

2011 NPC ROYAL PALM CLASSIC

Bodybuilding, Men's Physique, Figure & Bikini Championships

This contest is sanctioned by the NPC, it is open to all to all NPC members Nationwide. ALL contestants must be registered by the NPC. The NPC sanctioning fee is \$90.00. Crossovers will be permitted in all divisions.

WHERE: MARINER HIGH SCHOOL, 701 CHIQUITA BLVD. N., CAPE CORAL, FL 33993

HOST HOTEL: HAMPTON INN SUITES, 619 SE 47th TERRACE, CAPE CORAL FL, 33904 (239-540-1050)

ENTRY FEE: \$60.00 PER CLASS- IF RECEIVED BY AUGUST 21, 2011, AFTER AUGUST 21, ADDS A LATE FEE OF \$25.00.

WE WILL ACCEPT ENTRIES ON FRIDAY EVENING SEPT 2nd, WITH A LATE FEE

NO CHECKS AT WEIGH-IN CASH ONLY.

WEIGH-IN: FRIDAY SEPT 2nd, 2011 at the Host Hotel 6:00 p.m. Till 9:00 p.m. Bodybuilders must wear posing suits to weigh in, Men's Physique must have Swim trunks, every show participant must check in at the above weigh-ins or height check for figure and bikini.

NOTE: BIKINI COMPETITORS MUST WEAR THEIR SUITS AT CHECK-IN FOR APPROVAL & BE IN GOOD TASTE IN ACCORDANCE WITH THE NPC GUIDELINES.

ATHLETE MEETING: THERE WILL BE A MANDATORY MEETING AT 8:00 a.m. Saturday morning at Mariner High School Auditorium,

POSING MUSIC: No profanity on music, you will be automatically disqualified, music must be cued on CD for 60 seconds routine.

Music will be collected before prejudging. ALL COMPETITORS WILL POSE IN THE FINALS.

PREJUDGING TIME: 9:00 a.m. DOORS OPEN AT 5:00 p.m. FINALS 6: 00 p.m.

CUT HERE

FILL OUT COMPLETELY AND NEATLY:

NAME: _____ **AGE:** _____ **HT:** _____ **WEIGHT:** _____

ADDRESS: _____

PHONE: _____ **E-MAIL:** _____

GYM: _____ **NPC CARD #** _____

LIST ALL NPC COMPETITIONS

OVERALL/ YEAR _____

Please check the class that you are entering. (TOP 5 PLACES IN THE OPEN DIVISIONS)

MEN'S OPEN BB

- _____ Light Wt (up to 154¼)
- _____ Middle Wt (154 ¼ - 176¼)
- _____ Light Heavy (176 ¼ - 198¼)
- _____ Heavy Wt (198 ¼ - Over)

MEN'S NOVICE BB

One Class

MEN'S MASTERS BB

- _____ Over 40
- _____ Over 50
- _____ Over 60

MEN'S PHYSIQUE

One Class

WOMEN'S OPEN BB

- _____ Light Wt (up to 125)
- _____ Heavy Wt (Over 125)

FIGURE OPEN

- _____ Short (under 5' 4")
- _____ Tall (above 5' 4")

FIGURE NOVICE

One Class

FIGURE MASTERS

- _____ Over 35
- _____ Over 40
- _____ Over 50

BIKINI OPEN

- _____ Short (under 5' 4")
- _____ Tall (above 5' 4")

BIKINI NOVICE

One Class

In consideration of accepting this entry, I hereby intend to be legally bound, for myself, my heirs, executors, or administrators waive any and all claims of damage against the NPC, Mariner High School, Calvin Choy, Hampton Inns Suites Hotel, representatives and assignees for any and all injuries suffered by me at the said contest and in traveling to and from the said contest. The undersigned consents and agrees to comply with all rules and regulations prohibiting cooking or food preparation in the hotel room . The undersigned further agrees to indemnify and hold harmless the NPC and Calvin Choy from and against any damages caused by the undersigned to Hampton Inns Suites Hotel. Finally, the undersigned acknowledges that failure to comply with any rule or regulation of Hampton Inn Suite Hotel or damages 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 contest sanctioned by the NPC.

Signature Print Date

If the contestant is under the age of 18 a parent or legal guardian must sign this form.

The undersigned is the parent or legal guardian of the above mentioned minor and is entitled to the sole care, custody, and control of the said minor. The undersigned does hereby represent, agree, and guarantee that the undersigned consents to the execution by the minor of the release.

Signature Print Date