

OFFICIAL ENTRY BLANK
2010 NPC GRAND RAPIDS BODYBUILDING,
FITNESS, FIGURE AND BIKINI CHAMPIONSHIPS
(ALL DIVISIONS AND CLASSES ARE NATIONAL QUALIFIERS)
SATURDAY, MAY 22, 2010

MAIL THIS COMPLETED ENTRY BLANK,
ENTRY FEE(S) AND TICKET MONEY TO:
MIKE VRUGGINK
3980 OLD ELM SE
KENTWOOD, MICHIGAN 49512

CHECK ALL BOXES THAT APPLY TO YOUR ENTRY.

TEEN BODYBUILDING MEN:
OPEN BODYBUILDING MEN OVER 40 - 49:
OPEN BODYBUILDING MEN OVER 50 - 59:
OPEN BODYBUILDING MEN OVER 60:

- CLASSES DEPENDING ON NUMBER OF ENTRIES
- CLASSES DEPENDING ON NUMBER OF ENTRIES
- CLASSES DEPENDING ON NUMBER OF ENTRIES
- CLASSES DEPENDING ON NUMBER OF ENTRIES

NOVICE BODYBUILDING MEN:

- LIGHTWEIGHT (UP TO 154.25)
- MIDDLEWEIGHT (OVER 154.25 - 176.25)
- LIGHTWEIGHT (OVER 176.25 - 198.25)
- HEAVYWEIGHT (OVER 198.25)

OPEN BODYBUILDING MEN:

- BANTAMWEIGHT (UP TO 143.25)
- LIGHTWEIGHT (OVER 143.25 - 154.25)
- WELTERWEIGHT (OVER 154.25 - 165.25)
- MIDDLEWEIGHT (OVER 165.25 - 176.25)
- LIGHT HEAVYWEIGHT (OVER 176.25 - 198.25)
- HEAVYWEIGHT (OVER 198.25 - 225.25)
- SUPER HEAVYWEIGHT (OVER 225.25)

OPEN BODYBUILDING WOMEN OVER 35 - 44:

- CLASSES DEPENDING ON NUMBER OF ENTRIES

OPEN BODYBUILDING WOMEN OVER 45:

- CLASSES DEPENDING ON NUMBER OF ENTRIES

OPEN BODYBUILDING WOMEN:

- LIGHTWEIGHT (UP TO 125)
- MIDDLEWEIGHT (125.25 - 140)
- HEAVYWEIGHT (OVER 140.25)

OPEN FIGURE WOMEN OVER 35 - 44:

- SHORT CLASS (UP TO 5'4")
- MEDIUM CLASS (OVER 5'4" - 5'6")
- TALL CLASS (OVER 5'6")

OPEN FIGURE WOMEN OVER 45:

- CLASSES DEPENDING ON NUMBER OF ENTRIES

OPEN FIGURE WOMEN:

- SHORT CLASS (UP TO 5'4")
- MEDIUM CLASS (OVER 5'4" - 5'6")
- TALL CLASS (OVER 5'6")

OPEN BIKINI WOMEN:

- SHORT CLASS (UP TO 5'4")
- MEDIUM CLASS (OVER 5'4" - 5'6")
- TALL CLASS (OVER 5'6")

OPEN FITNESS WOMEN:

- CLASSES DEPENDING ON NUMBER OF ENTRIES

PLEASE PRINT CLEARLY

NAME: _____ AGE: _____

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

HOME PHONE: _____ CELL PHONE: _____ E-MAIL: _____

NPC CARD #: _____ WILL BUY NPC CARD AT SHOW (CHECK BOX)

GYM/FITNESS/ATHLETIC CLUB: _____

BODYBUILDING/FIGURE/FITNESS/ OTHER TITLES: _____

IN CONSIDERATION OF ACCEPTANCE OF THIS NON-REFUNDABLE ENTRY FEE, I HEREBY, FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS AND OTHERS, WAIVE AND RELEASE ALL MY RIGHTS TO SUE ANY AND ALL CLAIMS OF LOSSES, DAMAGES OR PHYSICAL INJURIES WHATSOEVER INCURRED BY ME AT THIS OR ANY EVENT THAT IS CONNECTED WITH IT, TRAVELING TO AND FROM THE EVENT, OR PARTICIPATING IN THE COMPETITION, AGAINST MIKE VRUGGINK, SPONSORS, VENDORS, JUDGES, THE MICHIGAN NPC DISTRICT 28 COMMITTEE, THE NATIONAL PHYSIQUE COMMITTEE OF THE USA (THE "NPC"), GUEST POSERS, PHOTOGRAPHERS, VIDEOGRAPHERS, HOTELS, RESTAURANTS, GRANDVILLE HIGH SCHOOL AUDITORIUM, EMPLOYEES, ITS AGENTS, REPRESENTATIVES, SUCCESSORS OR ASSIGNS. I CERTIFY THAT I AM AN AMATEUR COMPETITOR AND ELIGIBLE UNDER THE RULES OF THE COMPETITION. I FURTHER AGREE TO ABIDE BY ALL THE RULES AND DECISIONS OF THE "NPC" AND DECLARE THAT ALL THE INFORMATION CONTAINED HEREIN IS TO THE BEST OF MY KNOWLEDGE, TRUE, CORRECT, AND COMPLETE.

Competitor's Signature _____ Date: _____

Parent or Legal Guardians Signature _____ Date: _____

(If competitor is a minor under 18 years of age this blank must be signed by parent of legal guardian)