

Official Entry Form for The 2009 NPC Gulf Coast Bodybuilding, Fitness, Figure and Bikini Championships

PLEASE READ THE ENTIRE FORM CAREFULLY
This event is sanctioned by the National Physique Committee of the USA

Date: Saturday May 30, 2009
Location: Cape Coral High School . 2300 Santa Barbara Blvd. . Cape Coral, Fl. 33990

Check in/weigh in: 7:00 a.m.-8:00 a.m. (ALL ATHLETES MUST BE CHECKED IN BY 8:00 A.M.!)
Contestant Meeting: 8:30 a.m. (Mandatory for all competitors)
Pre-Judging: 9:00 a.m.
Finals: 7:30 p.m.

Divisions and Qualifications: Open Nationwide (non-qualifier)
NPC CARDS WILL BE AVAILABLE AT CHECK IN. REGISTRATION FEE IS \$85.00

Awards: Three awards in each division. Overall awards for Men's, Women's, Figure and Bikini Open.
Music: Music must be on CD's. Bodybuilders, maximum 90 seconds. Fitness, maximum two minutes. Your CD should contain only your music and be cued and ready to play. Please have a back up copy. No explicit lyrics!
Entry Fee: Any division, \$60.00. Please make checks payable to Matt DiRenzo. All entries after May 14, 2009 and the day of the show will be \$75.00, and will not be able to have their name in program booklet All entry fees paid day of show will be cash only. Entry fees are non-refundable. Mail completed entry form to: Matt DiRenzo c/o Intense Promotions, 3016 S E 22 nd Place, Cape Coral, Florida, 33904.
Tickets: Pre-Judging, \$10.00. Evening Show, \$20 all general admission \$25.00 for Pre-judge&Evening Ticket combo. VIP tickets also available \$35.00 Evening Show (These are numbered seats - front rows seating). Call Matt DiRenzo at 239-910-1266 for more information. Cash or money orders for ticket sales.

Please circle the division(s) in which you will be competing.

Open Men: Four Classes: Lightweight—Up to and including 154 ¼--Middleweight—over 154 ¼ up to and including 176 ¼--Light heavyweight—over 176 ¼ up to and including 198 ¼--Heavyweight—over 198 1/4
Open Women: Two Classes: Lightweight —Up to and including 132—Heavyweight- Over 132
Masters Men 35-50: One Class
Masters Men 50+: One Class
Masters Women 40+: One Class
Women's Fitness: One Class
Women's Figure: Two Classes under 5 '4" and over 5' 4"
Women's Figure: One Class over 35
Masters Figure : One Class over 50
Bikini Open: Two Classes under 5'4" and over 5'4 "
Bikini Masters: One Class 30 and over
Teen Men: One Class

Name: _____ **Phone:** _____ **Wk Phone:** _____

Address: _____ **City:** _____ **St:** _____ **Zip:** _____

DOB: _____ **Ht** _____ **Wt** _____ **Age** _____

Occupation _____ **Gym** _____

E-mail address: _____

I understand that no entry will be accepted without completed entry form, proper payment and signature. I understand that this event is sanctioned by the National Physique Committee of the USA and shall be conducted in accordance with the rules and regulations established by the NPC. In consideration of your acceptance of this entry form and fee, I hereby waive and release all rights and claims for damages against the NPC, Intense Promotions, Matt DiRenzo, Cape Coral High School, all sponsors of the event, their heirs, associates, agents, representatives and all officials of this event. I agree to abide by all the decisions of the designated officials and declare that all the information contained herein is to the best of my knowledge, true, correct and complete. I have read and understand the complete contents of this entry form.

Signature: _____ **Date:** _____

Parent or Guardian signature if under 18: _____