

# 8 x Ms OLYMPIA LENDA MURRAY PRESENTS THE 2014 NPC LENDA MURRAY BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS

A NATIONAL QUALIFIER  
July 26, 2014

## PRODUCED BY

Urel McGill and Lenda Murray  
PO Box 2234, Venice, CA 90294  
For additional ticket, entry or other information call 310-904-3148 or email:  
Msolympia8@msn.com or go to [www.LendaMurrayBodybuilding.com](http://www.LendaMurrayBodybuilding.com)

## CONTEST VENUE

Willett Hall, 3701 Willett Dr., Portsmouth, VA 23707

## NATIONAL QUALIFIER

**Open Men BB:** Top 2 in each weight class; **Open Women BB:** ALL places qualify for ANY national level event. **Open Physique Men and Open Physique Women:** Top 5 in each class for ANY national level events; **Open Figure and Bikini-**Top 3 in each class will be qualified for ANY national level event; Top 5 in each class for Jr. USA, Jr. Nationals and North America; **Masters-**qualify for the Master division at North America simply by competing in this event.

## DIVISIONS

Open Men, Open Women, Open Physique Men, Open Physique Women, Masters Men, Grand Masters Men, Masters Women Bodybuilding, Masters Figure, Open Figure, Open Bikini  
CROSSOVERS ARE ALLOWED IN ALL DIVISIONS AND CLASSES.

## ELIGIBILITY, RESIDENCY AND AGE REQUIREMENTS

The Lenda Murray Bodybuilding, Figure & Bikini Championships are open to all NPC athletes. All competitors must have a current NPC card, proof of age (copy of birth certificate or Driver's License) evidencing that they will be of eligible age on the day of the event. Age for Masters Men is 40-49 years, Grand Masters Men is 50 and older, Masters Women Bodybuilding and Figure is 35 and older. NPC cards will be available at check-in for \$120 payable in cash or check/money order to "NPC of the USA". Cards can also be purchased in advance at: [www.NationalphysiqueCommittee.com](http://www.NationalphysiqueCommittee.com)

## TICKET INFO

6:00 P.M. **Finals:** \$35 General, \$45 Reserve, \$65 V.I.P. (Finals/Prejudging)  
8:00 a.m. **Prejudging:** \$20.00. Tickets can be purchased through  
**Promoters: 310-904-3148.** No open seating, all seats are assigned. Best seats begin with VIP, Reserved and then General, sold first-come, first-served. Advanced purchases are *strongly* advised. Tickets will also be available at Willett Hall Box Office Friday 25<sup>th</sup> (12 to 7) and day of the show.

## HOTEL

Renaissance Portsmouth Hotel and Waterfront Conference Center  
425 Water St., Portsmouth, VA 23704

**757-673-3000 or 888-236-2427** (FREE PARKING)

Special Room Rate: \$119 Ask for Lenda Murray BB Championship Rate.  
Cut-off date for block of rooms is July 7, 2014.

Refrigeration upon request and special Athletes Meals available.

The undersigned consents and agrees that they will comply with all rules and regulations of the Renaissance Portsmouth Hotel, including any rules or regulations prohibiting cooking or food preparations in the hotel rooms. The undersigned will indemnify and hold harmless the NPC and the promoter from and against any damages caused by the undersigned to the Renaissance Portsmouth Hotel, or damages caused by the undersigned 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 Renaissance Hotel or damage to any guest room occupied 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.

## REGISTRATION NPC Sanction #11061

All athletes must be present and on time for the mandatory weigh in and registration. Posing suits must be worn at weigh in and are subject to approval by the head judge. It is advisable to bring two suits in the event that your suit is deemed illegal (thong style are not allowed in any division). Competitors must also bring their photo ID and posing CDs.

## SCHEDULE OF EVENTS

### MANDATORY WEIGH-IN

**Friday, July 25, 2014----5:00 to 8:00 p.m. The Monroe Room at Renaissance Portsmouth Hotel, 425 Water St., Portsmouth, VA. 23704**  
**ALL Competitors Weigh In or Measured on Friday. NO Exceptions.**

### ATHELTES MEETINGS

Morning Meeting: 8:15 to 8:45 a.m.; Evening Meeting: 5:15 to 5:45 p.m.  
**Pre-judging:** 9:00 a.m. **Finals** 6:00 p.m.  
Willett Hall, 3701 Willett Dr., Portsmouth, VA 23707 Auditorium Stage

### AWARDS

Awards will be presented to the top 5 in each class and to the overall winners. BEST POSER AWARD for Men and Women Bodybuilders, MOST MUSCULAR and SPORTSMANSHIP AWARD presented.

### MUSIC AND ROUTINES

Bodybuilding & Women's Physique Competitors must submit their own music on CD. Your music will begin when your name is announced. Please mark your name on the CD. Music will be collected at the Saturday morning meeting. Music with obscene/vulgar lyrics will be replaced with house music. There will be no Posing Routines at Pre-judging. **All competitors** will perform their routines during the Finals. Routines will be a maximum of **70-seconds**. Single track CD preferred. It is advisable to bring two copies of your music in the event of loss or damage.

### MANDATORY POSES

**BODYBUILDING:** 1. Front Double Biceps, 2. Front Lat Spread, 3. Side Chest, 4. Side Triceps, 5. Back Double Biceps, 6. Back Lat Spread, 7. Front Abdominal & Thigh 8. Most Muscular (Men only). **FIGURE WOMEN:** Two-Piece Swimsuit Only, (Mandatory & Freestyle Round). **BIKINI WOMEN:** Two-Piece Swimsuit Only, (Freestyle Round Only). **PHYSIQUE MEN & WOMEN** Go to [www.NationalPhysiqueCommittee.com](http://www.NationalPhysiqueCommittee.com) for rules on all divisions.

### ENTRY FEES AND DEADLINES

Early entry, postmarked by July 12, 2014, is discounted to \$85 (make entry fee payable to Lenda Murray.) Early entrants may crossover and compete in one other division (i.e. Masters to Open.) for an additional \$85, late entry crossovers are \$105. The only Crossovers allowed are from Master Divisions to Open Divisions. Entries submitted after the July 12, 2014 postmark due date or registered at the event itself will be subject to the full \$105 entry fee; NO EXCEPTIONS. Although advanced registration is preferred, competitors will be allowed to register at check-in -- arrive early. Early submission of entry form may qualify you for pre-event publicity and media exposure. Entry confirmation notices will be e-mailed up to one week prior to the event.

### VIDEO AND PHOTOGRAPHY

For your convenience, LMB Video Productions will film the event (310-904-3148). Videos can be Pre-Ordered on the entry form. **Christopher Photography** will photograph the event (757-408-1244) Photos available online: [Chris@ Christopher-photo.com](mailto:Chris@Christopher-photo.com). All video equipment is strictly prohibited.

## 2014 NPC Lenda Murray Bodybuilding, Figure & Bikini Championships

Complete this form, check a class and mail this form along with the \$85 (if postmarked by 7-12-14) or \$105 (if postmarked after 7-12-14) entry fee made payable to Lenda Murray, PO Box 2234, Venice, CA 90294 (see address below if postmarked after 7-12-14)  
(PLEASE DO NOT SEND VIA CERTIFIED, OVERNIGHT OR ANY OTHER METHOD OF DELIVERY THAT REQUIRES A SIGNATURE.)

**OPEN MEN:**  Bantam Weight (up to 143.25#)  Light Weight (143.5#--154.25#)  Middle Weight (154.5#--176.25#)  
 Light Heavy Weight (176.5# - 198.25#)  Heavy Weight (198.5# - 225.25#)  Super Heavy Weight (over 225.25#)

**OPEN WOMEN:**  Light Weight (up to 125#)  Middle Weight (over 125#--140#)  Heavy Weight (over 140#)

**OPEN MEN PHYSIQUE**  A Class (up to and including 5'8")  B Class (over 5'8")

**OPEN WOMEN PHYSIQUE**  A Class (up to and including 5'6")  B Class (over 5'6")

**MASTERS (40-49 YEARS) MEN:**  One Class **GRAND MASTERS (50 & OVER) MEN:**  One class

**MASTERS (35 & OVER) WOMEN Bodybuilding:**  One class (New)--**MASTERS (35 & OVER) FIGURE WOMEN**  One class

**OPEN FIGURE WOMEN:**  A Class (up to 5'4")  B Class (up to 5'6")  C Class (over 5'6")

**OPEN BIKINI WOMEN:**  A Class (up to 5'4")  B Class (up to 5'6")  C Class (over 5'6")

I've enclosed:  \$85 Early Entry Fee if mailed before or on 7-12-14 (+ additional \$85 if crossing over) or  \$105 Regular Entry Fee after 7-12-14

Check here if you need  an extra poster for your gym/health club or call 310-904-3148

**DVD of this event is \$29.95.** To Pre-Order and receive FREE Shipping and Handling a  \$10 deposit is required.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ TELEPHONE: (H) \_\_\_\_\_ (C) \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HEIGHT: \_\_\_\_\_ E-MAIL ADDRESS (REQUIRED FOR ENTRY CONFIRMATION): \_\_\_\_\_

I TRAIN AT: \_\_\_\_\_ IN CITY OF: \_\_\_\_\_

OWNER'S NAME: \_\_\_\_\_ GYM PHONE: (\_\_\_\_\_) \_\_\_\_\_

GYM ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

BEST/MOST RECENT ACCOMPLISHMENT: \_\_\_\_\_ Attach additional sheet to provide more info.

FOR OFFICE USE ONLY: Date Entry Received: \_\_\_\_\_ Entry Fee Amount Paid: \_\_\_\_\_ Entry Received By: \_\_\_\_\_

**TO QUALIFY FOR "EARLY ENTRY" THIS MUST BE POSTMARKED BY July 12, 2014 AND MAILED TO PO BOX 2234, Venice, CA, 90294**

**\*\*\* PLEASE DO NOT DETACH \*\*\***

### RELEASE

In consideration of being allowed to participate in any way in the Name of Event Lenda Murray Bodybuilding Figure and Bikini Championships ("Event") promoted by Name of Promoter 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: 1. 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, 2. 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, 3. 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, 4. I, for myself and behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMINIFY, 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.

The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the Name of Hotel \_\_\_\_\_ ("Hotel") 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 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 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. 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 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 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 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 GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X \_\_\_\_\_  
PARTICIPANTS SIGNATURE

X \_\_\_\_\_  
IF CONTESTANT IS OF Minor age, this blank must be signed by a Parent or Guardian

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE OF 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, EVENT IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Mail application and entry fee payment to: **Lenda Murray, PO Box 2234, Venice, CA 90294**

**If mailing after July 12, 2014, send to Erica Lee, PO Box 1531, Chesterfield, VA 23832**