

2010 NPC OPTIMUM CLASSIC

OFFICIAL ENTRY FORM

(Please print clearly, using the same name as your NPC card)

Name _____ Cell Phone _____
Address _____ City _____
State _____ Zip _____ Email _____
Gym Represented _____ Trainer _____
Weight _____ Age _____ NPC Card # _____

CLASS(ES) YOU INTEND TO COMPETE IN (please check all that apply – entry fee required for each class)

Men _____ Women BB/Figure/Bikini (**circle event**) _____ WHEELCHAIR _____
Novice _____ Junior _____ Open _____ Masters _____ Teen _____

In consideration of you accepting this entry, I hereby, intending to be legally bound for myself, my heirs, executors or administrators, waive and release all rights and claim for damages I may have against Prince Harrison/Robert Blount/NPC and them or their agents, representatives, and assigns for any and all injuries suffered by me at said Physique Contest. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the El Dorado Casino Hotel including any rules and regulations prohibiting cooking or food preparation in the Hotel Rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the promoter from and against any damages caused by the undersigned to the El Dorado Casino Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the El Dorado Casino Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC.

Competitor Signature _____ Competitor Name Printed _____ Date _____

IF THIS RELEASE IS BEING SIGNED BY A PERSON UNDER EIGHTEEN (18) YEARS OF AGE, THE FOLLOWING MUST BE COMPLETED.

The undersigned is (are) the parent(s) or legal guardian(s) of the above-mentioned minor and is entitled to the sole care, custody and controls of said minor. The undersigned does hereby represent, agree and guarantee that the undersigned consents to the execution by the minor of the Release, that the undersigned will not revoke such consent during the minority of the minor, that the undersigned has read the Release, is familiar with all the contents thereof, and that the minor shall fully and completely comply with all terms of the Release.

Parent(s) or Legal Guardian(s) Signature(s) _____ Parent(s) or Legal Guardian(s) Name(s) Printed _____ Date _____

RETURN ENTRY FORMS (with entry fee of \$55.00 TO: Prince Harrison

Or use your credit/debit card:

Optimum Fitness
2736 Starcrest Lane, Dallas, TX 75234
972.247.1539 / prince@texasbodybuilding.com
www.texasbodybuilding.com

Checklist:

CREDIT CARD#: _____ EXP>: _____

SIGNATURE: _____ DATE: _____

1. Entry Form – Signed and completed
2. Copy of your 2009 NPC card
3. Money order for entry fee

DEADLINE FOR ENTRIES IS MAY 15TH, 2010 (After this date, a \$50.00 late fee will be charged)

Prince Harrison's

OPTIMUM FITNESS

A Passion For Winning



2010 NPC OPTIMUM CLASSIC INFORMATION

NPC Louisiana District Chair Luke Tesvich

10209 Waggaman, La. 70094

504-439-6224 or 504-431-4255

NPCLAOFFICE@aol.com

DATE: Friday, May 21ST, 2010, 5:00 – 7:00 pm – Check-in, weigh-in, & meeting at contest venue (No late weigh-ins)
Saturday, May 22ND 8:00 am – Check-in and prejudging
Saturday, May 22ND 5:00 pm – Night show check-in, live judging, and trophies

LOCATION: Convention Hall /Riverview Theatre 500 Clyde Fant, Shreveport, LA 71101 (directions and map enclosed)

LODGING: El Dorado Resort Casino 451 Clyde Fant, Shreveport, LA 71101 (1-877-602-0711)

ELIGIBILITY: This competition is open to all NPC registered athletes who possess a current NPC card. (NPC registration cards are available for \$90 through the NPC Louisiana website www.npcgqs.com)

WEIGHT GROUPS: **Men's Open, Junior, Novice**
Lightweight up to 165.25
Middleweight over 165.25 up to 187.25
Heavyweight over 187.25

Women's Open and Novice
Lightweight up to 125.25
Middleweight over 125.25 up to 140.0
Heavyweight over 140

Women's Figure/Fitness: 2 height groups – 5 places each and overall

** A Group – up to 5'4"

** B Group – over 5'4"

Women's Bikini (one group) – 5 places

AGE GROUPS: **Men's Masters**
40 - 49 / 50 - 59 / 60+ / 70+

Women's Masters
35+ / 50+

MUSIC: All music must be on CD and in a jewel case with the competitor's name. Each competitor is responsible for picking up his/her music after the night show. The time allowed for posing is 90 seconds for open competitors and 60 seconds for novice, teen, and masters. You pose only once if you are in more than one class. The lyrics will not contain any racial, vulgar, or sexual connotations. All competitors are introduced at the night show. If there are more than 50 bodybuilding competitors, then the top five in each weight class perform their routine.

POSING SUITS: Contest posing suits for am prejudging must be worn to weigh-in and approved by the Head Judge. For am prejudging, posing suits may include velvet, if one color – suits of multi-colors are not allowed. No jewelry allowed during prejudging. Jewelry allowed at night – think tasteful.

POSES: Display of the "moon" hamstring pose at any time will result in disqualification. The following are mandatory poses: Front Double Bicep, Front Lat Spread, Side Chest and Bicep (either side), Side Triceps (either side), Back Double Bicep, Back Lat Spread, Front Abs and Leg, Most Muscular (men) and Favorite Pose (women).