

NPC 2010 Mid Florida Muscle Classic Bodybuilding, Figure and Bikini Championships

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. Crossovers are permitted in master figure and open figure.

Where: *Howard Middle School 800 East Robinson Street Orlando, FL 32801*****

Host Hotel: Courtyard by Marriott 730 North Magnolia Ave Orlando, FL 32803 *For Reservations Call (407) 996-1000

*Special Hotel Rate \$69.00 Be sure to mention The NPC Mid Florida Bodybuilding Championships

Entry Fee: \$60.00 - If received by June 12, 2009, after June 12, add a late fee of \$25.00. We will accept entries on Friday Night June 18, with the late fee. **No Checks at Weigh In CASH ONLY**

(If competing in master figure and open figure the entry fee is \$120.00 to compete in both contests)

Weigh In Friday June 18, at the host hotel 5:00-9:00 pm and on Saturday June 19, 8:00 am to 8:30am **Howard Middle School**

There will be no weigh in after 8:30 am Saturday morning. Bodybuilders must wear posing suit to weight in. All show participants must check in at one of the above weigh-ins or height checks in for figure, and bikini.

Note: Bikini competitors must wear their suits at check-in for approval and be in good taste in accordance with NPC guidelines.

Athletes Meeting: There will be a mandatory meeting **8:00 am Saturday morning** at Howard Middle School.

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

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

- Light Wt. (up to 154)
- Middle Wt. (154 1/4-176)
- Light Heavy (176 1/4- 198)
- Heavy Wt. (198 1/4 and over)

- 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)

Women Over 40

- Figure Novice (one class)
- Bikini (one class)

Figure Open

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

- Figure Over 30 (one class)
- Figure Over 40(one class)
- Figure Over 50(one class)
- Figure Teen (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, Howard Middle School, Deke Warner, Marriott Hotels, representatives, and assignees for any and all injuries suffered by me at the said contest and in traveling to and from the said contest. **Teen 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 checks/ money order payable to Dennis Warner and mail to P.O. Box 616533 Orlando, FL 32861