



# 2018 NPC Nashville Night of Champions

## Bodybuilding, Physique, and Classic Physique



### Mandatory Check-Ins and Weigh-Ins

Friday November 2, 2018 between 5:00-8:00 pm

At Millennium Maxwell House, 2025 Rosa L Parks Blvd, Nashville, Tn. 37228

All Athletes MUST Check-in Friday **November 2, 2018** between **5:00pm and 8:00pm.**

**No one will be allowed to check-in on Saturday Morning!**

ONLY ATHLETES WILL BE PERMITTED IN THE ROOM DURING CHECK-IN.

Bodybuilding and Classic Physique competitors must wear competition suit to weigh-ins.

- All athletes must be a member of the NPC.  
NPC cards can be purchased online: <https://www.npcregistration.com/>. Or they will be sold at check-in but **NO CASH** will be accepted!! **CHECK OR MONEY ORDER ONLY, \$125 made payable to the NATIONAL PHYSIQUE COMMITTEE**

### NPC Regulations and Music

- All competitors are required to bring bands for pump-up. No weights will be allowed in the pump-up room.
- All Bodybuilding and Classic Physique athletes must supply their own music. Music must not be longer than 45 seconds. Posing music must be the only music on the CD and music will be collected at Check-ins on Friday night. \*No profanity is allowed in the music\*
- Crossovers will be permitted in EVERY division.
- No Refunds
- Due to venue rules: ALL athletes wearing tanning products must wear long sleeve shirt and long pants to sit in auditorium seating- NO EXCEPTIONS
- No Dream Tan allowed

### POSING AND AWARDS

All competitors in Bodybuilding Physique & Classic Physique will be introduced on stage at the night show. The top 5 competitors in each height class, and the overall winners will be awarded medallions/trophies

### TICKET PRICES

9:00am- Prejudging	\$20.00	General Admission
5:00pm- Night Show	\$40.00	General Admission
	\$60.00	VIP (Front Center Rows 2-4 and Front Side 1 <sup>st</sup> Row)

### ENTRY FEES

**\$100.00** for each division entered.

Late fee of **\$50.00** if postmarked after Saturday **October 20, 2018**

Entry Fees should be paid by check or money order made payable to **"Sizemore Productions"**

**Only cash, money order, certificated check will be accepted on Friday night entries.**

### ENTRY CHECKLIST

Mail to: **Allen Sizemore, 1025 Hampson Lane, Knoxville, TN 37919**

1. **Entry form - signed and completed**
2. **Check or money order for \$100.00 each class payable to "Sizemore Productions"**

# 2018 NPC Nashville Night of Champions

Official Men's Bodybuilding, Physique, and Classic Physique Entry Form - Sanction #3107

Name: First: \_\_\_\_\_ Last: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Height: \_\_\_\_\_ Expected Contest Weight: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

## PLEASE CHECK THE DIVISIONS/CLASS IN WHICH YOU INTEND TO COMPETE

- **TRUE NOVICE-** Athlete that has NEVER competed in an NPC show- FIRST TIME COMPETITOR.
- **NOVICE-** Athlete that has never won their class in Novice or in Open
- **OPEN-** Open to any NPC Registered Athlete (An athlete who has won the open overall title in a contest may not compete in a lower level contest in the same area or district as the contest he or she won)

### Men's Bodybuilding

#### True Novice Men's Bodybuilding

- \_\_\_\_ Light (Up to & Inc. 176.25 lbs)
- \_\_\_\_ Heavy (Over 176.25 lbs)

#### Novice Men's Bodybuilding

- \_\_\_\_ Light (Up to & Inc. 165.25 lbs)
- \_\_\_\_ Middle (Over 165.25 lbs & Inc. 187.25 lbs)
- \_\_\_\_ Heavy (Over 187.25 lbs)

#### Teenage Bodybuilding (16-19 yrs old)

- \_\_\_\_ Teen (One class)

#### Master's Men's Bodybuilding

- \_\_\_\_ 35+ (One Class)
- \_\_\_\_ 40+ (One Class)
- \_\_\_\_ 50+ (One Class)
- \_\_\_\_ 60+ (One Class)

#### Hero Bodybuilding

- \_\_\_\_ One class (Military, Police, Fire, EMT)

#### Open Men's Bodybuilding

- \_\_\_\_ Bantam (Up to & Inc. 143.25 lbs)
- \_\_\_\_ Light (Over 143.25 lbs & Inc. 154.25 lbs)
- \_\_\_\_ Welter (Over 154.25 lbs & Inc. 165.25 lbs)
- \_\_\_\_ Middle (Over 165.25 lbs & Inc. 176.25 lbs)
- \_\_\_\_ Light-Heavy (Over 176.25 lbs & Inc. 198.25 lbs)
- \_\_\_\_ Heavy (Over 198.25 lbs & Inc. 225.25 lbs)
- \_\_\_\_ Super-Heavy (Over 225.25 lbs)

### Men's Classic Physique

(Height/Weight Breakdown on last page)

#### True Novice Men's Classic Physique

- \_\_\_\_ Class A (Up to Inc. 5'9")
- \_\_\_\_ Class B (Over 5'9")

#### Novice Men's Classic Physique

- \_\_\_\_ Class A (Up to Inc. 5'9")
- \_\_\_\_ Class B (Over 5'9")

#### Master's Men's Classic Physique

- \_\_\_\_ 35+ (One Class)
- \_\_\_\_ 40+ (One Class)
- \_\_\_\_ 50+ (One Class)

#### Open Men's Classic Physique

- \_\_\_\_ Class A (Up to Inc. 5'7")
- \_\_\_\_ Class B (Over 5'7" & Inc. 5'10")
- \_\_\_\_ Class C (Over 5'10")

### Men's Physique

#### True Novice Men's Physique

- \_\_\_\_ Class A (Up to Inc. 5'8")
- \_\_\_\_ Class B (Over 5'8")

#### Novice Men's Physique

- \_\_\_\_ Class A (Up to Inc. 5'8")
- \_\_\_\_ Class B (Over 5'8")

#### Teenage Physique (16-19 yrs old)

- \_\_\_\_ Teen (One class)

#### Master's Men's Physique

- \_\_\_\_ 35+ (One Class)
- \_\_\_\_ 40+ (One Class)
- \_\_\_\_ 50+ (One Class)

#### Open Men's Physique

- \_\_\_\_ Class A (Up to Inc. 5'7")
- \_\_\_\_ Class B (Over 5'7" & Inc. 5'8")
- \_\_\_\_ Class C (Over 5'8" & Inc. 5'9")
- \_\_\_\_ Class D (Over 5'9" & Inc. 5'11")
- \_\_\_\_ Class E (Over 5'11" & Inc. 6')
- \_\_\_\_ Class F (Over 6')

I agree to waive and release all rights and claims to damages for myself and all heirs from the release extends to the National Physique Committee, Kelly Webb, Allen Sizemore promotions and sponsors, agents, leaders, officials of the above described contest I also grant the promoter the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my appearance and name in any and all media with respect to any advertising or publicity. I also understand that this contest may be videotaped for television and I hereby release and waive all rights to the television productions of this contest. The NPC reserves the right to determine the number of competitors that will pose at the evening show. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the "Millennium Maxwell House Nashville" Host Hotel including any rules or regulations prohibiting cooking or food preparation in the Hotel Rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the promoter from and against any damages caused by the undersigned to the "Millennium Maxwell House Nashville" Host Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the "Millennium Maxwell House Nashville" Host Hotel or damage 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 contests sanctioned by the NPC.

**Athlete Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**PARENTS/GUARDIAN (if Athlete is under 18 years of Age)** \_\_\_\_\_ **Date:** \_\_\_\_\_

## **2018 NPC MEN'S CLASSIC PHYSIQUE UPDATE**

Up to & including 5'4"	Up to & including 160 lbs
Over 5'4" up to & including 5'5"	Up to & including 165 lbs
Over 5'5" up to & including 5'6"	Up to & including 170 lbs
Over 5'6" up to & including 5'7"	Up to & including 175 lbs
Over 5'7" up to & including 5'8"	Up to & including 182 lbs
Over 5'8" up to & including 5'9"	Up to & including 190 lbs
Over 5'9" up to & including 5'10"	Up to & including 197 lbs
Over 5'10" up to & including 5'11"	Up to & including 205 lbs
Over 5'11" up to & including 6'0"	Up to & including 212 lbs
Over 6'0" up to & including 6'1"	Up to & including 220 lbs
Over 6'1" up to & including 6'2"	Up to & including 230 lbs
Over 6'2" up to & including 6'3"	Up to & including 237 lbs
Over 6'3" up to & including 6'4"	Up to & including 245 lbs
Over 6'4" up to & including 6'5"	Up to & including 252 lbs
Over 6'5" up to & including 6'6"	Up to & including 260 lbs
Over 6'6" up to & including 6'7"	Up to & including 267 lbs
Over 6'7"	Up to & including 275 lbs