

NPC JUNIOR USA CHAMPIONSHIPS CONTEST INFORMATION

Event Date: Friday May 17, 2019 and May 18, 2019

Venue: North Charleston Performing Arts Center, 5001 Coliseum Drive, North Charleston, SC 29418

Promoters: Tres Bennett / Shannon Meteraud

Contact: (843)270-4373 / (843)270-4372 **Email:** tresb@comcast.net

Host Hotel: Embassy Suites 5055 International Blvd., North Charleston, SC 29418 (843) 747-1882

*HOST HOTEL AND CHECK INS ARE ALL CONNECTED TO THE VENUE

Tanning Sponsor: Liquid Sun Rayz www.liquidsunrayz.com

NPC Membership: All contestants must be a member of the NPC National Physique Committee. Purchase your NPC card at: www.npcregistration.com

NPC CARD PURCHASE WILL NOT BE AVAILABLE AT CHECK-INS

Division Entry Fee: \$200 Mail-in Entry \$200 + \$8 processing fee for Online Entry

Tickets: available through Ticket Master and at North Charleston Performing Arts Box Office. **NO REFUND**

Prejudging: \$45.00 (general admission seating)

Finals: \$65-\$80 (all seats reserved)

CHECK-INS SCHEDULE

Thursday, May 16, 2019:

CHECK INS: North Charleston Convention Center Room (TBA)

Thursday, May 16, 2019, 5pm – 8pm

This session mandatory for all Men's Physique and Classic Physique

**** All other athletes may check in Thursday or Friday**

Friday, May 17, 2019:

CHECK INS: North Charleston Convention Center Room (TBA)

Friday, May 17, 2019, 8am – 12pm

MANDATORY MEETING "ALL ATHLETES" 1pm

PREJUDGING: North Charleston Performing Arts

Pre-Judging Starts at 4pm

- Men's Physique
- Classic Physique

Saturday, May 18, 2019

PREJUDGING: North Charleston Performing Arts

Fitness, Men and Women's Bodybuilding, Women's Physique, Figure, Bikini

Pre-judging Starts at 8am

- Fitness
- Men's Bodybuilding
- Women's Bodybuilding
- Women's Physique
- Figure
- Bikini

FINALS: ALL DIVISIONS: North Charleston Performing Arts

4pm: All Athletes Mandatory Meeting in the North Charleston Performing Arts Center

4:30pm: Doors Open to the Public

5pm: Finals begin

COMPETITION DIVISIONS

Men's Bodybuilding:

- Bantamweight: Up to 143 ¼ lbs.
- Lightweight: Over 143 ¼ to 154 ¼ lbs.
- Middleweight: Over 154 ¼ to 176 ¼ lbs.
- Light-Heavyweight: Over 176 ¼ to 198 ¼ lbs.
- Heavyweight: Over 198 ¼ to 225 ¼ lbs.
- Super-Heavyweight: Over 225 ¼ lbs.

Men's Classic Physique:

- Up to and including 5'7"
- Over 5'7" up to and including 5'10"
- Over 5'10" up to including 6'0"
- Over 6'0"

Must meet weigh requirements set per NPC Rules

Men's Physique:

- Up to and including 5'7"
- Over 5'7" up to and including 5'8"
- Over 5'8" up to including 5'9"
- Over 5'9" up to including 5'11"
- Over 5'11" up to including 6'0"
- Over 6'0" Over

***NOTE HEIGHTS SUBJECT TO CHANGE**

Women's Bodybuilding:

- Lightweight: Up to and including 125 lbs.
- Heavyweight: Over 125 lbs.

Fitness:

- Up to and including 5'2"
- Over 5'2" up to and including 5'4 ½"
- Over 5'4 ½"

Women's Physique:

- Up to and including 5'2"
- Over 5'2" up to and including 5'4"
- Over 5'4" up to including 5'6"
- Over 5'6"

***NOTE HEIGHTS SUBJECT TO CHANGE**

Figure:

- Up to and including 5'1"
- Over 5'1" up to and including 5'2 ½"
- Over 5'2 ½" up to including 5'4"
- Over 5'4" up to and including 5'5 ½"
- Over 5'5 ½" up to and including 5'7"
- Over 5'7"

Bikini:

- Up to and including 5'1"
- Over 5'1" up to and including 5'2"
- Over 5'2" up to including 5'3"
- Over 5'3" up to and including 5'4"
- Over 5'4" up to and including 5'5"
- Over 5'5" up to and including 5'6"
- Over 5'6" up to and including 5'7"
- Over 5'7"

***NOTE HEIGHTS SUBJECT TO CHANGE**

Bodybuilding, Women's Physique, and Classic Physique Individual Routines Prejudging: There will be 60 second free pose routines at prejudging.

SUBJECT TO CHANGE DEPENDING ON NUMBER OF ATHLETES

Finals: Top 5 Bodybuilding and Physique competitors will perform their routines at the Finals. Please refer to the NPC website for rules regarding national contest qualifications. <http://npcnewsonline.com/rules>

Music: CD's ONLY – ALL music for Bodybuilders and Women's Physique will be collected at the Check-in/Weigh-in or Emailed in advance. Contestants must supply their own music – no more than 90 seconds. Posing music **MUST BE THE ONLY** music on the CD. No Vulgar music is permitted. Email Music or Name of Song and Artist to: juniorusamusic@gmail.com

ELIGIBILITY REQUIREMENTS

1. An athlete must be a USA citizen to compete in the NPC Junior USA Championships.
2. Proof of citizenship must be one of the following:
 - a. Birth certificate
 - b. A voter's registration card
 - c. Military discharge papers
 - d. Naturalization Papers – Form N560
 - e. Consular Service Form FS24 for those born outside of the United States to US parents

Proof must be submitted with entry form.

3. Athletes must place Top 2 in the "OPEN" division of an NPC Show designated as a "NATIONAL QUALIFIER" or Top 5 at the NPC NATIONALS, USA, UNIVERSE, or NORTH AMERICANS.
 - a. This qualifies the competitor for competition on the national level for a period of one (1) full calendar year after the year that the qualification took place.
4. Each competitor must be a member of the NPC prior to entry deadline.

FOR INFORMATION CONCERNING ELIGIBILITY AND ACCEPTANCE, CONTACT:

TRES BENNETT

843-270-4373

npcjuniorusa@gmail.com

***PRO CARDS WILL BE AWARDED TO THE FOLLOWING DIVISIONS:**

- FITNESS: OVERALL WINNER
- WOMEN'S PHYSIQUE: 2 CLASS WINNERS
- FIGURE: 3 CLASS WINNERS
- BIKINI: 4 CLASS WINNERS
- MEN'S PHYSIQUE: 3 CLASS WINNERS
- CLASSIC PHYSIQUE: 8; TOP 2 IN EACH CLASS