

PLEASE READ THE ENTIRE FORM CAREFULLY

DATE : Saturday, November 5th 2011 - Prejudging: 9:30am; 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 10th 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 "Sacramento Bodybuilding group rate" for discount rate

CHECK-IN/WEIGH-IN:

Early NPC Check in Friday Nov. 4 from 2pm to 9pm at Event Hotel

Bodybuilders may LATE check-in Saturday Nov. 5 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. 4th at Event Hotel

IFBB Men's Under 212 BB Check-in at 6:30pm Friday November 4th 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 \$100.00, which is valid thru December 31, 2011). 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, over 70.
4. Master Figure and Master Bikini, over 35 and over 45.
(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
Welter Wt. Over 154 ¼ & Up to & inc 165 ¼
Mid Wt : Over 165 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

1 Class

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, Over 70

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"

Master's Figure 45+

Up to and Including 5'4"
Over 5'4"

Women's Bikini

Up to and including 5' 2"
Over 5' 2" and 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"

Master's Bikini 45+

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

Womens' Fitness

1Class

Men's Physique

Up to and including 5'8"
Over 5'8"

Men's Master Physique

1 class

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.

POISING LIMIT :

60 seconds at the Evening Show. **EVERYBODY AT EVENING SHOW POSES FOR 60 SECONDS**

POISING SUITS :

Please refer to your NPC Division Rules on the "FORMS" page of the npcsacshow.com web site

ENTRY FEE :

\$80.00 per class payable to Spectrum Fitness Productions. No Refunds. Entry deadline is October 31st,2011. Late entries \$125.00. 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.