

NPC ILLINOIS BODYBUILDING PRESENTS

2016 Illinois State

Bodybuilding, Figure, Bikini, Men's & Women's Physique

*New Division – Men's Classic Physique *Expanded Height Classes In Bikini/Men's Physique

National Qualifier & Novice Division

www.npcillinoisbodybuilding.com

Sponsored by...

Sanction # 12685



Saturday May 7th, 2016
Copernicus Foundation
(The Gateway Theatre)
5216 W. Lawrence Avenue, Chicago, IL

Pre Judging starts at 10:00 AM CST
Evening Show starts at 5:00 PM CST

Guest Poser, Cody Montgomery, IFBB Pro

Awards

Awards for Most Muscular for Men &
Most Symmetrical for Women In
Open Bodybuilding Divisions Only

New for Competitors – Coach Pass

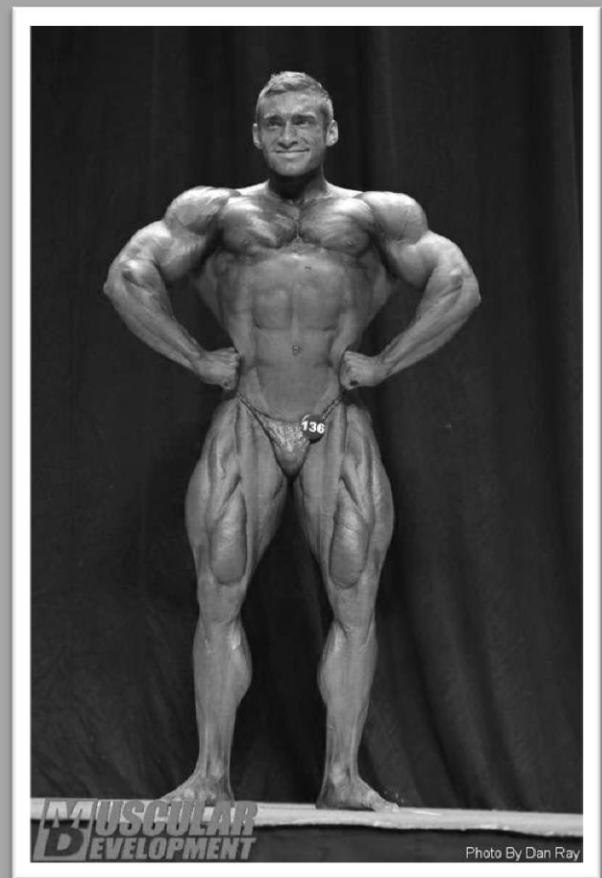
Have your coach back stage helping you for pre-judging
and the night show. For \$125.00, your coach gets a
pump up room pass, to help you complete your
contest prep.

Competition Make Up & Hair Provider

Megan Melone, megan@meganmelone.com

No Weights Will Be Provided

Bring your own bands.



Additional Sponsors



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OFFICIAL ENTRY FORM

ENTRY FORM INSTRUCTIONS: Please complete this form and mail **CASH OR MONEY ORDERS ONLY** for \$100.00 per division entered to P.O. Box 1571, Bridgeview, IL 60455. **Entries must be postmarked by April 23rd, 2016 to avoid a late fee of \$50.00. ABSOLUTELY NO PERSONAL CHECKS ACCEPTED.** Make money orders payable to Ronnie Altieri or Chuck Sanow.

NAME: _____ NPC CARD # _____
FIRST MIDDLE INITIAL LAST

STREET ADDRESS: _____ CITY _____ STATE: ____ ZIP: _____

TELEPHONE: (_____) _____ E-MAIL ADDRESS: _____

DATE OF BIRTH: ____/____/____ AGE UPON DATE OF EVENT: ____ YOUR GYM: _____

I AM COMPETING IN (CHECK ALL DIVISION(S) ENTERED. **A \$100.00 FEE IS REQUIRED FOR EACH DIVISION ENTERED. NON-REFUNDABLE!** **FOR CONFIRMATION OF ENTRY, PLEASE INCLUDE A SELF ADDRESSED STAMPED ENVELOPE.**

TEEN MEN BODYBUILDING

- LIGHT*
- HEAVY*

*TO BE VERIFIED AT CHECK-IN

MASTER'S MEN BODYBUILDING

- 35 - 39
- 40 - 49
- 50 - 59
- 60 - 69
- 70 AND OVER

MEN'S NOVICE BODYBUILDING

- LIGHT = Up to 154 ¼
- MIDDLE = 154 ¼ TO 176 ¼
- LIGHT HEAVY = 176 ¼ to 198 ¼
- HEAVY = 198 ¼ & Over

MEN'S OPEN BODYBUILDING

- BANTAM = Up to 143 ¼
- LIGHT = 143 ¼ to 154 ¼
- MIDDLE = 154 ¼ to 176 ¼
- LIGHT HEAVY = 176 ¼ to 198 ¼
- HEAVY = 198 ¼ to 225 ¼
- SUPER HEAVY = 225 ¼ and Over

WOMEN'S OPEN BODYBUILDING

- LIGHT = Up to 125 LBS
- MIDDLE = Over 125 LBS to 140 LBS
- HEAVY = 140 LBS and Over

WOMEN'S PHYSIQUE

- SHORT = Up to 5'6"
- TALL = 5'6" and Over

MASTERS MEN'S PHYSIQUE

- 40 AND OVER

OPEN MEN'S PHYSIQUE

- A = Under 5'8"
- B = 5'8" to 5'10"
- C = 5'10" to 6'0"
- D = 6'0" and Over

MEN'S CLASSIC PHYSIQUE

- A =
- B =
- C =

TEEN MEN'S PHYSIQUE

- One division only

MASTER'S BIKINI

- 35 - 44
- 45 & Over

BIKINI

- A = Up to 5'2"
- B = 5'2" - 5'4"
- C = 5'4" - 5'6"
- D = 5'6" & Over

MASTER'S FIGURE

- 35 - 39
- 40 - 49
- 50 & Over

FIGURE

- A - Up to 5'4"
- B - 5'4" - 5'6"
- C - 5'6" & Over

COACH PASS +\$125.00

- \$125.00*

* Includes wrist band

FITNESS

- One division only

TOTAL DIVISIONS ENTERED: ____ X \$100.00 (ADD \$125.00 FOR COACH PASS IF SELECTED) = TOTAL ENCLOSED: _____

By completing and submitting this entry, I hereby agree to hold harmless and waive any and all rights and claims of damages or liabilities of any kind against the organizers: Chuck Sanow, Ronnie Altieri, the National Physique Committee of the USA, Inc (the NPC), The Copernicus Theater, or any agents, employees, representatives of assignees of the foregoing persons or entities for any and all injuries or damages I may incur while traveling to or from or participating in this competition. I certify and duly swear that I am an amateur competitor as defined by the rules of the NPC and am therefore eligible to compete in this competition in the Division(s) in which I have entered. I further agree to abide by all decisions of the NPC and show organizers and declare that all information contained herein is to the best of my knowledge, true, accurate and complete.

Pre-Show Check-In

Pre-Show Check-In Friday May 6th, 2016. ALL COMPETITORS must check-in between the hours of 12 noon - 7 PM CST at USA Gym, 7621 W. 100th Place, Bridgeview, IL 60455 the day before the show. NO EXCEPTIONS. You **MUST bring the required items listed below in order to check-in **AND ON THE day of the show**. If you do not have them, you will not be allowed to compete.**

- Music - Your single selected cut on an otherwise clean CD (Required for Bodybuilding, Men's Classic Physique, Women's Physique Competitors Only)
- Valid NPC Membership Card or cash to purchase membership. (approximately \$125.00)
- Posing trunks/suit

Show Schedule

MANDATORY COMPETITORS MEETING AT 8:30 AM ON SATURDAY May 7th, 2016

Pre-judging 10 AM and the Evening show starts at 5 PM CST.

Eligibility

Each competitor must be registered with the NPC and must present a current NPC membership card, current NPC membership payment receipt or purchase an NPC card at this competition.

Each competitor: A) Must have reached their 35th/40th/50th/60th or 70th birthday by date of show. B) Must provide proof of age with a birth certificate, driver's license or state ID.

Teen Men: Must have reached their 13th birthday, but not their 20th birthday by date of show.

Novice Men & Women: Cannot have won their class at a NPC contest.

Men's Classic Physique: Visit the NPC National site, Rules page for specific height and weight requirements.* <http://npcnewsonline.com/classic-physique/>

***If you do not make weight for this class, you will either go into physique or bodybuilding. No refunds will be given.**

Show

Prejudging: No free posing in the morning.

Posing/Music: Evening show: 60 seconds posing with music. At check-in, each bodybuilding and women's physique competitor must provide 1 CD with your selected music cut on an otherwise clean CD. All competitors will be presented at the evening show. In case of failed CD, house music will be provided for your routine. Music must not contain any profanity.

Awards: Trophies awarded to the top 5 places in each weight or age class and to the overall winners of the Men's and Women's divisions.

Rules and Entry Fees: Light oil allowed. Athletes who compete in pre-judging must participate in evening show. Solid color posing suits only. No T-back suits permitted. No jewelry is permitted (except wedding rings). Athletes must exhibit good sportsmanship at all times. Only competitors and officials are allowed backstage or in the pump-up room. Current NPC rules apply. No Hot Stuff or Analgesic sprays are allowed (no exceptions). No bottled tanning lotion allowed in building. Please have your tanning preparation done before you arrive. You will be disqualified for putting tanning oil on in the building.

Entry Fees: \$100.00 cash or money order is required for each division entered and must be accompanied by a completed entry form. Entry fees are NON-REFUNDABLE. All entries submitted by mail must be **postmarked by April 23rd, 2016** or a late fee of \$50.00 will be charged.

Host Hotel: Springhill Suites Chicago O'Hare, 8101 W. Higgins Road, Chicago, IL 773-867-0000.

NO ENTRIES ALLOWED OR ACCEPTED THE DAY OF THE SHOW. LAST CHANCE TO ENTER IS THE DAY BEFORE THE SHOW AND IN PERSON AT USA GYM, 7621 W. 100th PLACE, BRIDGEVIEW, IL 60455 between the hours of 12:00 PM and 7:00 PM CST.

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OFFICIAL TICKET ORDER FORM

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FIRST NAME: _____ LAST NAME: _____

STREET ADDRESS: _____ CITY _____ STATE: ____ ZIP: _____

TELEPHONE: _____ E-MAIL ADDRESS: _____

Pre Judging \$20.00 General Admission

Evening Show \$40.00 Reserved Seating

QTY: _____ X \$20.00 = _____

QTY: _____ x \$40.00 = _____ TOTAL ENCLOSED: \$ _____



7621 W. 100TH PLACE

BRIDGEVIEW, IL 60455

<http://www.usagyminc.com>