

IFBB Lenda Murray Pro Am & NPC Virginia Classic

National Qualifier

CONTEST DATE – July 16, 2016

VENUE – Norfolk Waterside Marriott – 235 E. Main Street Norfolk VA 23510

PROMOTERS

- Urel McGill 310-904-3148
- Lenda Murray Msolympia8@msn.com

ENTRY DEADLINE – July 2, 2016

ENTRY FEE – A fee of \$100.00 will be charged for each NPC Division. The entry fee must be sent with your application.

- Make money order (no checks) to: **Lenda Murray – PO Box 2234, Venice, CA 90294**
- **After JULY 2, send application to: Erica Lee PO Box 1531 Chesterfield VA 23238**

NPC COMPETITOR SCHEDULE

MANDATORY CHECK-IN/WEIGH-IN – Friday (July 15, 2016) – ALL MUST Check-in/Weigh-in at this time.

- Norfolk Waterside Marriott – 235 E. Main Street Norfolk VA 23510 – (310) 904-3148
- Time: (6:00 pm – 8:00 pm)
- **There is NO Saturday CHECK-IN/WEIGH-IN! Saturday.**

(July 16, 2016)

- Norfolk Waterside Marriott – 235 E. Main Street Norfolk VA 23510 – (310) 904-3148
- **NPC Competitor Meetings, Time: 10:15 am and 6:15 pm**
- **NPC Prejudge, Time: 11:00 am**
- **NPC Finals, Time: 7:00 pm**

NATIONAL QUALIFIER – This contest is an NPC National Qualifier. The following placings become Nationally Qualified through all of 2016:
Open Women BB – ALL places qualify for ANY national level event.

Open Men BB, Open Figure and Bikini – Top 3 in each class qualify for any national event.

Open Men BB, Open Figure and Bikini – Top 5 in each class qualify for Jr USA, Jr Nationals and North America.

Open Men Physique and Open Women Physique – Top 5 in each class qualify for all national level events.

NOVICE DIVISION – Competitors who never won the Overall at an NPC event.

TRUE NOVICE DIVISION – Competitors who never competed in that Division at an NPC event.

JUNIOR DIVISION – Competitors up to and including the age of 23.

COMPETITION DIVISIONS:

- **BB Men Open** – 7 Classes, 5 places and 1 Overall. (Up to 143 ¼, up to 154 ¼, up to 165 ¼, up to 176 ¼, up to 198 ¼, up to 225 ¼, over 225 ¼)
- **BB Men Teen/Junior/Over 40/50/60** – Each Division has 1 Class, 5 places
- **BB Women Open** – 1 class, 5 places
- **BB Masters Women over 35** – 1 class, 5 places
- **BB Men Novice** – 2 Weight Classes, 5 places and 1 Overall. **BB Men True Novice** – 1 class, 5 places
- **Figure Open** – 3 classes, 5 places and 1 Overall (Up to 5'4", over 5'4" up to 5'6", over 5'6")
- **Figure Over 35** – 2 classes, 5 places and 1 overall (Up to 5'4", over 5'4")
- **Figure Novice/True Novice** – Each Division has 1 class, 5 places
- **Bikini Open** – 3 classes, 5 places and 1 overall (Up to 5'4", over 5'4" up to 5'6", over 5'6")
- **Bikini Over 35** – 2 classes, 5 places and 1 overall (Up to 5'4", over 5'4")
- **Bikini Novice/True Novice/Teen** – Each Division has 1 class, 5 places
- **Physique Men Open** – 3 classes, 5 places and 1 overall – Heights will be announced at the event.
- **Physique Men Over 35** – 1 class, 5 places
- **Physique Men Novice/True Novice/Teen** – Each Division has 1 class, 5 places
- **Physique Women Open/ Over 35/True Novice** – Each Division has 1 class, 5 places
- **Classic Physique Open** - 3 classes.
- **Classic Physique Over 35** – 1 class

FINALS – **Bodybuilders and Women Physique** – ALL will perform their 70-second routine at the Finals.

MUSIC – Bodybuilding and Women Physique competitors must supply their own music. **No more than 70 seconds.**

- **CDs ONLY.** Posing music **MUST BE THE ONLY** music on the CD. No vulgar music is permitted!
- **Please note! ALL music WILL be collected at the MANDATORY Check-in/Weigh-in!**
- **HOST HOTEL** – Norfolk Waterside Marriott – 235 E. Main Street Norfolk VA 23510 – (757) 627-4200
- \$149.00 per day rate. Cut Off July 1st. Ask for Lenda Murray BB Rate

TICKETS

- **Prejudging** – \$30.00 **Finals – General Seating** - \$45.00 **Combo Ticket Package** - \$70.00
- **VIP Finals Only** - \$60.00 **VIP Combo** - \$80 (A credit card Processing 6.5% will be added at purchase.)

TRAINERS PASS – MUST be purchased at the Box Office- **\$50.00.** The Trainer **MUST** also have an event ticket.

IFBB Lenda Murray Pro Am & NPC Virginia Classic
National Qualifier

OFFICIAL ENTRY FORM

ENTRY DEADLINE – July 2, 2016- \$50 additional fee after postmark July 2, 2016

Please make money orders (no checks) payable to: **Lenda Murray**

Contest Entries – Mail To: Lenda Murray– PO Box 2243 Venice CA.

Contest Entries after JULY 2 Mail To: Erica Lee, PO Box 1531, Chesterfield VA 23238 Ticket Orders call:

Urel McGill at: 310-904-3148

Entry Fee: **\$100.00** for Each Division entered.

Proof of age: Teen Men, Junior Men and Over 35/40/50/60 must send proof of age with application.

Please enter me in the following Divisions:

Bodybuilding: ___ Open Men ___ Teen Men ___ Junior Men ___ True Novice Men ___ Novice Men
 ___ Over 40 Men ___ Over 50 Men ___ Over 60 Men ___ Women Open ___ Masters Women Over 35

Men Physique: ___ Open ___ Over 35 ___ True Novice ___ Novice Men ___ Teen

Women Physique: ___ Open Over 35 ___ True Novice

Figure: ___ Open ___ Over 35 Figure ___ True Novice ___ Novice

Bikini: ___ Open ___ Over 35 Figure ___ True Novice ___ Novice ___ Teen

Classic Physique Women: ___ Open ___ Over 35 **Classic Physique Men:** ___ Open ___ Over 35

Age ___ **Height** ___ **Weight** ___

Print Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email address: _____

(PLEASE PRINT CLEARLY)

In consideration of being allowed to participate in any way in the LENDA MURRAY BODYBUILDING ("Event") promoted by Lenda Murray and Urel McGill ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, Please print name), the undersigned, acknowledge, appreciate and agree that: The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. Relative to my email address, yes, I want to receive email communication from Lenda Murray/Urel McGill or his designated partners with updates on future events, news and fitness/bodybuilding/contest offers. If I wish to opt out of receiving emails about future events and offers, I will leave my email address blank on this form. Lenda Murray Bodybuilding will keep your email secure. All email recipients may easily unsubscribe from the mailing list at any time using a link in the bottom of the email or by sending a request to msolypmia8@msn.com with the word "UNSUBSCRIBE MY EMAIL" in the subject line, and in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter and/or any other NPC-approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder. **I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

X _____ **Age:** _____ **Date Signed:** _____
PARTICIPANTS SIGNATURE

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____ **Age:** _____ **Date Signed** _____
PARENTS/GUARDIANS SIGNATURE

IFBB Lenda Murray Pro Am & NPC Virginia Classic
National Qualifier

TICKET ORDER FORM

Make Money Order (no checks) payable to: Lenda Murray

Mail to: Lenda Murray – PO Box 2234 Venice CA or call: 310-904-3148

Name _____ Phone _____

E-mail _____

Pre-judging: _____ @ \$30.00 Seating = \$ _____

Finals: _____ @ \$45.00 = \$ _____

Combo Ticket Price (Prejudging/Finals) _____ @ \$70.00 = \$ _____

VIP Seating (Finals Only) _____ @ \$60.00 = \$ _____

VIP Combo (Prejudging and Finals): _____ @ \$80.00 = \$ _____

TOTAL AMOUNT DUE = \$ _____

ALL ticket orders must be picked up at Will Call with ID.

ORDER OF EVENTS

IFBB Professionals

**Women Bodybuilders, Figure,
Men's Physique**

NPC Amateurs

Men BB Open, Over 40/50/60, Novice, True Novice, Junior, Teen

Women BB Open, Masters Women Over 35

Bikini Open, Over 35, Novice, True Novice, Teen

Figure Open, Over 35, Novice, True Novice

Men Physique Open, Over 35, Novice, True Novice, Teen

Women Physique Open, Over 35

Men Classic Physique Open, Over 35

Women Classic Physique Open, Over 35

PREJUDGING

9:00 am----IFBB Professionals

11:00 am---NPC Amateurs

FINALS

5:00 pm----IFBB Professionals

7:00 pm-----NPC Amateurs