



2019 NPC Tennessee State Championships

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



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.

All Women must bring suits to check-ins for approval. Emphasis is on "Good Taste" no "T" or thong suits will be allowed.

- **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 Women's Physique, Bodybuilding, and Fitness athletes must supply their own music. Women's Physique and Bodybuilding music must not be longer than 45 seconds. Fitness music must not be longer than 2min. 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 Fitness, Figure, Bikini, Physique, and Bodybuilding 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 1 st 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**

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

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Official Women's Bodybuilding, Physique, Fitness, Figure, and Bikini 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 (Only the top 2 winners in each open class will qualify for National level shows)

Women's Bodybuilding

Open Women's Bodybuilding

_____ Open (One class)

Women's Fitness

Open Women's Fitness

_____ Open (One class)

Women's Physique

Masters Women's Physique

_____ 35+ (One Class)

Open Women's Physique

_____ Open A (Up to Inc. 5'4")

_____ Class B (Over 5'4")

Figure

True Novice Figure

_____ One Class

Novice Figure

_____ Class A (Up to Inc. 5'4")

_____ Class B (Over 5'4")

Masters Figure

_____ 35+ (One Class)

_____ 40+ (One Class)

_____ 50+ (One Class)

_____ 60+ (One Class)

Open Figure

_____ Open A (Up to Inc. 5'2")

_____ Open B (Over 5'2" & Inc. 5'4")

_____ Open C (Over 5'4" & Inc. 5'6")

_____ Open D (Over 5'6")

Bikini

True Novice Bikini

_____ Class A (Up to Inc. 5'4")

_____ Class B (Over 5'4" & Inc. 5'6")

_____ Class C (Over 5'6")

Novice Bikini

_____ Class A (Up to Inc. 5'4")

_____ Class B (Over 5'4" & Inc. 5'6")

_____ Class C (Over 5'6")

Masters Bikini

_____ 35+ (One Class)

_____ 40+ (One Class)

_____ 50+ (One Class)

Open Bikini

_____ Open A (Up to Inc. 5'1")

_____ Open B (Over 5'1" & Inc. 5'2.5")

_____ Open C (Over 5'2.5" & Inc. 5'4")

_____ Open D (Over 5'4" & Inc. 5'5.5")

_____ Open E (Over 5'5.5" & Inc. 5'7")

_____ Open F (Over 5'7")

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)