

2009 NPC John Simmons Bodybuilding / Fitness / Figure & Bikini Classic

Saturday, September 12, 2009

PRODUCED BY

John Simmons and Jay's Infinity Fitness, PO Box 10143, Detroit, MI 48210.
Jay 248.632.4218 or infinityfitness4u@hotmail.com

CONTACT INFORMATION

For additional ticket, entry, sponsor or other information call Jay 248.632.4218, John 248.910.4344 or Jennifer 586.531.4814 or email infinityfitness4u@hotmail.com or jenniferdpeckham@gmail.com

CONTEST VENUE

The Community Arts Center Auditorium – 450 Reuther Mall, Wayne State University, Detroit, MI 48202 (Located behind the Music School and the Reuther Library on Cass Ave between Palmer and West Warren). Type full address into www.mapquest.com for specific directions.

PARKING

Those without a WSU OneCard may deposit \$3.50 into the machine at the entrance gate. There are three parking lots in close proximity to the venue. Parking Structure 1 is located on the corner of Palmer and Cass, Lot 32 (near the Law School) is at 475 W. Palmer and Lot 23 is at 38 W. Palmer.

GUEST POSERS

IFBB Pro Bodybuilders: John Simmons & Tricky Jackson, NPC National Bodybuilders: Tim Liggins & LaDawn McDay.

DIVISIONS

Men, Women, Masters Women, Grand Masters Women, Masters Men, Grand Masters Men, Teen Men, Fitness Women, Figure Women, Figure Women 35-44 yrs, Figure Women 45-54 yrs, Figure Women Over 55, and Bikini Women.

ELIGIBILITY, RESIDENCY AND AGE REQUIREMENTS

Open to any U.S. athlete regardless of state of residency. All competitors must have a current NPC card, proof of age (copy of birth certificate or drivers license) evidencing that they will be of eligible age on the day of the event. Age for Masters Men is 40-49 years, Grand Masters Men is 50 years and older, Masters Women is 35-44 years, Grand Masters Women is 45 years and older, Teen Men is 19 years and under. NPC cards will be available at check-in for \$85. Please bring \$85 cash, check or money order made payable to "NPC of the USA".

DATE / SCHEDULE OF EVENTS

Saturday, September 12, 2009

10:00 A.M. SHARP! Mandatory Check-In / Registration.

There will be no late weigh-in and late arrivals will be disqualified from the competition. Posing suits 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 their photo ID and posing tapes/CDs.

11:00 A.M.: Box Office Opens

12:00 Noon: Prejudging Begins

6:00 P.M.: All Competitors Return/Box Office Opens/Doors Open to the Public

7:00 P.M.: Finals Begin

MUSIC AND ROUTINES

Competitors must submit their own music on CD or cassette (be sure to rewind to the beginning of posing music) with your name clearly marked on the tape/CD. If you use a CD, you are strongly advised to bring a copy as a backup. Original recordings *highly* recommended. Music will be collected at Check-In. Music with obscene/vulgar lyrics will be replaced with house music.

Competitors will perform their routines during Finals only. There is a 90-second time limit for bodybuilders and 2 minutes for fitness competitors.

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 (Model Walk & Quarter Turns), **FIGURE WOMEN:** Two-Piece Swimsuit (Model Walk & Quarter Turns) **BIKINI WOMEN:** Two-Piece Swimsuit (Model Walk & Front / Back Poses). More information on NPC Rules & Regulations may be found at www.npcnewsline.com

AWARDS

Each competitor will receive a commemorative contest medal. Awards will be presented to the top 5 in each class and to the overall winners.

ENTRY FEES AND DEADLINES

Early entry, postmarked on or before August 15, 2009 is \$50. Entries postmarked after August 15, 2009 are considered late and will be \$75. Make check or money order payable to Jay's Infinity Fitness, P.O. Box 10143, Detroit, MI 48210. Early entrants may crossover and compete in one other division (i.e. Masters to Open, Figure to Fitness, etc.) for an additional \$25. Although advanced registration is preferred, competitors will be allowed to register at check-in. Early submission of entry form may qualify you for pre-event publicity. Entry confirmation will be e-mailed.

TICKET INFO

12 Noon Prejudging: \$15* General Admission.

7:00 P.M. Finals: Reserved Seating for \$25*, \$30* VIP.

Tickets are on sale now. Finals tickets are reserved and sold first-come, first-served. Advanced purchases are *strongly* advised. Tickets may be purchased in advance by contacting Jay 248.632.4218, John 248.910.4344 or Jennifer 586.531.4814. Tickets will also be available through Powerhouse Gyms in Farmington Hills 248.477.4700 and Highland Park 313.868.1035 or via mail-order to address listed on the Entry Form.

***A portion of the proceeds will be donated to Dominion Family Services, an outreach program for domestic violence victims and their families.**

VIDEO AND PHOTOGRAPHY

For your convenience, Dream Video 586.757.4156 will film this event. Videos may be ordered on the day of the show. Spencer will be the official photographer for the show. While you are welcome to take your own photographs, video equipment is strictly prohibited.

SPONSORS / MEDIA COVERAGE

Sponsorship packages and vendor booth space are still available. Media coverage provide by www.pulsebeat.tv and www.svmixradio.com

AIRBRUSH SPRAY TANNING

Jennifer D. Peckham will be offering airbrush spray tanning on Friday, September 11, 2009. Jan Tana Competition Color will be used to achieve a smooth, deep, dark glow which will accentuate your definition on stage. This is the same formula utilized in most national and professional competitions. Tattoo cover-up available prior to tanning. For more information or to schedule an appointment, contact Jennifer at 586.531.4814 or jenniferdpeckham@gmail.com

DOC WT/HT

2009 NPC JOHN SIMMONS BODYBUILDING, FITNESS, FIGURE & BIKINI CLASSIC

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 8-15-09) or \$75 (if postmarked after 8-15-09) entry fee made payable to:

JAY'S INFINITY FITNESS, P.O. BOX 10143, DETROIT, MI 48210
(PLEASE DO NOT SEND VIA CERTIFIED, OVERNIGHT OR ANY OTHER METHOD OF DELIVERY THAT REQUIRES A SIGNATURE.)

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

WOMEN: [] Light Weight (up to 125 lbs) [] Middle Weight (over 125 lbs-140 lbs) [] Heavy Weight (over 140 lbs)

MASTERS (40-49 YRS) MEN: [] One Class GRAND MASTERS (50 & OVER) MEN: [] One Class TEEN MEN: [] One Class

MASTERS (35-44 YR) WOMEN: [] One Class GRAND MASTERS (45 YRS & OVER) WOMEN: [] One Class

FIGURE WOMEN: [] (Classes TBD) FIGURE 35-44 YRS: [] One Class FIGURE 45-54 YRS: [] One Class

55 & OVER FIGURE: [] One Class FITNESS WOMEN: [] (Classes TBD) BIKINI WOMEN: [] (Classes TBD)

I've enclosed the following: [] \$50 (if postmarked before 8-15-09) (+ \$25 if crossing over) Entry Fee or [] \$75 (if postmarked after 8-15-09) Entry Fee
Check here if you need [] an extra poster for your gym/health club or call 248.632.4218 or 586.531.4814

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

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

HEIGHT: _____ E-MAIL ADDRESS (REQUIRED FOR ENTRY CONFIRMATION): _____

I TRAIN AT: _____ IN CITY OF: _____

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

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

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 John Simmons, Jennifer D. Peckham, Jermichael Pratt, Jay's Infinity Fitness, Wayne State University Community Arts Auditorium, 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 events. I understand 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: _____
TO QUALIFY FOR "EARLY ENTRY" THIS MUST BE POSTMARKED BY AUGUST 15, 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 "Jay's Infinity Fitness".

Finals: _____ x \$30 VIP Seating = \$ _____ or _____ x \$25 Finals = \$ _____ and/or _____ x \$15 Prejudging = \$ _____

Total Amount Enclosed for TICKETS ONLY: \$ _____ U.S.

Mail Ticket Order Form and payment to: Jay's Infinity Fitness, P.O. Box 10143, Detroit, MI 48210

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