

2009 NPC NOVICE MICHIGAN BODYBUILDING FITNESS, FIGURE & BIKINI CHAMPIONSHIPS • MARCH 28, 2009

PRODUCED BY

Professional Fitness Group, c/o 3264 Island Cove Drive, Suite 300, Waterford, MI 48328. For additional ticket, entry or other information call (248) 909-6272 or via e-mail at ProFitnessGroup@hotmail.com.

CONTEST VENUE

The historic Redford Theater is located at 17360 Lahser Road, north of Grand River and south of 7 Mile Road, in Detroit; within a few hours drive from just about anywhere in Michigan.

SPECIAL GUEST

Karen Zarembo: IFBB Bodybuilding & Figure Pro (www.Karen-Zarembo.net).

DIVISIONS

Divisions for the Novice Michigan are Men, Women, Masters (40-49) Men, Grand Masters(50 & Over) Men, Masters (Over 35) Women, Teen (19 Years & Under) Men, Open Fitness Women, Open Women's Figure, 35-39 Figure, Over 40 Figure and Bikini.

ELIGIBILITY REQUIREMENTS

The Novice Michigan is open to any athlete who has never won 1st place in any NPC-sanctioned event and is open to everyone regardless of state of residency. All competitors must have a current NPC card, proof of age (copy of birth certificate or Driver's License) evidencing that they will be of eligible age on the day of the event and residency (Driver's License). Age for Masters Men is 40 years and older, Masters Women is 35 years and older, Teen Men is 19 years and under. All athletes must be members in good standing with the NPC. NPC registration cards will be available at check-in for \$85. Please bring a \$85 **check or money order only (CASH WILL NOT BE ACCEPTED)** made payable to "NPC of the USA".

TICKET INFO

7:00 P.M. Finals: \$25 VIP (1st 12 rows guaranteed) or \$20.
12 Noon Prejudging: \$8 in-advance/\$10 VIP day-of-show. Tickets are on sale now. Finals tickets are reserved and sold first-come, first-served. Advanced purchases are *strongly* advised. Tickets can be purchased in advance by mailing (see Order Form on Entry Form) a check or money order made payable to "Professional Fitness Group", 3264 Island Cove Drive, Suite 300, Waterford, MI 48328. Tickets can be purchased with a credit card by calling 248-909-6272. Tickets will also be available at the Redford Theater box office on the day of the show.

DATE/SCHEDULE OF EVENTS

Saturday, March 28, 2009: Redford Theater in Detroit
10:30 A.M. SHARP!: Check-In/Registration. **All** athletes must be present at and on time for the mandatory weigh-in and registration. There will be no late weigh-in and late arrivals will be disqualified from the competition. Posing suits (for bodybuilders) and swimsuits (for Fitness and Figure) must be worn at weigh-in and are subject to approval by the Head Judge. It is advisable to bring two suits in the event that your suit is deemed illegal (thong-style are **not** allowed in any division) or inappropriate or gets stained. Competitors must also bring photo identification and their posing tapes/CDs. Competitor numbers will be issued at weigh-in/check-in and will be worn on the left side of posing suit during both Prejudging and Finals.
12:00 Noon: Prejudging Begins
6:00 P.M.: All Competitors Return/Doors Open to the Public
6:30 P.M.: Competitor Check-In/Meeting Backstage (ALL COMPETITORS)
7:00 P.M.: Finals Begin

AWARDS

Awards presented to the top 5 in each class and overall division winner.

MUSIC AND ROUTINES

Competitors must submit their own music on CD with your name clearly marked on the CD. It is advisable to bring two copies of your music in the event of loss or damage. Music will be collected at Check-In. Music with obscene/vulgar lyrics (or CDs not compatible with CD player) will be replaced with house music. All competitors will perform their routines during the Finals. There is a 90-second time limit at the Finals for bodybuilders, 2 minutes for fitness competitors during Prejudging and Finals. The wood theatre stage is approximately 30 feet wide by 15 feet deep.

SUITS, TANNING PRODUCTS, POSING OIL & PRE-CONTEST SUPPLIES

Go to VIP Nutrition, located at 3310 Miller Road (in the Yorkshire Plaza just West of I-75) in Flint, for all of your pre-contest needs. VIP Nutrition (810-239-1847) carries posing suits for men and women, tanning supplies, nutritional supplements and sportswear. Tanning products *cannot* be applied in the theater and are subject to confiscation. Competitors will be responsible for payment for any stains/damage caused by tanning products or posing oil. Oil with "glitter" is not allowed.

MANDATORY POSES

BODYBUILDING: 1. Front Double Biceps, 2. Front Lat Spread, 3. Side Chest, 4. Side Triceps, 5. Back Double Biceps, 6. Back Lat Spread, 7. Front Abdominal & Thigh 8. Most Muscular (Men only). FITNESS WOMEN: 1. Fitness Routine (at Finals only), 2. Two-Piece Swimsuit (Quarter Turns and Model Turns) FIGURE WOMEN: 1. Two-Piece Swimsuit (Quarter Turns and Model Turns), BIKINI WOMEN: 1. Two-Piece Swimsuit (Quarter Turns and Model Turns)

ENTRY FEES AND DEADLINES

Early entry, postmarked by March 14, 2009, is discounted to \$50 (make entry fee payable to "Professional Fitness Group"). Competitors may crossover and compete in one other division for an additional \$25. However, Bodybuilding-to-Fitness/Figure/Bikini crossovers are not allowed. Entries submitted after the March 14, 2009 postmark due date or registered at the event itself will be subject to the full \$75 entry fee; NO EXCEPTIONS. Day-of-show crossover fee is \$50. Entry fees can be paid by credit card (complete credit card section on entry form). Although advanced registration is preferred, competitors will be allowed to register at check-in but be sure to arrive early. Early submission of entry form may qualify you for pre-event publicity and media exposure. Entry confirmation letters will be e-mailed approximately one week prior to the event.

EVENT SPONSORSHIP OPPORTUNITIES

A limited number of booth/exhibitor spaces are available in the lobby of the theatre for \$200. A limited number of Trophy Class Sponsorships, which includes two special VIP seats for Prejudging and Finals and allows you to present awards on-stage to your choice of a bodybuilding or fitness class, are available for \$125. To become involved as an Official Sponsor, exhibitor or Trophy Class Sponsorship, call (248) 909-6272.

UPCOMING EVENTS

- NPC Natural Michigan Bodybuilding (NPC DT Team Universe Qualifier), Fitness, Figure & Bikini Championships (Fitness and Figure NQ)—July 18, 2009
- NPC Northern Michigan (DT/State Open) and Peggy Sue Barber Fitness, Figure & Bikini Classic (Fitness and Figure NQ)—Sept 26, 2009



DOC WT/HT

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NUMBER



✓ Please photocopy this entry form OR print with a fine/ extra fine point permanent marker, check a class and mail this form along with the \$50 (if postmarked by March 14th) or \$75 (if postmarked after March 14th) entry fee made payable to "Professional Fitness Group" to:

Professional Fitness Group, 3264 Island Cove Drive, Suite 300, Waterford, MI 48328

(PLEASE DO NOT SEND VIA CERTIFIED, OVERNIGHT OR ANY OTHER METHOD OF DELIVERY THAT REQUIRES A SIGNATURE.)

NOVICE MEN: Bantam Weight (up to 143.25#) Light Weight (143.5#--154.25#) Middle Weight (154.5#--176.25#)
 Light Heavy Weight (176.5# - 198.25#) Heavy Weight (over 198.25#)

NOVICE WOMEN: Light Weight (up to 125#) Heavy Weight (over 125#) **NOVICE MASTERS (35 & OVER) WOMEN:** One Class

MASTERS (40 & OVER) MEN: One Class **GRAND MASTERS (50 & OVER) MEN:** One Class **TEEN (19 & UNDER) MEN:** One Class

FITNESS WOMEN: (Height classes depend on number of pre-entries) **BIKINI WOMEN:** (Height classes depend on number of pre-entries)

OPEN FIGURE WOMEN: (Height classes depend on number of pre-entries) **35-39 FIGURE:** One Class **40 & OVER FIGURE:** One Class

I've enclosed the following: \$50 (before March 14th) (+ \$25 if crossing over) or \$75 (after March 14th) (+ \$50 if crossing over) Entry Fee

(If you need a map to the Redford Theater or an extra poster for your gym/health club please call 248-909-6272.)

NAME: _____ AGE: _____ TELEPHONE: (_____) _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

HEIGHT (W/O SHOES): _____ E-MAIL (REQUIRED FOR ENTRY CONFIRMATION): _____

I TRAIN AT: _____ IN CITY OF: _____

OWNER'S NAME: _____ GYM PHONE: (_____) _____

GYM ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

BEST/MOST RECENT ACCOMPLISHMENT: _____

RELEASE WAIVER OF ALL CLAIMS (PLEASE READ CAREFULLY): In consideration of your acceptance of my non-refundable, subject to a \$30 returned check (NSF, Stop Payment or other) fee, entry to participate in this event, I hereby for myself, my heirs and others covenant not to sue, forever discharge, waive and release all rights and claims for damages I may have against Richard Romeo, Professional Fitness Group L.L.C., Redford Theater, National Physique Committee of the USA, Michigan District of the NPC, Sponsors, Vendors or any of their agents, representatives, successors and assignees, for any and all injuries or claims of any type which may be suffered by me at this or any event which is associated with it or while traveling to or from the event/s. I understand that I will be personally and financially responsible for all curtains, linens, towels, carpet, furniture or other item/s damaged as a result of my use of tanning products or oil or of any act of negligence or aggression. Further, I agree to financially reimburse in full any person/s and/or entity for any and all such damage upon notice of such charge. I also hereby grant the NPC and any approved video or entertainment organization, and all of their agents, successors, licensees and assignees, the right to photograph or otherwise reproduce, whether by film, tape, or still photography or otherwise, my voice, and/or appearance in any and all media, including without limitation photos, TV, cable TV, print or electronic media, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. I also understand that the aforementioned rights may be reassigned at any time without further consent. I also certify that I am an amateur competitor, eligible under and accepting of any and all of the rules of the competition and of the NPC. Entry fees and ticket purchases are non-refundable. Promoter reserves the right to deny entry and combine, eliminate or change weight classes and/or divisions.

Contestant's Signature (see line below if you are under 18 years old) _____ Date _____

RELEASE WAIVER OF ALL CLAIMS (PLEASE READ CAREFULLY): The undersigned is/are the parent(s) or legal guardian(s) of the above mentioned minor and is entitled to the sole care, custody and control of said minor. The undersigned does hereby represent, agree and guarantee that the undersigned consents to the execution by the minor of the Release, that the undersigned will not revoke such consent, that the undersigned has read this Release, is familiar with all of the contents thereof, that the minor shall fully and completely comply with all of the terms of the Release and understands that the acceptance of this entry is made in express reliance upon the contestant's and parent's or legal guardian's unconditional acceptance of the terms of the Release contained herein.

Parent(s) or Legal Guardian's Signature(s) (if under 18 years of age) _____ Date _____

FOR OFFICE USE ONLY: Date Entry Received: _____ Entry Fee Amount Paid: _____ Entry Received By: _____ XOver: _____

TO QUALIFY FOR "EARLY ENTRY" THIS MUST BE POSTMARKED BY MARCH 14, 2009 AND MAILED TO ADDRESS ABOVE

*** PLEASE DO NOT DETACH ***

IF YOU ARE ORDERING TICKETS BY MAIL, PLEASE COMPLETE THIS PORTION OF THE FORM.

ORDER TICKETS HERE! Indicate number of each ticket desired. Make check/money order payable in U.S. funds to "Professional Fitness Group".

Finals: _____ x \$25 VIP Seating = \$ _____ or _____ x \$20 Finals = \$ _____ or _____ x \$8 Prejudging = \$ _____

Total Amount Enclosed for **TICKETS ONLY:** \$ _____ U.S. (There is \$1 per ticket service charge for credit card orders)

Visa MC AmEx Disc Credit Card Number: _____ Exp Date: _____ CCV: _____

Mail Ticket Order Form and payment to: Professional Fitness Group, 3264 Island Cove Drive, Suite 300, Waterford, MI 48328

IF YOU ARE ORDERING TICKETS OR TANNING PRODUCTS BY MAIL, PLEASE COMPLETE THIS PORTION OF THE FORM.