

2010 NPC Atlantic Coast Classic Bodybuilding, Fitness, Figure and Bikini Championships

This event is sanctioned by the NPC, it is open to all NPC members. All contestants must be registered by the NPC. You may register at the weigh in. **The NPC sanction fee is \$90.** Crossovers are permitted in master figure and open figure, also master men & women bodybuilding and open classes.

When & Where: October 30th 2010 Merritt Island High School 100 E. Mustang Way Merritt Island, FL 32953

Host Hotel: Radisson Resort at the Port 8701 Astronaut Blvd. Cape Canaveral 32920

*Special Rate of \$99.00 Be sure to mention Atlantic Coast Classic Championships

Entry Fee: \$50.00 If received by Oct 23, 2010, after October 23 add a late fee of \$25.00. We will accept entries on Friday night October 29 with the late fee. **No checks at weigh in – CASH ONLY.** If crossing over into two classes, fee is \$100.00

Weigh in: Friday Oct 29, 2010 5:00-9:00 pm at Space Coast Barbell 2056 N. Courtenay Parkway Merritt Island, FL 32953 and Saturday June 19 8:00am to 8:30am at Merritt Island High School **No weigh in after 8:30 Saturday morning**

Bodybuilders must wear posing suit to weigh in. All show participants must check in for weigh ins or height checks for figure and bikini. **NOTE: Bikini competitors must wear their suits at check in for approval and be in good taste in accordance with NPC guidelines.**

Athlete meeting: There will be a mandatory meeting Saturday at 8:30am at Merritt Island High School.

Divisions and Qualifications: Open Nationwide (non-qualifier)

Awards: 5 placings in open classes, 3 in all other classes. Joe & Amy DeGiovine will sponsor entry fees for Overall winners into the All South.

Music: Music must be on CD. Bodybuilders max 90 seconds. Fitness max two minutes. Your CD should contain only your music and be cued and ready to play. No profanity or you will be automatically disqualified. Please have a back up copy.

Tickets: Pre-Judging \$15.00 Evening Show \$35 \$40.00 for Pre-judge & Evening Ticket combo.
VIP tickets also available for evening show \$45.00 (This is limited seating - front rows)

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

Open Men: Light Wt. (Up to 154 ¼) Middle Wt (154 ¼ up to 176 ¼) Light Heavy (176 ¼ up to 198 ¼) Heavy Wt (198 ¼ and over)

Open Women: Light Wt (Up to 125 ¼) Heavyweight (Over 125 ¼)

Masters Men: Over 40 Over 50 Over 60

Masters Women: Over 40 Over 50 Over 60

Teen Men: One Class

Men's Novice: One class

Women's Fitness: One Class

Women's Open Figure: Open short (under 5'4) Open Medium (5'4 up to 5'6) Open Tall (over 5'6)

Women's Masters Figure: Over 30 Over 40

Women's Figure Novice: One class

Teen Figure: One Class

Bikini Open: One class (Must wear suit to weigh-in)

Name: _____ Age: _____ Ht: _____ Wt: _____

Phone: _____ Email or Web Address _____

Address: _____

Gym: _____ NPC card #: _____

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 damages against the NPC, Merritt Island High School, Amy and/or Joe DeGiovine, Space Coast Barbell, Radisson hotels, representatives and all assignees for any injuries suffered by me at the said contest and in traveling to and from the said contest. **Teen Figure and Bodybuilding competitors will be allowed to have a parent or guardian backstage.**

Signature: _____ Print: _____ Date: _____

If the said 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.

Parent or Guardian signature if under 18 _____ Printed _____ Date _____

Please make checks/money orders payable to Joe or Amy DeGiovine & mail to 2056 N. Courtenay Pkwy Merritt Island, FL 32953