

## **INSTRUCTIONS FOR PAYMENT FOR ENTRY INTO EVENT**

**OPTION 1: DOWNLOAD AND 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 IS THE NAME ON THE ACCOUNT THAT PAYMENT IS BEING MADE, IF ACCOUNT IS BUSINESS PLEASE LIST BUSINESS AND OWNER NAME)**

**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 SEPTEMBER 13TH DEADLINE DATE. AFTER DEADLINE DATE, YOU CAN STILL ENTER BUT WITH A ONE TIME \$40.00 LATE FEE**



The NPC Nebraska State Championship  
**NATIONAL QUALIFIER OPEN TO ALL REGISTERED NPC ATHLETES**

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

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) \_\_\_\_\_

**FEE:** \$85.00 for EACH division entered.  
**NO REFUNDS!**

Mail and make payable a money order **ONLY** to:  
**Jack Titone**  
**4955 Country Club Dr**  
**High Ridge, MO 63049**

**\*\*Must be post marked on or before  
 September 13<sup>th</sup> to avoid \$40.00 late fee.  
 \*\* You can still enter after deadline just  
 with a late fee!**

**Check the class or classes in which you will compete and list expected height, weight & age.**

**MENS**

TEEN MENS BODYBUILDING \_\_\_\_\_ OPENS MENS BB \_\_\_\_\_ NOVICE MENS BB \_\_\_\_\_  
 OPEN MENS MAST BB \_\_\_\_\_ NOVICE MENS MAST BB \_\_\_\_\_  
 TEEN MENS PHYSIQUE \_\_\_\_\_ OPENS MENS PHYSIQUE \_\_\_\_\_ NOVICE MENS PHYSIQUE \_\_\_\_\_  
 OPEN MENS PHYSIQUE MAST \_\_\_\_\_ NOVICE MENS PHYSIQUE MAST \_\_\_\_\_  
 TEEN CLASSIC PHYSIQUE \_\_\_\_\_ OPEN CLASSIC PHYSIQUE \_\_\_\_\_ NOVICE CLASSIC PHYSIQUE \_\_\_\_\_  
 OPEN CLASSIC PHYSIQUE MAST \_\_\_\_\_ NOVICE CLASSIC PHYSIQUE MASTERS \_\_\_\_\_

**WOMENS**

TEEN WOMENS PHYSIQUE \_\_\_\_\_ OPEN WOMENS PHYSIQUE \_\_\_\_\_ NOVICE WOMENS PHYSIQUE \_\_\_\_\_  
 OPEN WOMENS PHYSIQUE MAST \_\_\_\_\_ NOVICE WOMENS PHYSIQUE MAST \_\_\_\_\_  
 TEEN FIGURE \_\_\_\_\_ OPEN FIGURE \_\_\_\_\_ NOVICE FIGURE \_\_\_\_\_ OPEN FIGURE MAST \_\_\_\_\_  
 NOVICE FIGURE MAST \_\_\_\_\_  
 TEEN BIKINI \_\_\_\_\_ OPEN BIKINI \_\_\_\_\_ NOVICE BIKINI \_\_\_\_\_ OPEN BIKINI MAST \_\_\_\_\_ NOVICE BIKINI MAST \_\_\_\_\_  
 OPEN FITNESS \_\_\_\_\_ NOVICE FITNESS \_\_\_\_\_

**NOTE: PLEASE LIST EXPECTED HEIGHT AND AGE** Height \_\_\_\_\_ Weight: \_\_\_\_\_ Age: \_\_\_\_\_

**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

**Check-In:** 5:00p.m.-8:00p.m - Friday, Oct. 12, 2018  
 HOST HOTEL

**HOST HOTEL:** Hilton Omaha  
 1001 Cass St, Omaha, NE 68102

**Prejudging:** 10:00a.m.-Saturday, October 13, 2018  
**Finals:** 6:00p.m.- Saturday, October 13, 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:** 35-39, 40-49, 50-59, 60 & older.

**Men's Physique:** (A), (B), (C), (D)

**Men's Masters Physique:** 35-39, 40-49, 50-59

**Men's Classic Physique - (A), (B), (C)**

**Men's Masters Classic Physique:** 35-39, 40-49, 50-59

**Teen Men:** One Class.

**Fitness Competitors:** One Class.

**Figure:** (A), (B), (C), (D)

**Masters Figure:** 35-39, 40-49, 50-59.

**Women s Bikini:** (A), (B), (C), (D)

**Women's Bikini Masters:** 35-39, 40-49, 50-59

**Women's Physique:** (A), (B), (C)

**Women's Physique Masters:** 35-39, 40-49, 50-59.

**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 Oct 13, 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 Oct 13, 2018 and (b) 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.

**Rules** ABSOLUTELY NO DREAM TAN IS TO BE USED! Glaze is 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.

**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**

**Hilton Omaha**  
**1001 Cass St**  
**Omaha, NE 68102**  
**(402) 998-3400**

**AIRPORT STL INT**

**Omaha Eppley International**  
**4501 Abbott Dr**  
**Omaha, NE 68110**  
**402-661-8000**