



2019 NPC Tennessee State Championships

Bodybuilding, Physique, and Classic Physique



Mandatory Check-Ins and Weigh-Ins

Friday July 26, 2019 between 5:00-7:00 pm

At Millennium Maxwell House, 2025 Rosa L Parks Blvd, Nashville, Tn. 37228

All Athletes MUST Check-in Friday July 26, 2019 between 5:00pm and 7:00pm.

No one will be allowed to check-in on Saturday Morning!

ONLY ATHLETES WILL BE PERMITTED IN THE ROOM DURING CHECK-IN.

Bodybuilding and Classic Physique competitors must wear competition suit to weigh-ins.

- All athletes must be a member of the NPC.**

NPC cards can be purchased online: <https://www.npcregistration.com/>. Or they will be sold at check-in but **NO CASH will be accepted!! **CHECK OR MONEY ORDER ONLY, \$125 made payable to the NATIONAL PHYSIQUE COMMITTEE****

NPC Regulations and Music

- All competitors are required to bring bands for pump-up. No weights will be allowed in the pump-up room.
- All Bodybuilding and Classic Physique athletes must supply their own music. Music must not be longer than 45 seconds. Posing music must be the only music on the CD or USB Flash Drive and music will be collected at Check-ins on Friday night. *No profanity is allowed in the music*
- Crossovers will be permitted in EVERY division.
- No Refunds
- Due to venue rules: ALL athletes wearing tanning products must wear long sleeve shirt and long pants to sit in auditorium seating- NO EXCEPTIONS
- No Dream Tan allowed
- The NPC reserves the right to determine the number of competitors that will pose at the night show

POSING AND AWARDS

All competitors in Bodybuilding Physique & Classic Physique will be introduced on stage at the night show. The top 5 competitors in each height class, and the overall winners will be awarded medallions/trophies

All Open Overall Winners will receive a Tennessee State Championship Ring

TICKET PRICES

9:00am- Prejudging	\$20.00	General Admission
5:00pm- Night Show	\$40.00	General Admission
	\$60.00	VIP (Front Center Rows 2-4 and Front Side 1st Row)

ENTRY FEES

\$100.00 for each division entered.

Late fee of \$50.00 if postmarked after Saturday July 13, 2019

Entry Fees should be paid by check or money order made payable to "Sizemore Productions"

Only cash, money order, certificated check will be accepted on Friday night entries.

ENTRY CHECKLIST

Mail to: Allen Sizemore, 1025 Hampson Lane, Knoxville, TN 37919

- Entry form & Release- completed and signed**
- Check or money order for \$100.00 each class payable to "Sizemore Productions"**
- Copy of your 2019 NPC card (can be purchased at check-in) Check or money order payable to: National Physique Committee**
- Copy of driver's license if you are entering Teenage or All Masters**
- Copy of your 2019 NPC Official Height Card (will be given at check-in if you don't have one)**

2019 NPC Tennessee State Championships

Official Men's Bodybuilding, Physique, and Classic Physique Entry Form - Sanction #3113

Name: First: _____ Last: _____

DOB: _____ Age: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: () _____

Height: _____ Expected Contest Weight: _____ T-Shirt Size: _____

Instagram Name: _____

PLEASE CHECK THE DIVISIONS/CLASS IN WHICH YOU INTEND TO COMPETE

- **TRUE NOVICE-** Athlete that has NEVER competed in an NPC show- FIRST TIME COMPETITOR.
- **NOVICE-** Athlete that has never won their class in Novice or in Open
- **OPEN-** Open to any NPC Registered Athlete (The top 2 winners in each open class will qualify for National level shows)

Men's Bodybuilding

True Novice Men's Bodybuilding

_____ One Class

Novice Men's Bodybuilding

_____ Light (Up to & Inc. 176.25 lbs)

_____ Heavy (Over 176.25 lbs)

Teenage Bodybuilding (16-19 yrs old)

_____ Teen (One class)

Master's Men's Bodybuilding

_____ 35+ (One Class)

_____ 40+ (One Class)

_____ 50+ (One Class)

_____ 60+ (One Class)

Heroes Bodybuilding

_____ One class (Military, Police, Fire, EMT)

Open Men's Bodybuilding

_____ Bantam (Up to & Inc. 143.25 lbs)

_____ Light (Over 143.25 lbs & Inc. 154.25 lbs)

_____ Welter (Over 154.25 lbs & Inc. 165.25 lbs)

_____ Middle (Over 165.25 lbs & Inc. 176.25 lbs)

_____ Light-Heavy (Over 176.25 lbs & Inc. 198.25lbs)

_____ Heavy (Over 198.25 lbs & Inc. 225.25lbs)

_____ Super-Heavy (Over 225.25 lbs)

Men's Classic Physique

(Height/Weight Breakdown on last page)

True Novice Men's Classic Physique

_____ One Class

Novice Men's Classic Physique

_____ Class A (Up to Inc. 5'9")

_____ Class B (Over 5'9")

Teenage Classic Physique

(16-19 yrs old)

_____ Teen (One class)

Master's Men's Classic Physique

_____ 35+ (One Class)

_____ 40+ (One Class)

_____ 50+ (One Class)

Open Men's Classic Physique

_____ Class A (Up to Inc. 5'7")

_____ Class B (Over 5'7" & Inc. 5'10)

_____ Class C (Over 5'10")

Men's Physique

True Novice Men's Physique

_____ Class A (Up to Inc. 5'8")

_____ Class B (Over 5'8")

Novice Men's Physique

_____ Class A (Up to Inc. 5'8")

_____ Class B (Over 5'8")

Teenage Physique (16-19 yrs old)

_____ Teen (One class)

Master's Men's Physique

_____ 35+ (One Class)

_____ 40+ (One Class)

_____ 50+ (One Class)

Open Men's Physique

_____ Class A (Up to Inc. 5'7")

_____ Class B (Over 5'7" & Inc. 5'8")

_____ Class C (Over 5'8" & Inc. 5'9")

_____ Class D (Over 5'9" & Inc. 5'11")

_____ Class E (Over 5'11" & Inc. 6')

_____ Class F (Over 6')

In consideration of your acceptance of this entry, I hereby waive all rights and claims for damages against **Allen Sizemore, Sizemore Productions LLC, Millennium Maxwell House Hotel Nashville**, the National Physique Committee and their associated bodies, officials, agents, employees or assigns by reason of injuries or damages which I may incur while traveling to and from, or participation in this contest. I also grant the promoter the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my appearance and name in any and all media with respect to any advertising or publicity. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the **Millennium Maxwell House Hotel Nashville** including any rules or 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 Host 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 Host 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.

Signature

Parent or Guardian (if under 18 years of age)

NPC MEN'S CLASSIC PHYSIQUE HEIGHT/WEIGHT REQUIREMENTS

Up to & including 5'4"	Up to & including 160 lbs
Over 5'4" up to & including 5'5"	Up to & including 165 lbs
Over 5'5" up to & including 5'6"	Up to & including 170 lbs
Over 5'6" up to & including 5'7"	Up to & including 175 lbs
Over 5'7" up to & including 5'8"	Up to & including 182 lbs
Over 5'8" up to & including 5'9"	Up to & including 190 lbs
Over 5'9" up to & including 5'10"	Up to & including 197 lbs
Over 5'10" up to & including 5'11"	Up to & including 205 lbs
Over 5'11" up to & including 6'0"	Up to & including 212 lbs
Over 6'0" up to & including 6'1"	Up to & including 220 lbs
Over 6'1" up to & including 6'2"	Up to & including 230 lbs
Over 6'2" up to & including 6'3"	Up to & including 237 lbs
Over 6'3" up to & including 6'4"	Up to & including 245 lbs
Over 6'4" up to & including 6'5"	Up to & including 252 lbs
Over 6'5" up to & including 6'6"	Up to & including 260 lbs
Over 6'6" up to & including 6'7"	Up to & including 267 lbs
Over 6'7"	Up to & including 275 lbs