

# NPC Natural Michigan Bodybuilding + Nicole Wilkins-Lee Fitness, Figure & Bikini Classic

## July 17, 2010 / 27<sup>th</sup> Annual / Team Universe & National Qualifier

### PRODUCED BY

Professional Fitness Group, 3264 Island Cove Drive, Suite 300, Waterford, MI 48328. For additional ticket, entry or other information call (248) 909-6272 or e-mail [ProFitnessGroup@hotmail.com](mailto:ProFitnessGroup@hotmail.com).

### CONTEST VENUE

The Redford Theater is located at 17360 Lahser Road (1 mile east of Telegraph Road), north of Grand River/ south of 7 Mile Road, in Detroit; within a few hours drive from just about anywhere in Michigan.

### SPECIAL GUEST

Nicole Wilkins: IFBB Fitness & Figure Pro and 2009 IFBB Figure Olympia Champion ([www.NicoleWilkins.com](http://www.NicoleWilkins.com)).

### FREE NEWSLETTER

Sign up for our FREE e-mail newsletter at [www.MichiganNPC.com](http://www.MichiganNPC.com) so that you never miss any important info!

### DIVISIONS

Divisions 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.

### TEAM UNIVERSE & FITNESS, FIGURE & BIKINI NATIONAL QUALIFIER

Participation in the Natural Michigan qualifies any bodybuilder, regardless of placement, to be able to compete in the NPC Team Universe Championships. The Nicole Wilkins-Lee is a Fitness, Figure and Bikini National Qualifier.

### DRUG TESTING

This event will be drug-tested in accordance with NPC guidelines. The urinalysis drug test is performed at an International Olympic Committee-accredited laboratory. Athletes who test "positive" for the use of anabolic steroids or prescription diuretics or do not appear for their test will be disqualified from the competition and forfeit their placement and trophy. Over-the-counter supplements will not be tested for.

### ELIGIBILITY, RESIDENCY AND AGE REQUIREMENTS

The Natural Michigan is 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 Driver's License) evidencing that they will be of eligible age on the day of the event and residency. Age for Masters Men is 40-49 years, Grand Masters Men is 50 and older, Masters Women is 35 and older, Teen Men is 19 years and under. NPC 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 (1<sup>st</sup> 15 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, July 17, 2010: Redford Theater in Detroit. 10:30 A.M.: 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 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/Doors Open to the Public, 12:00 Noon: Prejudging Begins, 6:00 P.M.: All Competitors Return/Box Office Opens/Doors Open to the Public, 6:30 P.M.: Competitor Check-In/Meeting Backstage (**ALL COMPETITORS**), 7:00 P.M.: Finals Begin

### AWARDS

Awards will be presented to the top 5 in each class and overall 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. The wood theater stage is approximately 30' w by 15' d.

### 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 (810-239-1747) 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 or 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 (Front and Back Turns and Model Turns)

### ENTRY FEES AND DEADLINES

Early entry, postmarked by July 4, 2010, is discounted to \$50 (make entry fee payable to "Professional Fitness Group"). Early entrants may crossover and compete in one other division (i.e. Masters to Open, Figure to Fitness, etc.) for an additional \$25, late entry crossovers are \$50. However, Bodybuilding-to-Fitness/Figure/Bikini crossovers are not allowed. Entries submitted after the July 4, 2010 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—arrive early. Early submission of entry form may qualify you for pre-event publicity. Entry confirmation letters will be e-mailed approximately one week prior to the event.

### UPCOMING EVENTS

- NPC Northern Michigan/Peggy Sue Barber Classic— Sept. 25, 2010
- Novice Michigan Bodybuilding, Fitness, Figure & Bikini—March 2011

### FITNESS, FIGURE & BIKINI SEMINAR WITH NICOLE WILKINS

IFBB Pro Nicole Wilkins-Lee will be hosting seminars for fitness, figure and bikini competitors which will cover everything you need to know to look your best on stage. These seminars are not limited to competitors of this show but are open to any current or aspiring competitor and will be held in Metro Detroit. Seminar dates will be announced via our FREE [www.MichiganNPC.com](http://www.MichiganNPC.com) newsletter. You can also e-mail Nicole at [nwilkins@tsfstudio.com](mailto:nwilkins@tsfstudio.com) for more information.

DOC WT/HT

27<sup>TH</sup> ANNUAL NPC NATURAL MICHIGAN BODYBUILDING + NICOLE WILKINS-LEE FITNESS, FIGURE & BIKINI CLASSIC JULY 17, 2010

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 7-4-10) or \$75 (if postmarked after 7-4-10) 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.)

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#)

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

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

MASTERS (35 & OVER) WOMEN: [ ] One Class

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

FIGURE WOMEN: [ ] (Height classes dependent upon number of pre-entries) 35-39 FIGURE: [ ] One Class 40 & OVER FIGURE: [ ] One Class

I've enclosed: [ ] \$50 (if mailed before 7-4-10) (+ \$25 if crossing over) Entry Fee or [ ] \$75 (if mailed after 7-4-10) (+ \$50 if crossing over) Entry Fee Check here if you need [ ] an extra poster for your gym/health club or 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 this is a drug-tested event, am willing to submit to any drug testing procedure/method, will accept the results as final, accept any sanctioned penalties, including full monetary reimbursement of any and all costs associated with the collection, testing and processing of any drug testing procedure/method, as a result of a "positive" drug test result and that the results of said drug test may/will be made public via any form of media or otherwise. I understand that I will be personally and financially responsible for all curtains, linens, towels, carpet, furniture or other items 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, including financial reimbursement in the event that I test "positive" for the use of anabolic steroids and/or prescription diuretics. 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 JULY 4, 2010 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

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