

**2010 NPC GRAND RAPIDS BODYBUILDING, FITNESS, FIGURE, AND BIKINI CHAMPIONSHIPS
(NATIONAL QUALIFIER)**

- DATE:** SATURDAY, MAY 22, 2010 **INTERNET DIRECTIONS** WWW.MAPQUEST.COM/DIRECTIONS
GRANDVILLE HIGH SCHOOL AUDITORIUM, 4700 CANAL AVENUE, GRANDVILLE, MICHIGAN 49418
- HOST HOTEL:** **RESIDENCE INN BY MARRIOTT**
3451 RIVERTOWN POINT COURT SW
GRANDVILLE, MICHIGAN 49418
PHONE 616.538.1100; FAX 616.538.6390; WEBSITE WWW.RESIDENCEINNGRANDVILLE.COM
ALL SUITES HAVE KITCHENS AND THERE ARE MANY RESTAURANTS AND SHOPPING NEAR BY.
MENTION: 2010 NPC GRAND RAPIDS BODYBUILDING CHAMPIONSHIPS FOR SPECIAL ROOM RATES.
- DATES/TIMES:** **MAY 21, FRIDAY AT 5:00 TO 8:00 PM** - OPTIONAL EARLY CHECK-IN, WEIGH-IN AND AT RESIDENCE INN BY MARRIOTT.
LATE ENTRIES WILL BE ACCEPTED AT THIS TIME AND ON SATURDAY BEFORE PRE-JUDGING.
MAY 22, SATURDAY AT 9:00 AM SHARP! MANDATORY CHECK-IN FOR ALL COMPETITORS.
10:00 AM - 11:30 AM -WEIGH-IN AND HEIGHT-CHECK FOR ALL BODYBUILDERS, FITNESS, FIGURE AND BIKINI ATHLETES.
11:30 AM - **ALL COMPETITORS MEETING/BRIEFING-ALL ATHLETES MUST BE PRESENT.**
12:00 NOON - PRE-JUDGING STARTS
5:30 PM - BOX OFFICE OPENS
6:00 PM - ALL COMPETITORS RETURN/SPECIAL OPENING PRESENTATION MEETING BACK STAGE FOR EVENING SHOW.
7:00 PM - EVENING SHOW FINALS BEGIN
- ENTRY FEES:** EARLY ENTRY FEE IS \$60.00, POSTMARKED AND RECEIVED BY **SATURDAY, APRIL 17, 2010**
ON TIME ENTRY FEE IS \$80.00, POSTMARKED AND RECEIVED BY **SATURDAY, MAY 15, 2010**
LATE ENTRY FEE IS \$100.00 AFTER **SUNDAY, MAY 16, 2010**; DO NOT MAIL AFTER **TUESDAY, MAY 18, 2010**
ALL CROSSOVER FEES ARE \$25.00; BIKINI CANNOT CROSSOVER TO FIGURE.
ALL ENTRY FEES ARE TO BE CHECK, CASH OR MONEY ORDER AND MADE PAYABLE TO: **MIKE VRUGGINK**
ALL ENTRY FEES ARE NON-REFUNDABLE
DO NOT SEND VIA CERTIFIED, OVERNIGHT OR ANY OTHER PAYMENT METHOD THAT REQUIRES A SIGNATURE.
- MAIL TO:** **MIKE VRUGGINK**
3980 OLD ELM SE
KENTWOOD, MICHIGAN 49512
- ELIGIBILITY:** **1.)** THIS EVENT IS A NATIONAL QUALIFIER AND IS OPEN TO ALL ATHLETES/APPLICANTS THAT LIVE IN THE UNITED STATES. MUST HAVE PROOF OF CITIZENSHIP (EXAMPLE: DRIVERS LICENSE AND/OR PASSPORT)
2.) EACH COMPETITOR MUST BE AN AMATEUR AND IN GOOD STANDING WITH THE NPC.
3.) EACH COMPETITOR MUST BE CURRENTLY REGISTERED WITH THE NPC AND TO MEET THIS REQUIREMENT, HE/SHE MUST PRESENT HIS/HER CURRENT NPC CARD, CURRENT RECEIPT, OR PURCHASE A NPC CARD AT THIS COMPETITION. NPC CARDS CAN BE PURCHASED THE DAY OF THE SHOW FOR \$90.00 (SUBJECT TO CHANGE) WITH A CHECK OR MONEY ORDER MADE OUT TO THE **"NPC OF THE USA"**. **(CASH IS NOT ACCEPTED)**
4.) NOVICE CONTESTANTS FOR THE 2010 NPC GRAND RAPIDS BODYBUILDING CHAMPIONSHIPS MAY NEVER HAVE FINISHED 1ST OR 2ND IN THEIR CLASS IN ANY NPC TEEN, NOVICE, MASTERS OR OPEN COMPETITION.
- AWARDS:** NIELS ANDERSEN BRONZE PHYSIQUE SCULPTURES (WWW.NIELSANDERSEN.COM)
THE TOP FIVE ATHLETES IN EACH WEIGHT AND HEIGHT CLASS WILL RECEIVE BRONZE PHYSIQUE SCULPTURES.
ALL OPEN OVERALL WINNERS WILL RECEIVE **LARGER BRONZE PHYSIQUE SCULPTURES.**
BEST POSER AWARD FOR ALL BODYBUILDING DIVISIONS.
- POSING SUITS:** POSING SUITS MUST BE WORN AT WEIGH-IN/HEIGHT CHECK AND ARE SUBJECT TO APPROVAL BY THE HEAD JUDGE.
NOTICE TO BIKINI COMPETITORS REGARDING SUITS:
1.) TWO PIECE SUIT "OFF THE RACK"
2.) BOTTOM SHOULD COVER 50% OF GLUTEAL AREA IN GOOD TASTE. **3.)** NO THONG TYPE SUITS WILL BE ALLOWED.
4.) BRING A SECOND SUIT WITH MODEST BOTTOM IF ATHLETE HAS ANY QUESTIONS.
- TANNING PRODUCTS AND OIL:** TANNING PRODUCTS CANNOT BE APPLIED IN THE THEATER. COMPETITORS ARE RESPONSIBLE FOR ANY STAINS AND/OR DAMAGE CAUSED BY TANNING PRODUCTS OR POSING OIL. TANNING OR POSING OIL CAN BE PURCHASED AT ANY WARREN NUTRITION STORES IN THE GRAND RAPIDS AREA OR GO ON-LINE AT WWW.WARRENNUTRITION.COM
- MUSIC:** **CD'S ONLY** WITH YOUR NAME AND PHONE NUMBER ON CD CASE. ANY MUSIC WITH FOUL OR VULGAR LANGUAGE WILL BE REPLACED BY HOUSE MUSIC. PICK AN ENTERTAINING SONG THAT BEST FITS YOUR PERSONALITY.
PRE-JUDGING: 60 SECOND TIME LIMIT WITH NO MUSIC. **EVENING SHOW:** 90 SECOND TIME LIMIT WITH YOUR ENTERTAINING POSING ROUTINE AND YOUR CHOICE OF MUSIC. HAVE FUN AND GIVE THE CROWD A GREAT SHOW!
- OFFICIAL TANNING SALON:** ELECTRIC BEACH TANNING IN GRAND RAPIDS 616.940.0055; CASCADE 616.575.6530
WYOMING 616.531.8034; GRANDVILLE 616.261.0536 OR WWW.ELECTRICBEACHGR.COM
- BACKSTAGE:** BACKSTAGE HAS CLEAN, LARGE AMPLE SPACE TO STRETCH, PUMP UP AND PRACTICE POSING. IN ADDITION, I PROVIDE PLENTY OF BARBELLS, DUMBBELLS AND BENCHES TO GET YOU PUMPED UP. FRUIT, BAKED GOODS AND BOTTLED WATER WILL BE PROVIDED.
- DRESSING ROOMS:** LARGE MALE AND FEMALE DRESSING ROOMS WITH SPEAKER INTERCOM SYSTEM, BRIGHT LIGHTS AND MIRRORS.
- PREP STATIONS:** WE WILL HAVE A TANNING, OIL AND PREP STATIONS BACKSTAGE IN EACH OF THE MALE AND FEMALE DRESSING ROOMS AND A PREP (BEFORE GOING ON-STAGE) STATION FOR ALL COMPETITORS.
- OFFICIAL VIDEO:** **TOM TYPINSKI OF DREAM VIDEO** WILL FILM THIS EVENT EXCLUSIVELY. VIDEOS MAY BE ORDERED THE DAY OF THE SHOW OR CALL **586.757.4156 OR TTYPINSKI11@MAC.COM** FOR MORE INFORMATION. ALL OTHER VIDEO EQUIPMENT IS STRICTLY PROHIBITED.
- OFFICIAL PHOTOGRAPHER:** **JEFFREY SYGO** (SYMI PHOTOGRAPHY AND RXMUSCLE) **CALL 989.737.1525 OR WWW.SYMI PHOTOGRAPHY.COM**
- PRE-JUDGING TICKETS:** PRE-JUDGING TICKETS ARE \$15.00 AND ARE AVAILABLE THE DAY OF THE SHOW WITH OPEN SEATING.
- EVENING SHOW TICKETS:** EVENING SHOW TICKETS WILL BE AVAILABLE AFTER APRIL 1ST, 2010.
ALL TICKETS FOR THE EVENING SHOW ARE FOR RESERVED ASSIGNED SEATING.
SPECIAL VIP (THE FIRST 6 ROWS) TICKETS: \$40.00 EACH
VIP (THE NEXT 6 ROWS) TICKETS: \$35.00 EACH
MAIN FLOOR TICKETS: \$30.00 EACH
BALCONY TICKETS: \$25.00 EACH
- LOCAL TICKET OUTLET:** CHAMPION FITNESS, 4525 STAUFFER AVE., KENTWOOD, MI. 49408 OR 616.827.0100
- LOCATIONS:** 4-WARREN NUTRITION LOCATIONS (SEE FRONT OF POSTER FOR LOCATIONS) OR CALL MIKE VRUGGINK AT 616.893.3368 OR E-MAIL AT MVRUGGINK@AOL.COM
- PROGRAM SOUVENIR BOOK:** **ADVERTISE YOUR PERSONAL TRAINING, FITNESS, EQUIPMENT OR CLOTHING BUSINESS:** BUSINESS CARD - \$39.00; 1/4 PAGE - \$69.00; 1/2 PAGE - \$99.00 FULL PAGE - \$179.00; FULL PAGE INSERT - \$249.00; INSIDE FRONT AND BACK PAGE - \$299.00
- QUESTIONS:** **CONTACT MIKE VRUGGINK AT 616.893.3368 OR MVRUGGINK@AOL.COM**
- MAIL ENTRY FORMS:
AND TO PURCHASE TICKETS** **SEND CASH, CHECK OR MONEY ORDER TO:** **MIKE VRUGGINK**
3980 OLD ELM SE
KENTWOOD, MICHIGAN 49512
616.893.3368 OR MVRUGGINK@AOL.COM