH Division entered)

I WILL BE COMPETING IN _____

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FULL ELIGIBILITY AND OTHER RULES OF COMPETITION AT WWW.NPCMIDWEST.COM/

NPC

CONTACT: JACK & ANN TITONE, 5604 Wickershire, St. Louis MO, 63129 -Phone: 314-686-3828

FRIDAY: 03/16/ 2012 – **CHECK-IN** 6:00 p.m. SATURDAY: 03/17/ 2012 **PRE-JUDGING** 9:00a.m. **FINALS** 6:00 p.m.

Venue: **BUSCH STUDENT CENTER - 20 North Grand Blvd. St. Louis, Missouri 63103**

Divisions: Men's Bodybuilding: **Bantam Wt.** – 143 ¼ and under, **Light Wt.** – over 143 ¼ and up to and including 154 ¼, **Welter Wt.** Over 154 ¼ and up to and including 165 ¼ **Middle Wt.** – Over 164 ¼ and up to and including 176 ¼, **Light Heavy Wt.** -over 176 ¼ and up to & including 198 ¼, **Heavy Wt.** -over 198 ¼ and up to & including 225, **Super Heavy Wt.** -over 225. **Teen:** ages of 13-19 **Masters:** 35-39, 40-49, 50-59, 60+
Men's Physique: 3 classes, **Short (A), Medium (B), Tall (C)** . Men's Masters Physique: 2 classes **35-39 and 40-49**

Women's Bodybuilding: **Light Wt.** – 114 ½ and under, **Middle Wt.** – over 114 ½ and up to & including 125 ½, **Heavy Wt.** -Over 125 ½ **Masters Women: 1 class** – 35 & Over **Fitness Competitors:One Class Figure Competitors:Three classes; short (A) –medium (B)-tall (C), Masters Figure Competitors:One Class 35 years old and over Women's Physique: Three classes; short (A) –medium (B)-tall (C) Women's Masters Physique: 2 classes 35-39 and 40-49 Women's Bikini: Three classes; short (A) –medium (B)-tall (C) Women's Masters Bikini: 2 classes 35-39 and 40-49**

Eligibility: ALL COMPETITORS: (1) Each Competitor must be currently registered with the NPC. To meet this requirement, he/she must present his/her current NPC card, current NPC receipt, or purchase an NPC card at this event (**\$100**). (2) Each competitor must be an amateur in good standing with the NPC. (3) **MASTERS** (Men & Women): Each competitor in these Divisions also (1) by MAR 17, 2012, must have reached the age for the respective Masters class in which he/she has chosen to compete and; (2) must provide proof of age with a birth certificate, driver's license or state i.d. **TEEN MEN:** Each competitor in this Division also (1) must have reached his 13th birthday, but not his 20th birthday, by MAR 17, 2012, and (2) must provide proof of age with a birth certificate, driver's license or state i.d.

Awards: **BEAUTIFUL CUSTOM AWARDS** will be presented to places 1 – 5 in all classes. Beautiful Custom Awards will be awarded to the Men's and Women's Overall Champions -Additional awards will be presented to the athletes voted "Most Muscular" and "Best Poser"

Rules: **ABSOLUTELY NO DREAM TAN IS TO BE USED!!** Light Oil Is Allowed. Athletes, who compete in the pre-judging, must compete in the evening show. Solid-color posing suits only – no t-back suits permitted. No jewelry is permitted (except wedding rings). Women only – may wear multi-colored suits and earrings to the evening show. Athletes must exhibit good sportsmanship at all times. For safety and liability purposes, only competitors and event officials are allowed back stage and in the pump-up area. **NO EXCEPTIONS – NO KIDDING!!** – Current NPC rules apply and will be strictly enforced.

Pre-judging: At the end of each class, there will be a 60 second pose down for all class participants. **Finals:** 90 Second Posing Routine Choreographed to Music. Each athlete must provide 2 cassette tapes with music at the beginning of a blank tape or 2 CD's that only have your music at the beginning of the CD – no artist CD's with multiple songs will be accepted. All athletes will be presented and will pose to music in the evening show.