

POWER
SHACK[®]

Presents



2010

**NPC STATE
CHAMPIONSHIPS**



Saturday August 28th

Homewood High School

Homewood, AL

NATIONAL QUALIFIER

The following placements qualify the individual for NPC National Bodybuilding, Figure, and Bikini contests for one year through 2011: Open/Masters/Teen - top two in his/her weight class. Figure & Bikini - top five in each height class.

DIVISIONS, CLASSES AND AWARDS

MEN

Teenage: Any male who has not reached his 20th birthday by 8/28/10 (5 places).

Novice: Any male who is competing for the first time (5 in each weight class and overall).

Lightweight	Up to & including 165 ¼
Middleweight	Over 165 ¼ up to 187 ¼
Heavyweight	Over 187 ¼

Masters: Any male who has reached his 40th birthday by 8/28/10 (5 in each weight class and overall).

Lightweight	Up to & including 165 ¼
Middleweight	Over 165 ¼ up to 187 ¼
Heavyweight	Over 187 ¼

Grand Masters: Any male who has reached his 50th birthday by 8/28/10 (5 places).

Old Navy: Any male who has reached his 60th birthday by 8/28/10 (5 places).

Junior: Any male who has never won an overall Junior title or placed top five in an Open Division (5 places in each weight class and overall).

Lightweight	Up to 154 ¼
Middleweight	Over 154 ¼ up to 176 ¼
Light Heavyweight	Over 176 ¼ up to 198 ¼
Heavyweight	Over 198 ¼

Open: Any male that has won an overall Junior Division or placed top five in an Open Division (5 places in each weight class and overall).

Bantamweight	Up to 143 ¼
Lightweight	Over 143 ¼ up to 154 ¼
Middleweight	Over 154 ¼ up to 176 ¼
Light Heavyweight	Over 176 ¼ up to 198 ¼
Heavyweight	Over 198 ¼ up to 225 ¼
Super Heavyweight	Over 225 ¼

Crossovers: Teen, Novice and Masters may enter either the Junior or Open Divisions if eligible.

WOMEN

Open Bodybuilding: Any female (3 places in each weight class and overall).

Lightweight	125 & under
Middleweight	Over 125 up to 140
Heavyweight	Over 140

Novice Figure: Any female over 18 competing for the first time (5 places).

Figure: Any female over 18 (5 places in each height class & overall).

A	Up to 5'2"
B	Over 5'2" up to 5'4"
C	Over 5'4" up to 5'6"
D	Over 5'6"

Masters Figure: Any female who has reached her 35th birthday by 8/28/10 (5 places in each height class & overall).

Short	Up to 5'2"
Medium	Over 5'2" up to 5'4"
Tall	Over 5'4"

Bikini: Any female over 18 (5 places in each height class & overall).

Short	Up to 5'2"
Medium	Over 5'2" up to 5'4"
Tall	Over 5'4"

Fitness: Any female over 18 (3 places).

Crossovers: Any Figure competitor may crossover to any eligible Figure Division(s).

ELIGIBILITY: All competitors must be a current resident of Alabama and a member of the NPC.
NPC cards available at Weigh-in for \$90.00.

ENTRY FEES: \$50.00 FOR EACH DIVISION. Make checks payable to "Scott Lyons".
Entries received after 8/20/10 subject to a \$20.00 late fee.

MUSIC & POSING: Music must be on CD ONLY, no longer than 60 seconds, and must contain ONLY the music being used for posing. The CD must be cued with proper side labeled with competitor's name. Music will be collected at Saturday morning check-in. NO PROFANITY IN MUSIC WILL BE PERMITTED OR ALLOWED OR THE COMPETITOR WILL BE IMMEDIATELY DISQUALIFIED.

SCHEDULE OF EVENTS:

<u>Day</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Friday	6:00-8:00 PM	Weigh-in	Courtyard Marriott-Homewood

Competition suits must be worn at weigh-in. All competitors must weigh-in or check-in Friday night.

Saturday	9:00 AM	Check-in & briefing	Homewood High School
	10:00 AM	Prejudging begins	Homewood High School
	6:15 PM	Finals check-in & roll call	Homewood High School
	7:00 PM	Finals	Homewood High School

VENUE: Homewood High School, 1901 Lakeshore Drive, Homewood, AL 35209

TICKETS: **Prejudging:** \$15 **Finals:** General Admission \$20 Reserved \$30

HOST HOTEL:

Reservations

Courtyard Marriott-Homewood
500 Shades Creek Parkway
Homewood, AL 35209

Toll Free: 800-321-2211 Direct: 205-879-0400
Online: www.marriott.com/bhmhw

Special room rate for the NPC Championships is \$79.00 for reservations made before 8/14/10. Mention "NPC State Championships" when making reservations. Reservations made after 8/13/10 are NOT guaranteed the special room rate and will ONLY be accepted on a space and rate available basis. If making reservations online the Group Code is "npcnpca" for king sleeping rooms and "npcnpcb" for queen sleeping rooms.

It is recommended that all competitors stay at the host hotel which is the site for the weigh-in/check-in Friday night. It sometimes becomes necessary to change event schedules at the last minute and this information is only disseminated at the host hotel. In addition, competitors seem more properly prepared to compete when they have settled into and stay at the location of the event as opposed to driving to the event location from other hotels. The Courtyard Marriott Hotel is located two minutes from Homewood High School and across the street from Brookwood Mall that includes many restaurants (Applebee's, Five Guys Burgers, Brio, Cocina Superior, Jason's Deli, etc).

Spray Tanning: Competition spray tanning will be provided by Unique Physiques, www.uniquephysiques.us. Please contact Jason Mobley at 850-685-8026 or jason@uniquephysiques.us. There are a limited number of spots available so reserve your time in advance and guarantee your discounted price.

American Sports Video: This event will be digitally video taped by American Sports Video. All DVD sets have menus with chapter points for easy navigation to different classes. Photo CD's made from the videotape are also available at special prices with purchase of the DVD set. Anyone wishing to use their personal video camera must purchase a pass at the ASV display in the lobby. For additional information and pricing contact: Johnny Sheppard at American Sports Video, 256-492-2105 or toll free 1-866-31-VIDEO, asvproductions@bellsouth.net.

Photography: Photography provided by R.W. Fielding Photography, www.rwfielding.com. Contact rwfielding@charter.net or 205-300-6161.

INFORMATION: Scott Lyons 205-903-2893 email: slyons100@yahoo.com

OFFICIAL ENTRY FORM

2010 NPC STATE CHAMPIONSHIPS

Name _____ Date _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Height _____ Weight _____ Age _____

Gym/Club Affiliation _____

Division(s) Entering _____

Amount Enclosed (\$50.00 each division) \$ _____

In consideration of your acceptance of this entry, I hereby waive all rights and claims for damages against Scott Lyons, Homewood High School, 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 Courtyard Marriott 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 Courtyard Marriott 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 Courtyard Marriott 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

Return Entry To:

Scott Lyons
1314 Berwick Drive
Birmingham, AL 35242

Include:

- 1) Completed Entry Form
- 2) Entry Fee payable to: "SCOTT LYONS"
- 3) Copy of driver's license



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www.uniquephysiques.us