

NPC 2010 Florida State/Master Bodybuilding, Fitness, Figure and Bikini

This contest is sanctioned by the NPC, it is open to all NPC members. All contestants must be registered by the NPC. You may register at the weigh in. The NPC sanction fee is \$90.00. There are crossovers permitted in master figure and open figure, open men and master men bodybuilding.

Where: ROSEN CENTRE HOTEL 9840 International Dr. Orlando, FL 32819

Host Hotel: ROSEN CENTRE HOTEL: Call now to receive NPC Florida State discount rate of \$ 99.00 toll-free 1-800-204-7234.

The cut-off date for the discounted rate is August 14, 2010 self parking 50% off when you mention the show.

Entry Fee: \$80.00 - If received by August 14, 2010, after August 14, add a late fee of \$25.00. We will accept entries on Friday Night with the late fee. **No Checks at Weigh In CASH ONLY**

(If competing in master Figure and open Figure also Master men and open men the entry fee is \$160.00 to compete in both contests)

Weigh In Friday August 20, 2010 at the host hotel 5:00-9:00 pm and on Saturday August 21, 2010 8:00 am and ends at 8:30 am at ROSEN CENTRE HOTEL.

There will be no weigh in after 8:30 am Saturday morning. Bodybuilders must wear posing trunks & Bikini competitors wear your suits to weigh in, all show participants must check in at one of the above weigh ins or height check ins.

Athletes Meeting: There will be a **mandatory meeting 8:00 am Saturday morning** at Rosen Centre Hotel

Posing Music: No profanity on music or you will be automatically disqualified. Music must be cued on CD for 75 seconds.

Music will be collected at the mandatory meeting before pre-judging.

Cut here-----

Name: _____ Age: _____ Height: _____ Weight: _____

Address: _____

Phone#: _____ Email or Web Address _____

Gym: _____ NPC Card # _____

LIST ALL NPC COMPETITIONS OVERALL/YEAR-----

Please check the class that you are entering.

Men's Open

- Bantam Wt. (up to 143 ¼)
- Light Wt. (143 ¼ to 154)
- Welter Wt. (154 ¼ to 165)
- Middle Wt. (165 ¼ -176)
- Light Heavy (176 ¼ - 198)
- Heavy Wt. (198 ¼ to 225)
- Super Heavy Wt. (Over 225 ¼)

- Men Over 70 (one class)
- Men Over 60 (one class)
- Men Over 50 (one class)
- Men Over 40 (two classes)
- Men Over 35 (one class)
- Novice Men (one class)
- Teen Men (one class)

Women Open

- Light Wt. (up to 125)
- Heavy Wt. (125 ¼)

- Masters Women Over 40
- Masters Women Over 50

- Fitness (one class)
- Bikini (two class)

Figure Open

- Figure Short (under 5'4)
- Figure Med (5'4" up to 5'6")
- Figure Tall (Over 5'6")
- Teen Figure (one class)

- Novice Figure

- Figure Over 30 (one class)
- Figure Over 40 (one class)
- Figure Over 50 (one class)

In consideration of accepting this entry, I hereby intend to be legally bound, for myself, my heirs, executors, or administrators waive any and all claims of damages against the NPC, , Deke Warner, Rosen Centre Hotel, representatives, and assignees for any and all injuries suffered by me at the said contest and in traveling to and from the said contest. **Teens Fitness, Figure and Bikini competitors will be allowed to have a parent or guardian backstage.**

Signature _____

Print _____

Date _____

If the contestant is under the age of 18 a parent or legal guardian must sign this form.

The undersigned is the parent or legal guardian of the above mentioned minor and is entitled to the sole care, custody, and control of said minor. The Undersigned does hereby represent, agree, and guarantee that the undersigned consents to the execution by the minor of the Release.

Parent or Legal Guardian Signature _____ Print _____ Date _____

Please make money order payable to Dennis Warner and mail to P.O. Box 616533 Orlando, FL 32861