

OPEN MEN BODYBUILDING			OPEN WOMEN BODYBUILDING		
Light Weight: 154 ¼ and Under Middle Weight: 154 ¼ - 176 ¼ Light Heavy Weight: 176 ¼ - 198 ¼ Heavy Weight: Over 198 ¼			Light Weight: Up to 125 Heavy Weight: Over 125		
MASTER MEN BODYBUILDING			MASTER WOMEN BODYBUILDING		
Over 40	Over 50	Over 60	Over 30	Over 40	
TEEN MEN BODYBUILDING			TEEN FIGURE	FITNESS	
One Class			One Class	ONE CLASS	
BIKINI					
Short: Up to 5'4"		TALL: OVER 5'4"			
OPEN FIGURE					
Short: Up to 5'4"		Medium: 5'4" - 5'6"		Tall: Over 5'6"	
MASTER FIGURE					
Over 30 (Short: Up to 5'4") (Tall: 5'4" and Up)	Over 40 (Short: Up to 5'4") (Tall: 5'4" and Up)	Over 50 (Short: Up to 5'4") (Tall: 5'4" and Up)			

EARLY WEIGH IS FRIDAY NIGHT SEPT 10TH FROM 5PM TO 8PM AT DEBS GYM 1052 E MEMORIAL BLVD, (ALL BIKINI AND BODYBUILDER COMPETITORS NEEDS TO WEAR THEIR SUIT AT CHECK IN). FINAL CHECK IN AND WEIGH IN FOR COMPETITORS IS SATURDAY SEPT 11 BETWEEN 8AM-9AM. PREJUDGING STARTS AT 10AM SATURDAY MORNING - EVENING SHOW STARTS AT 6 PM SATURDAY NIGHT.

Entry Fee: \$50.00 (Late fee: \$20.00 after SEPT 3rd, 2010)

Entry form and payment must be received on or before SEPT 3rd. Any entry form and payment not received by then will have to be submitted at contest weigh-in and will be charged a \$20.00 late fee. A current NPC card will be required. NPC cards will be available at weigh-in and cost \$90.00, payable to the NPC.

Make All Checks/Money Orders Payable To:

Debs Gym

1052 E MEMORIAL BLVD, Lakeland, FL 33801

ANY QUESTIONS CALL DEBBIE OR RAY AT 863-683-9300

ATHLETES MAY ENTER ONLY ONE (1) EVENT UNLESS DOING FIGURE /FITNESS

NPC CARD # _____ **AGE** _____ **YEARS TRAINED** _____
NAME _____ **ADDRESS** _____
PHONE _____ **EMAIL** _____ **GYM** _____
CLASS ENTERING _____

IN CONSIDERATION OF ACCEPTING THIS ENTRY, I HEREBY INTEND TO BE LEGALLY BOUND FOR MYSELF, MY HEIRS, EXECUTORS, WAIVE ANY AND ALL RIGHT AND CLAIM FOR DAMAGES I MAY HAVE AGAINST THE NATIONAL PHYSIQUE COMMITTEE OF THE USA, DEBS GYM LLC, BRANSCOM AUDIT, AND ANY SPONSOR OR REPRESENTATIVES FOR ANY INJURIES SUFFERED BY MEAT SAID PHYSIQUE CONTEST AND IN TRAVELING TO AND FROM SAID CONTEST.

SIGNATURE _____ **DATE** _____

PARENT'S SIGNATURE (FOR MINOR) _____ **DATE** _____