

**PLEASE READ THE ENTIRE FORM CAREFULLY**

**DATE :**

**Saturday, November 6<sup>th</sup> 2010** - Prejudging: 10am; Evening Finals: 6:00 pm SHARP!

**LOCATION :**

**Crest Theatre**, 1013 K Street, Sacramento, CA  
From the West. Interstate 80 (E) to Business 80 into Sacramento. Take the Downtown Sacramento/Jefferson Blvd Exit; keep left after exiting and continue over the Tower Bridge to Capitol Mall (M Street); turn right on 9th Street; left on N Street; left on 10th Street; take 10th past K Street Mall; turn right into alley immediately past the K Street Mall. Theatre building is on your right 1/2 way down the alley. *Do not block alley.*  
From the East. Take 80 (W) to Business 80 (W) to Sacramento. Take 10th Street Exit. Turn right when you reach 10th Street. Take 10th past the K Street Mall; turn right into the alley immediately past the K Street Mall. *Do not block alley.*  
From the North or South. Take Interstate 5; exit at J Street; turn right on 7th; left on N Street; left on 10<sup>th</sup> Street. Take 10th Street past the K Street Mall; turn right into the alley just past the mall. Theatre is on right 1/2 way down. *Do not block alley.*

**LODGING :**

**Courtyard Sacramento, Airport Natomas**, 2101 River Plaza Drive, Sacramento, Ca. 95833. Ph# (916) 922-1120  
All athletes when calling in mention "Sacrament Bodybuilding group rate" for discount rate

**CHECK-IN/WEIGH-IN:**

**Early NPC Check in Friday Nov. 5 from 2pm to 9pm at Event Hotel**  
**Bodybuilders may LATE check-in Saturday Nov. 6 at 8:15am at Venue**  
**NPC** Athlete briefing at 8:00 am. Check-ins/Weigh-ins start at 8:15 am. Another NPC athlete briefing will be at 5:00 pm.  
**IFBB Women's Bikini** Check-in at 6pm Friday Nov. 5th at Event Hotel  
**IFBB Men's Under 202 BB** Check-in at 6:30pm Friday November 5th at Event Hotel

**ELIGIBILITY :**

This competition is open to all NPC registered athletes who meet the following requirements  
1. Possess a current NPC card (unregistered athletes may purchase cards for \$90.00, which is valid thru December 31, 2010). NPC cards available at check-in.  
2. Novice, who have not won any OVERALL TITLE (except Teenage).  
3. Men's Masters, over 40 & over 50 & over 60.  
4. Master Figure and Master Bikini, over 35.  
(Masters must show proof of age, i.e. driver's license, birth certificate)

**NOTE:** Each contestant may enter more than one division. Athletes may change divisions at the check-in, but changes must be made before the prejudging starts.

There will be a mandatory meeting of all athletes in the auditorium at 8:00 am and 5:30 pm. Failure to attend the meeting may be grounds for disqualification by the meet chairman.

**ABSOLUTELY NO FOOD OR BEVERAGES ALLOWED IN THE AUDITORIUM!** An area backstage will be provided for competing athletes who wish to consume food or beverages.

**ABSOLUTELY NO ALCOHOLIC BEVERAGES** of any kind will be allowed on the theater property. Any contestant found violating the above rules will be immediately disqualified.

**Men's Unlimited**

Bantam Wt : Up to & incl. 143 ¼  
Lt. Wt. : Over 143 ¼ & up to & incl. 154 ¼  
Mid Wt : Over 154 ¼ & up to & inc. 176 ¼  
Lt Hvy Wt. : Over 176 ¼ & up to & inc. 198 ¼  
Hvy Wt : Over 198 ¼ & up to & inc. 225 ¼  
Super Heavy : Over 225 ¼

**WOMEN'S UNLIMITED**

Lt. Wt. : Up to & including 125  
Mid Wt. : Over 125 & up to & inc. 140  
Hvy Wt. : Over 140

**MEN'S NOVICE**

Lt. Wt. : Up to & inc. 154 ¼  
Mid Wt. : Over 154 ¼ & up to & inc 176 ¼  
Lt hvy wt over 176 ¼ up to and including 198 ¼  
Hvy Wt. : Over 198 ¼

**MASTER'S MEN**

Over 40, Over 50 & Over 60

**WOMEN'S FIGURE**

Up to 5'1"  
Over 5'1" and up to and including 5'2-1/2"  
Over 5'2-1/2" and up to and including 5'4"  
Over 5'4" and up to and including 5'5-1/2"  
Over 5'5-1/2" and up to and including 5'7"  
Over 5'7"

**MASTER'S FIGURE 35+**

Up to and including 5'4"  
Over 5'4" and up to and including 5'6"  
Over 5'6"

**Women's Bikini**

Up to and including 5' 4"  
Over 5' 4" and up to and including 5' 6"  
Over 5' 6"

**Master's Bikini 35+**

Up to and including 5'4"  
over 5'4"

**Womens' Fitness**

1Class

**TROPHIES :**

Trophies for top 5 in each weight group or class. Overall trophies for Novice Men, Open Women, Open Men and Figure.

**MUSIC :**

**CASSETTE TAPES OR CD ONLY ARE ACCEPTABLE.** Each cassette or cd must contain only one song (music mixing allowed), must be preset, and must bear the contestant's name. Each contestant is responsible for picking up his/her music at the Evening Show. Spectrum Fitness Productions will not accept liability for music left behind.

**POSING LIMIT :**

60 seconds at the prejudging and 90 seconds at the Evening Show.

**POSING SUITS :**

NPC rules require that competing athletes wear solid colors suits, non-metallic, with no dots, stripes or other patterns, and no ribbons or ornamentation.  
Women bodybuilders are allowed to wear 2-piece multi-colored "V" style suits with make-up and earrings for the Evening Show only. The rules on posing suits for Prejudging remains unchanged.

**ENTRY FEE :**

\$75.00 per class payable to Spectrum Fitness Productions. No Refunds. Entry deadline is October 30th, 2010. Late entries \$120.00. No exceptions. *Cash or money orders preferred, personal checks will be accepted.* For questions, call

**Ted Williamson** 951.687.9366

**CASH OR MONEY ORDERS PREFERRED; PERSONAL CHECKS WILL BE ACCEPTED.**