

TOP FORM NUTRITION 2010 NPC UTAH OPEN BODYBUILDING, FIGURE and BIKINI CHAMPIONSHIPS MARCH 20

Official 2010 Entry Form

CONTACT INFORMATION

Full Legal Name: _____ NPC Card # _____
Mailing Address: _____
City: _____ State: _____ Zip Code: _____
Day/Work Phone: _____ Night/Cell phone: _____
Email Address: _____
Height: _____ Current Weight: _____ Birth Date: _____ Age: _____ Sex: M F
Education Level: _____ Occupation: _____
Health Club Affiliation: _____ Backstage Trainer: _____
Competition Experience: _____
Emergency Contact Name: _____ Phone: _____

*Eligibility: Entrants must be registered members of the NPC. (May register at show.) Novice competitors must have never placed 1st, 2nd, or 3rd in any NPC OPEN CLASS competition (except teen) or first competition. Masters must be over the ages listed below by MARCH 19TH 2010. FIGURE competitors must be at least 18 yrs. old By MARCH 19TH 2010; proof of age will be required.

****BACK STAGE TRAINER IS ONLY PERSON ALLOWED BACKSTAGE****

**BACK STAGE PASSES ARE \$35 DOLLARS AND INCLUDE PRE-JUDGING AND EVENING SHOW TICKETS.
ONLY 1 TRAINER PER ATHLETE NO EXCEPTIONS. ALL PASSES MUST BE PURCHASED AT WEIGH-INS.**
NO ONE UNDER 18 YEARS OF AGE ALLOWED BACKSTAGE**

**ALL ENTRY FORMS MUST BE RECEIVED WITH PAYMENT NO LATER THAN MONDAY
MARCH 10TH 2010. LATE FEE \$50 DOLLARS AFTER MARCH 10TH 2010.**

COMPETITION DIVISIONS & CLASSES:

MENS CLASSES B.B.

----TEEN MEN 1 CLASS

----NOVICE LT. WT. (UP TO AND INCLUDING 176LB.)

----NOVICE HVY.WT. (176 1/4LB AND UP)

----MENS JR. MASTERS (AGE 35-39)

----MENS MASTERS (AGE 40 +)

MENS OPEN B.B. 6 CLASSES

----LT.WT. (UNDER 154 1/4LB)

----LT.HVY.WT.(176 1/4LB UNDER 198 1/4LB)

----HVY.WT.(198 1/4LB UNDER 225 1/4LB)

----MIDDLE WT. (154 1/4LB UNDER176 1/4LB)

----SUPER HVY. WT.(OVER 225 1/4LB)

WOMENS FIGURE

---- FIGURE SHORT (UP TO AND INCLUDING 5'4)

----FIGURE MED. (OVER 5'4 AND INCLUDING 5'6)

----FIGURE TALL (OVER 5'6)

----FIGURE MASTERS 1 CLASS (35 AND OVER)

----FIGURE NOVICE 1 CLASS (first time competitors only)

WOMENS B.B.

----WOMENS B.B. LT.WT. (UNDER 125LB.)

----WOMENS B.B. HVY.WT.(125LBS AND OVER)

----WOMENS MASTERS B.B. 1 CLASS

BIKINI

---- 5'4 UNDER CLASS ---- OVER 5'4

All Bikini Competitors must come to weigh-in and height check with Bikini.

AWARDS TO TOP 5 PLACINGS. ONLY THE TOP 5 IN EACH CLASS WILL DO POSING ROUTINE AT EVENING SHOW. WOMENS BODYBUILDING AWARDS TO TOP 5 PLACINGS ONLY.

REGISTRATION FEE IS \$75 There is an additional \$50 crossover fee for each additional competition division. NPC this competition will follow NPC rules found on www.npcnewsonline.com & guidelines on www.npcutah.com this is a NATIONAL QUALIFIER.

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WEIGH-INS AND HEIGHT CHECK ARE FRIDAY MARCH 19TH 2009

AT 3491 WEST 3500 SOUTH IN WEST VALLEY CITY INSIDE GOLD'S GYM BETWEEN 3:00PM-7:00PM.

MUST WEIGH-IN IN POSING TRUNKS AND HAVE 60 SECONDS OF MUSIC ON CD FRIDAY NIGHT.

NO EXCEPTIONS. BRING MUSIC TO WEIGH-INS. **NPC MEMBERSHIP FEE IS \$90 For 2010**

Please send your complete competitor entry package (form, waiver & order form) to:

**Steve Schmall
NPC CHAIRMAN
1068 East 200 South
Pleasant Grove, Utah 84062**

For additional information, please email steve@npcutah.com Visit our website at www.npcutah.com

All entries must be received by: MONDAY MARCH 10TH .LAST MINUTE ENTRIES ARE SUBJECT TO A \$50 LATE FEE.

CASHIER'S CHECK / MONEY ORDER ONLY. NO PERSONAL CHECKS ACCEPTED.

Please make your CASHIER'S CHECK/MONEY ORDER payable to Steve Schmall.

Registration fee is non-refundable. All entries form competition must be made on this form. **Late entries are subject to \$50 late fee.**

**RESEVRED V.I.P. \$35 LIMITED SEATING AVAILABLE
FLOOR SEATING \$20 AT THE DOOR \$15 ADVANCE
PREJUDGING \$10 AT THE DOOR
CASH OR MONEY ORDER ONLY - CREDIT OR DEBIT CARD \$3 FEE PER TICKET**