

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 **AUGUST 21th** DEADLINE DATE. AFTER DEADLINE DATE, YOU CAN STILL ENTER BUT WITH A ONE TIME \$40.00 LATE FEE



The NPC All-South Muscle Championship NATIONAL QUALIFIER

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 a MONEY ORDER ONLY, payable to: Jack Titone 4955 Country Club Dr High Ridge, MO 63049

**Must be post marked on or before August 21th 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. *** FOR MASTERS CLASSES PLEASE LIST AGE GROUP YOU WISH TO COMPETE

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 BODYBUILDING _____ OPEN WOMENS BODYBUILDING _____ NOVICE BODYBUILDING _____ OPEN BODYBUILDING MASTERS _____ NOVICE BODYBUILDING MASTERS _____ 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: State House Convention Center **HOST:** TBA **HOTEL:**

Check In: 6:00pm-8:00pm-Friday, Sept. 20, 2019 **HOST HOTEL** **Prejudge:** 10:00 a.m. - Saturday, Sept 21, 2019 **Finals:** 6:00 p.m. - Saturday, Sept 21, 2019

Divisions: Open & Novice A national qualifier

MEN:

Bodybuilding: Teen, Bantam wt. Light wt. Middle wt. Light Heavy wt. Heavy wt. Super Heavy wt. **Masters Men:** 35-39, 40-49, 50-59, 60 & older. **Men's Physique:** Teen, (A),(B),(C),(D) **Men's Masters Physique:** 35-39, 40-49, 50-59 **Men's Classic Physique:** Teen, (A), (B), (C) **Men's Masters Physique:** 35-39, 40-49, 50-59

WOMEN:

Bodybuilding: Light weight, Heavy weight **Fitness:** One Class. **Figure:** 5 classes; Teen, (A), (B), (C), (D) **Masters Figure:** 35-39, 40-49, 50-59 **Bikini:** Teen, (A), (B), (C), (D) **Bikini Masters:** 35-39, 40-49, 50-59. **Women's Physique:** Teen (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 Sept 21, 2019, 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 Sept 21, 2019 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 TBA

AIRPORT Bill & Hillary Clinton National Airport 1 Airport Dr Little Rock, AR 72202 501-372-3439