

**2010 NPC JOHN SIMMONS POWERHOUSE CLASSIC
JENNIFER D. PECKHAM FITNESS, FIGURE & BIKINI CHAMPIONSHIPS**

DOC WT/HT

NUMBER

- 1) Print Clearly. 2) Check Class and/or classes in which you are competing. 3) Check shirt size.
- 4) Complete Form. 5) Make check/money order payable to JAY'S INFINITY FITNESS.
- 6) Mail Payment to:

**FITNESS/FIGURE/BIKINI: PO BOX 523, ROMEO, MI 48065
BODYBUILDERS: PO BOX 10143, DETROIT, MI 48210**

MEN:

- Bantam Weight (up to 143.25 lbs) Light Weight (143.5 lbs – 154.25 lbs) Middle Weight (154.5 lbs – 176.25 lbs)
- Light Heavy Weight (176.5 lbs – 198.25 lbs) Heavy Weight (198.25 – 225.25 lbs) Super Heavy Weight (over 225.25 lbs)
- Masters (40 – 49) Grand Masters (50 and over) Teen (19 Years and Under)

BODYBUILDING WOMEN:

- Light Weight (up to 125 lbs) Middle Weight (Over 125 lbs – 140 lbs) Heavy Weight (over 140 lbs)
- Masters (35-44 Years) Grand Masters (45 Years and over)

FIGURE WOMEN:

- Open (Classes TBD) 35-44 Years 45 Years and Over

FITNESS WOMEN:

- Open (Classes TBD)

BIKINI WOMEN:

- Open (Classes TBD)

MEN – T-Shirt Size: M LG XL 2XL

WOMEN – Tank Top Size: S M LG XL

I've enclosed the following: \$80 (if postmarked before 3-13-10) (+ \$25 if crossing over) Entry Fee or \$100 (if postmarked after 3-13-10) Entry Fee
ALL CHECKS OR MONEY ORDERS MADE PAYABLE TO JAY'S INFINITY FITNESS.

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

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

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

I TRAIN AT: _____ IN THE CITY OF: _____

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, Powerhouse Gym, 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 resigned 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 MARCH 13, 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 "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.

2010 NPC CARDS ARE REQUIRED TO COMPETE AND MAY BE PURCHASED ON THE DAY OF THE SHOW FOR \$90.00.

2010 NPC John Simmons Powerhouse Classic & Jennifer D. Peckham Fitness, Figure & Bikini Championships

Saturday, March 27, 2010 (National Qualifier)

PRODUCED BY

John Simmons, Jennifer D Peckham and Jay's Infinity Fitness.

CONTACT INFORMATION

Questions regarding Fitness, Figure or Bikini – contact Jennifer at 586.531.4814 or JenniferDPeckham@gmail.com Bodybuilding questions – contact John at 248.910.4344, Jay at 248.632.4218 or email infinityfitness4u@hotmail.com Questions related to tickets, sponsorship inquiries or other information may be addressed by all individuals.

CONTEST VENUE

The Community Arts Center Auditorium – 450 Reuther Mall (Wayne State University) Detroit, MI 48202. Located on Cass Avenue between Palmer and West Warren. Map may be found online at <http://campusmap.wayne.edu/>

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 Pros Troy Alves, Tracy Mason, Mike Van Wyke and National level competitors Skye Fisher, Jonathan Johnson and Jocelyn Gorman.

DIVISIONS

Men, Masters Men, Grand Masters Men, Women, Masters Women, Grand Masters Women, Teen Men, Fitness Women, Bikini Women, Figure Women, Figure Women 35 – 44 Years, and Figure Women 45 Years and Over.

NATIONAL QUALIFIER

This is a National Qualifying event! If you place in the Top 5 of your class, you are eligible to compete in national-level contests. To determine which contests, refer to "Rules & Regs" on www.michigannpc.com

ELIGIBILITY, RESIDENCY AND AGE REQUIREMENTS

This event is open to any U.S. athlete regardless of state of residency. **All competitors must have a current NPC card and 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 (Driver's License). Age for Masters Men is 40-49 years, Grand Masters Men is 50 years and older. Masters Women is 35-44 years and Grand Masters Women is 45 years and older. Teen Men is 19 years and under. **NPC cards will be available at check-in for \$90. Please bring an \$90 check or money order made payable to "NPC of the USA". (CASH WILL NOT BE ACCEPTED)**

DATE / SCHEDULE OF EVENTS

Saturday, March 27, 2010

10:00 A.M. SHARP! MANDATORY CHECK-IN / REGISTRATION

All athletes must be present. There will be no late weigh-in and late arrivals will be disqualified from the competition. **Competitors must bring their photo ID, current NPC Card and posing CD. All suits** are subject to approval by the Head Judge. It is advisable to bring two suits in the event that your suit is deemed illegal or inappropriate (**thong-style suits are not allowed**). Bodybuilders - posing suits must be worn at weigh-in.

11:00 A.M.: Box Office Opens

12:00 P.M. : Prejudging Begins

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

7:00 P.M.: Finals Begin

MUSIC AND ROUTINES

Competitors must submit their own music on CD with your name clearly marked. Music will be collected at Check-In and you will be asked if you want your music to begin playing when you are on or off-stage. 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 (**Finals Only**) 2. Two-Piece Suit (Model Walk & Quarter Turns). **FIGURE WOMEN:** Two-Piece Suit (Model Walk & Quarter Turns). **BIKINI WOMEN:** Two-Piece Suit (Model Walk & Front / Back Poses Only).

AWARDS

Awards will be presented to the top 5 in each class and to the overall winner. Overall figure winner receives 1 Year Subscription to Fitworld as well as a Guest Appearance on Peter's Principles TV Show (WXYZ TV-7), starring Peter Nielson.

ENTRY FEES AND DEADLINES

Early entry, postmarked by March 13, 2010, is discounted to \$80 (make all checks or money orders payable to Jay's Infinity Fitness). Early entrants may crossover and compete in other divisions (i.e. Grand Masters to Masters to Open, Figure to Fitness) for an additional \$25 per division. **Bodybuilding to Fitness / Figure crossovers and Figure / Fitness to Bikini crossovers are not allowed.** Entries submitted after the March 13, 2010 postmark due date or registered at the event itself will be subject to the full \$100 entry fee. **NO EXCEPTIONS.** Although advanced registration is preferred, competitors will be allowed to register at check-in. **Contest T-Shirts are not guaranteed to those registering after March 13, 2010.**

TICKET INFO

12:00 P.M. Prejudging: \$15*

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

Finals tickets are reserved and sold first-come, first-served. Advanced purchases are *strongly* advised. Tickets may be purchased in advance by mailing (see Order Form on Entry Form) a check or money order made payable to Jay's Infinity Fitness. Tickets will also be available at the venue on the day of the show.

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. The official photographer of the show is B.F.S. Photography (Bobby Simmons). Jeffrey Sygo (Symi Photography and RxMuscle.com) and Spencer Photography will also be on site. While you are welcome to take photographs, all other video equipment is strictly prohibited.

UPCOMING EVENTS

- NPC John Simmons Bodybuilding, Fitness, Figure & Bikini Classic September 17, 2010 (National Qualifier)
- John Simmons IFBB 202 Detroit Pro, September 18, 2010

***A portion of the proceeds will be donated to The American Cancer Society in loving memory of Ursula Buckens-Henry. There will be a special award presentation in her honor.**