

MINNESOTA



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Christine Bongiovanni

2009 NPC

North Star

BODYBUILDING, FITNESS, FIGURE & BIKINI

Saturday, November 14, 2009

Wayzata Central Middle School, 305 Vicksburg Lane, Plymouth MN

Mandatory Athlete Registration/Weigh-in/Height Check: Friday, November 13, Central Mdl School 6-8 pm

Prejudging (subject to change): Men: 9 am, Women: 10:30 am (after men), Finals: 6 pm

OFFICIAL ENTRY FORM

Please check division you intend on entering:

(see pg 2, competitor information, for weight/height class specifics, all classes are subject to change according to final athlete entries)

Men's Teen (teen entry fee is \$25)

Men's Master:	<input type="checkbox"/> 35-39	<input type="checkbox"/> 40-49	<input type="checkbox"/> 50+
Men's Open:	<input type="checkbox"/> Bantamweight	<input type="checkbox"/> Lightweight	<input type="checkbox"/> Middleweight
	<input type="checkbox"/> Light Heavyweight	<input type="checkbox"/> Heavyweight	<input type="checkbox"/> Super Heavyweight

Women's Master's Bodybuilding

Women's Open:	<input type="checkbox"/> Lightweight	<input type="checkbox"/> Heavyweight
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Women's Fitness (only one class)

Master's Figure:	<input type="checkbox"/> 35-44	<input type="checkbox"/> 45+				
Women's Figure:	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	<input type="checkbox"/> E	<input type="checkbox"/> F
Women's Bikini:	<input type="checkbox"/> A	<input type="checkbox"/> B				

Entry Fee: \$40 per division **Late entry: \$80 per division**
 Entry Fee Enclosed: _____

ENTRY DEADLINE: MUST BE POSTMARKED BY OCTOBER 17, 2009

Name _____ Home phone _____

Address _____ Work phone _____

City _____ State _____ Zip Code _____

Age _____ Birth date _____ Gym _____

All teenage & masters competitors must show proof of age before they will be able to participate, bring a valid Driver's License or Birth Certificate to registration to verify age.

Occupation _____ Personal Trainer _____

E-mail address _____ Previous Contest Placings _____

NPC Card # _____ Expiration _____ (may purchase at check-in for \$85)

Make Checks payable & mail to: On Track Training, PO Box 386215, Minneapolis, MN 55438-6215

(enclose SASE, business size, to receive confirmation of entry)

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claim for damages I may have against On Track Training, Myth, Christine Stiff, The National Physique Committee of the USA Inc. ("NPC") or the officials, agents, employees, representatives or assigns by reasons of injury or damage I might incur at traveling to or from or participating in this competition. I certify that I am a NPC amateur in good standing and eligible to compete in this event. Also, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any records of this event for any purpose whatsoever. I further agree to abide by all the decisions of the competition director and NPC and declare that all the information contained herein is to the best of my knowledge true, correct, and complete.

Athlete's Signature _____ Date _____

Any athlete under the age of 18 must have a guardian's signature.

Parent or Guardian's Signature _____ Date _____

NO REFUNDS!!

For Sponsorship or Entry Information: 952-945-9090 or www.christinebongiovanni.com

COMPETITOR INFORMATION

BODYBUILDING DIVISIONS

ELIGIBILITY: ALL COMPETITORS: (1) Each competitor must be currently registered with the NPC and to meet this requirement, he/she must present his/her current NPC card, current NPC receipt, or purchase a NPC card at this competition (\$85). (2) Each competitor must be an amateur in good standing with the NPC.

MASTER'S MEN: Each competitor in these divisions by 11/14/09 must have reached his 35th birthday, but not his 40th birthday, for the 35-39 year old class, his 40th, but not his 50th for the 40-49 year old class, his 50th birthday for the 50+ class and must provide proof of age with birth certificate, driver's license or state ID.

MASTER'S WOMEN: Each competitor in these divisions by 11/14/09 must have reached her 35th birthday and must provide proof of age with birth certificate, driver's license or state ID.

MEN'S WEIGHT CLASSES: Bantamweight: 143.25 and under, Lightweight: over 143.25 and up to and including 154.25, Middleweight: over 154.25 and up to and including 176.25, Light Heavyweight: over 176.25 and up to and including 198.25, Heavyweight: over 198.25 and up to and including 225.25, Super Heavyweight: over 225.25. Weight classes may be adjusted according to final athlete count, final weight taken at registration.

WOMEN'S WEIGHT CLASSES: Lightweight: 125 and under, Heavyweight: over 125. Weight classes may be adjusted according to final athlete count.

RULES: NO SPRAY OILS IN PUMP ROOM. Bottled oil permitted. **NO HOT STUFF OR ANALGESIC SPRAYS ALLOWED, NO BOTTLED TANNING LOTION ALLOWED IN THE BUILDING, INCLUDING DREAM TAN! NO EXCEPTIONS! PLEASE HAVE YOUR TANNING PREPARATION DONE BEFORE YOU ARRIVE.** Any competitor who competes in the judging must participate in evening show. Solid posing suits only and no jewelry will be worn during judging. All athletes must exhibit good sportsmanship at all times. Exhibition of poor sportsmanship will be grounds for automatic disqualification. **NO ONE WILL BE ALLOWED IN COMPETITOR'S PUMP ROOM OR BACKSTAGE EXCEPT COMPETITORS, CONTEST OFFICIALS AND EVENT SECURITY.** Current NPC rules will apply. **LADIES MAY WEAR EARRINGS, HAIR ORNAMENTS, AND MULTI-COLORED SUITS AT THE EVENING SHOW. NO COSTUMES OR PROPS ALLOWED.**

POSING & MUSIC: 30 second individual free posing during judging to house music. Competitor must provide a labeled CD for evening posing routine: 60 seconds of music (turn in at check-in). CD must have ONLY routine music and must be labeled. Recordings of poor quality, with more than one song and/or vulgar or obscene lyrics (this INCLUDES any swearing) will not be played and will be replaced by house music.

MANDATORY POSES: Front double bicep, front lat spread, favorite side chest pose, back double bicep, back lat spread, favorite side tricep, abdominal pose showing thigh, most muscular (men only).

PREJUDGING: Quarter turns, arms at side, no twisting, 30 second individual routine to house music and mandatory poses.

EVENING SHOW: All athletes will perform their individual posing routines. Routines are 60 seconds, no exceptions, anything longer will be cut.

TROPHIES: All trophies are to be presented at the end of each division.

WOMEN'S FITNESS

ELIGIBILITY: same as above

FITNESS ROUTINE/MUSIC: Competitor must provide a labeled CD at a.m. check-in with her fitness routine music, 2 minute maximum. Recordings of poor quality, with more than one song and/or vulgar or obscene lyrics (this INCLUDES any swearing) will not be played and will be replaced by house music.

RULES: Any competitor who competes in prejudging must participate in the evening show. Suits must be cut according to NPC rules, minimum of 50% glute coverage, no thongs. No oil may be worn. Jewelry may be worn in the swimwear round, but not in the fitness round. All athletes must exhibit good sportsmanship at all times. Exhibition of poor sportsmanship will be grounds for automatic disqualification. No one will be allowed backstage or in the pump-up room, except competitors, contest officials, and event security.

PRE-JUDGING: The contestants will present quarter turns in the two-piece swimsuit, in a line with other contestants, and high heels, as well as individual model poses. Each athlete performs an individually designed routine to music, no longer than 2 minutes. Routines may include aerobics, dance, gymnastics or other demonstrations of athletic talent. Contestants wear tennis athletic shoes and a fitness outfit of their choice. Props carried on stage with the athlete and approved by the Director in advance, are permitted.

EVENING: Same as pre-judging.

YOU MAY ENTER BOTH THE FITNESS AND FIGURE DIVISIONS.

WOMEN'S FIGURE

ELIGIBILITY: same as above

HEIGHT CLASS: Without heels, A: up to & including 5'1", B: over 5'1" up to & incl 5'2.5", C: over 5'2.5" up to & incl 5'4", D: over 5'4" up to & incl 5'5.5", E: over 5'5.5" up to & incl 5'7", F: over 5'7". Height classes may be adjusted according to final athlete count, final heights taken at registration

FIGURE MASTER'S: Each competitor in this division by 11/14/09 must have reached her 35th birthday but not her 45th birthday, for the 35-44 year old class, her 45th for the 45+ class and must provide proof of age with birth certificate, driver's license or state ID.

RULES: Any competitor who competes in prejudging must participate in the evening show. Suits must be cut according to NPC rules, minimum of 50% glute coverage, no thongs. Jewelry may be worn. All athletes must exhibit good sportsmanship at all times. Exhibition of poor sportsmanship will be grounds for automatic disqualification. No one will be allowed backstage or in the pump-up room, except competitors, contest officials, and event security.

PRE-JUDGING: The contestants will present quarter turns, in a line with other contestants, as well as individual model poses, wearing a two-piece swimsuit according to NPC rules (50% minimum glute coverage, no thongs permitted) and high heels. Jewelry is allowed.

EVENING: Same as pre-judging.

WOMEN'S BIKINI

ELIGIBILITY: same as above

HEIGHT CLASS: Without heels, A: up to & including 5'4", B: over 5'4". Classes may be adjusted according to final athlete count, final height taken at registration.

RULES: Any competitor who competes in prejudging must participate in the evening show. Suits must be cut according to NPC rules, minimum of 50% glute coverage, no thongs. Jewelry may be worn. All athletes must exhibit good sportsmanship at all times. Exhibition of poor sportsmanship will be grounds for automatic disqualification. No one will be allowed backstage or in the pump-up room, except competitors, contest officials, and event security.

PRE-JUDGING: The contestants will present themselves individually with model walk and turn at center stage then front and rear comparisons in a line with other contestants, wearing a two-piece swimsuit according to NPC rules (50% minimum glute coverage, no thongs permitted) and high heels. Jewelry is allowed.

EVENING: Same as pre-judging.



*Good Luck
Athletes!!!*

Registration information will be included in your confirmation package which will be mailed out AFTER your registration is processed.