

**INSTRUCTIONS FOR PAYMENT FOR ENTRY INTO EVENT**

**OPTION 1:** ELECTRONICALLY COMPLETE ENTRY FORM IN ITS ENTIRETY TO INCLUDE PAYEE'S NAME IF DIFFERENT THAN THE NAME ON THE ENTRY FORM BEFORE MAKING PAYMENT. PLEASE REMIT PAYMENT BY CLICKING THE "BUY NOW" BUTTON BY THE ENTRY FORM. DO NOT SEND E-CHECK! YOU MUST SEND PAYMENT USING CREDIT OR DEBIT CARD. ONCE PAYMENT IS MADE, EMAIL THIS FORM IN COMPLETION AS WELL AS THE COMPLETED ENTRY FORM TO TITONEJ@AOL.COM

**PAYEES NAME** \_\_\_\_\_

**OPTION 2:** COMPLETE ENTRY FORM AND MAIL WITH MONEY ORDER OR CASHIER CHECK, PAYABLE TO FITNESS & HEALTH SOLUTIONS, TO:

**4955 COUNTRY CLUB DR, HIGH RIDGE, MO 63049**

BEFORE THE DEADLINE DATE. AFTER APRIL 19, 2018, YOU CAN STILL ENTER BUT WITH A ONE TIME \$40 FEE



Urinalysis tested

The NPC Central USA Natural Championships  
NATIONAL QUALIFIER

Urinalysis tested

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
STREET ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
EMAIL \_\_\_\_\_ PHONE ( ) \_\_\_\_\_

*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.*

Competitor's Signature \_\_\_\_\_ NPC Card # or sign up at check-ins \_\_\_\_\_

Parent/Guardian Signature (if under 18 years of age) \_\_\_\_\_

<p><b>Please note:</b> Submit <b>\$80.00</b> for <b>EACH</b> division entered.</p> <p>Mail and make payable a money order <b>ONLY</b> to: Jack Titone 4955 Country Club Dr High Ridge, MO 63049</p> <p><b>It must be post marked on or before April 19th to avoid \$40.00 Late Fee. You can still enter after deadline just with a late fee!</b></p> <p><b>FEE: \$80.00</b> for <b>EACH</b> division entered. <b>NO REFUNDS!</b></p>	<p><b>Check the class or classes in which you will compete:</b></p> <p><b>MENS</b>          TEEN _____ OPENS MENS BB _____ NOVICE MENS BB _____ OPEN MENS MAST BB _____ NOVICE MENS MAST BB _____          TEEN _____ OPENS MENS PHYSIQUE _____ NOVICE MENS PHYSIQUE _____ OPEN MENS PHYSIQUE MAST _____          NOVICE MENS PHYSIQUE _____          TEEN _____ OPENS CLASSIC PHYSIQUE _____ NOVICE CLASSIC PHYSIQUE _____ OPEN CLASSIC PHYSIQUE MAST _____          NOVICE CLASSIC PHYSIQUE MASTERS _____</p> <p><b>WOMENS</b>          TEEN _____ OPEN WOMENS PHYSIQUE _____ NOVICE WOMENS PHYSIQUE _____          OPEN WOMENS PHYSIQUE MASTER _____ NOVICE WOMENS PHYSIQUE MASTERS _____          TEEN _____ OPEN FIGURE _____ NOVICE FIGURE _____ OPEN FIGURE MASTERS _____          NOVICE FIGURE MASTERS _____          TEEN _____ OPEN BIKINI _____ NOVICE BIKINI _____ OPEN BIKINI MAST _____ NOVICE BIKINI MASTERS _____          OPEN FITNESS _____</p> <p><b>NOTE: PLEASE LIST EXPECTED HEIGHT AND WEIGHT: Height _____ Weight: _____</b></p>
--	---

**INFORMATION, ELIGIBILITY AND OTHER RULES OF COMPETITION AT WWW.NPCMIDWEST.COM**

**CONTACT:** Jack Titone  
4955 Country Club Dr  
High Ridge, MO 63049  
(314) 686-3828

**VENUE:** Century Link Convention  
Omaha , NE

**Check-In:** 6:00 p.m. - Friday, May 11, 2018  
at **HOST HOTEL**

**Prejudging:** 10:00 a.m. - Saturday, May 12, 2018

**Finals:** 6:00 p.m. - Saturday, May 12, 2018

**Divisions: Open & Novice A national qualifier**  
**Men: Bantam wt.** 143 and under.  
**Light wt.** Over 143-1/4 and up to and including 154.  
**Middle wt.** Over 154-1/4 and up to and including 176.  
**Light Heavy wt.** over 176-1/4 & up to & including 198.  
**Heavy wt.** Over 198-1/4 and up to & including 225.  
**Super Heavy wt.** Over 225

**Masters Men:** 4 Classes 35-39, 40-49, 50-59, 60 & older.  
**Men's Physique:** (A)-(B)-(C)-(D)  
**Men's Masters Physique:** 35-39 & 40-49

**CLASSIC PHYSIQUE – Divided up at check-ins**  
**Teen Men:** One Class.  
**Fitness Competitors:** One Class.  
**Figure:** classes; (A), (B), (C), (D)  
**Masters Figure:** One Class 35 years old & over.  
**Women s Bikini:** (A), (B), (C), (D)  
**Women's Bikini Masters:** One Class, 35 yrs old and over.  
**Women's Physique:** Classes to be divided by weight at check-in.  
**Women's Physique Masters:** one class 35 & older.

**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 (\$125). (2) Each competitor must be an amateur in good standing with the NPC. (3) **MASTERS (Men & Women):** Each competitor in these Divisions also (a) by May 12, 2018, must have reached the age for the respective Masters class in which he/she has chosen to compete and;(b) must provide proof of age with a birth certificate, driver's license or state I.D. **TEEN MEN:** Each competitor in this Division also (a) must have reached his 13th birthday, but not his 20th birthday by May 12, 2018 and (b) must provide proof of age with a birth certificate, driver's license or state i.d.

BEAUTIFUL CUSTOM AWARDS will be placed 1-5 in all classes. Beautiful Custom Awards will be awarded to the Men's and Women's Overall Champions.

ABSOLUTELY NO DREAM TAN IS TO BE USED! \_\_\_\_\_ allowed. Athletes, who compete in the prejudging, Must compete in the evening show. Solid color posing suits only for male bodybuilders. Women only may wear multicolored suits and earrings to the show. Athletes must exhibit good sportsmanship at all times.

**Drug Testing** All class winners will be subjected to a urinalysis test to be conducted back stage immediately after final placing's. All other competitors agree that a random urinalysis test may be administered by the head judge at his discretion during the event. WADA rules apply.

**Music** 60 Second Posing Routine Choreographed to Music for bodybuilders, women's physique and fitness is required. Each athlete must provide 2 Cd's with music that is in good taste without any profanity. Any profanity displayed on the music is an automatic disqualification. No MULTIPLE artist CD's with multiple songs will be accepted. All athletes will be presented at the evening show. Only the top 5 bodybuilders and women's physique will perform routines at finals.

**HOST HOTEL** SEE WEBSITE  
**WWW.NPCMIDWEST.COM**

**AIRPORT**  
Eppley Int  
Omaha NE