

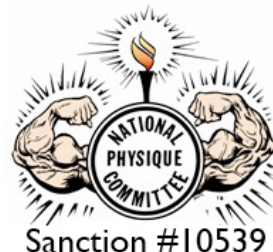
2010 NPC San Jose Bodybuilding Fitness, Figure & Bikini Championships

**** National Qualifier ****

July 10, 2010

San Jose Convention Center

408 Almaden Blvd., San Jose, CA 95110



OFFICIAL ENTRY FORM MEN'S BODYBUILDING CLASSES

- | | | |
|---|--|---|
| Teen lightweight (up to & incl. 176 ¼) <input type="checkbox"/> | Novice Lightweight (up to & incl. 154 ¼) <input type="checkbox"/> | Open Bantamweight (up to & incl. 143 ¼) <input type="checkbox"/> |
| Teen heavyweight (over 176 ¼) <input type="checkbox"/> | Novice Middleweight (over 154 ¼ up to & incl. 176 ¼) <input type="checkbox"/> | Open Lightweight (over 143 ¼ up to & incl. 154 ¼) <input type="checkbox"/> |
| Masters (40-49) <input type="checkbox"/> | Novice Light heavyweight (over 176 ¼ up to & incl. 198 ¼) <input type="checkbox"/> | Open Middleweight (over 154 ¼ up to & incl. 176 ¼) <input type="checkbox"/> |
| Masters (50-59) <input type="checkbox"/> | Novice heavyweight (over 198 ¼) <input type="checkbox"/> | Open Lightheavyweight (over 176 ¼ up to & incl. 198 ¼) <input type="checkbox"/> |
| Masters (60+) <input type="checkbox"/> | | Open Heavyweight (over 198 up to & incl. 225 ¼) <input type="checkbox"/> |
| | | Open Superheavyweight (over 225 ¼) <input type="checkbox"/> |

WOMEN'S BODYBUILDING CLASSES

- | | | |
|--|--|---|
| Lightweight (up to & incl. 125) <input type="checkbox"/> | Middleweight (over 125 up to & incl. 140) <input type="checkbox"/> | Heavyweight (Over 140) <input type="checkbox"/> |
|--|--|---|

WOMEN'S FITNESS CLASSES

- Women's Fitness (One Class)

WOMEN'S FIGURE CLASSES

- | | | |
|---|---|---|
| Class A (up to & incl. 5'2") <input type="checkbox"/> | Class B (over 5'2" up to & incl. 5'4") <input type="checkbox"/> | Class C (over 5'4" up to & incl. 5'6") <input type="checkbox"/> |
| Class D (over 5'6") <input type="checkbox"/> | Masters (35-44) <input type="checkbox"/> | Masters (45+) <input type="checkbox"/> |

WOMEN'S BIKINI CLASSES

- | | |
|---|---|
| Short Class (up to 5'4") <input type="checkbox"/> | Tall Class (over 5'4") <input type="checkbox"/> |
|---|---|

Name _____ Age _____ Date of Birth _____

Address _____

City _____ State _____ ZIP _____

Home Phone _____ Alternate Phone _____

E-mail Address _____

Occupation _____ Gym _____

Previous Contests/Placings _____

NPC Card # _____ Expiration (may purchase at check-in for \$90) _____

MAIL OFFICIAL ENTRY FORM TO LOVE'S PRODUCTIONS * P.O. BOX 730125, SAN JOSE, CA 95173

PHONE: (408) 283-7413 www.paullovesvproductions.com

Entry fees can be paid online via [PayPal](https://www.paypal.com) at www.paullovesvproductions.com

Paul can be e-mailed at paul.love@sbcglobal.net

Release: In consideration of your acceptance of this entry. I hereby for myself, my heirs, executors and administrators, waive, and release any and all rights and claim for damages I may have against the 2010 San Jose Bodybuilding, Fitness, Figure and Bikini Championships, Parkside Hall, Love's Productions, Geff & Sarah Malone, the NPC, all sponsors and their representatives and assignees for any and all injuries incurred by me in connection with these championships and in traveling to and from them, and hereby grant full permission to any and all of the foregoing to use any photography, videotapes, motion pictures, recordings, and any other records of this event for any purpose whatsoever.

Athlete's signature: _____ **DATE:** _____

Any athlete under the age 18 must have a guardian's signature. All teenage competitors must show proof of age before they will be able to participate. Please bring a valid Driver's License or birth certificate to the contest to verify that you are not 20 before the day of the contest.

Parent or Guardian's signature: _____ **DATE:** _____

GENERAL RULES:

MUSIC:

CASSETTE TAPE OR CD is acceptable. Each cassette or CD must contain only 1 song up to 90 seconds long (mixing is OK). Must be pre-set bearing the contestant's name, and number. CDs must bear the contestant's name, number, and track number. Be sure to give the music to the DJ upon entering the stage. No profanity allowed – the music will be stopped if unacceptable language is used.

ENTERING TWO DIVISIONS:

You must inform the DJ in which division you are going to pose in the evening show. Please write name, number and division on the tape or CD. Love's Productions is not liable for music left behind or lost. Please pickup after posing.

ELIGIBILITY:

All contestants must be registered with the NPC or register on the day of the contest. NPC registration fee is \$90.00 (do not send NPC registration with entry form). Proof of age is required for Masters Men and Women and Teens. Novices must NOT have won an overall competition. Open to all Athletes in the United States.

RULES: All Competitors numbers must be worn on the left side of the posing suits. Both male and female bodybuilders are to wear **plain, non-metallic** posing suits for prejudging; however, these suits ARE permitted for finals. Both male and female bodybuilders are NOT permitted to wear jewelry during prejudging. Female bodybuilders ARE permitted to wear jewelry for the finals. Male competitors are NOT. Figure, Fitness, and Bikini ARE permitted to wear jewelry for both prejudging and finals.

ONLY COMPETITORS WILL BE PERMITTED BACKSTAGE! NO EXCEPTIONS! No coaches, trainers, or make-up artists. If any of the aforementioned arrive on competition day, all preparation MUST be done any area other than the backstage area. If any of the aforementioned are backstage, the competitor who violated this rule will be disqualified.

CLASS GUIDELINES:

BODYBUILDING (MEN & WOMEN):

Prejudging: Maximum 60 second routine without music or if necessary, there will be comparisons only. **Finals:** Maximum 90-second routine. If necessary all athletes will be introduced but only top 5 in each age, height, or weight class will perform.

FIGURE: Competitors' suits must cover at least ½ of the glutes; thongs are NOT permitted. **Prejudging** — One round: two-piece only. **Finals** — Two-piece only.

FITNESS: Competitors' suits must cover at least ½ of the glutes; thongs are NOT permitted. **Prejudging** — Round 1: Two-piece suit. Round 2: Two-minute routine. **Finals** — Round 1: Fitness Routine. Round 2: Two Piece Suit. Fitness music must be given to DJ upon entering stage. Cassette tapes or CDs are permitted.

BIKINI: Competitors will compete in a two-piece suit. The bottom of the suit must be v-shaped. Competitors' suits must cover at least ½ of the glutes; thongs are NOT permitted. Competitors can compete in an off the rack suit. All swimsuits must be in good taste. Competitors must wear high heels. Competitors may wear jewelry. **BIKINI ENTRY CANNOT CROSSOVER INTO ANY OTHER CATEGORY.**

NPC REGISTRATION: www.npcnewsonline.com

CONTACT: Love's Productions 408-238-7413 or www.paullsvproductions.com

TIME SCHEDULES:

Morning

8:30AM: Briefing, Check-in, and registration

10:30AM: Prejudging:

Masters Men in order of age (60+, 50-59, 40-49)

Teen Men (two classes)

Unlimited Women (three classes)

Unlimited Men (six classes)

Novice Men (four classes)

Bikini (two classes)

Fitness — Two-piece/routine

Masters Figure: Age group 35-44 years old

Masters figure — Age group 45+ years old

Figure Unlimited — two-piece suit

Evening

6:00PM: Athlete Briefing

6:30PM: Competition Begins:

Fitness — Routine round

Masters Men in order of age (60+, 50-59, 40-49)

Teen Men (two classes)

Novice Men (four classes)

Unlimited Women (three classes)

Fitness — Two-piece round

Bikini (two classes)

Masters Figure — Age group 45+ years old

Masters Figure — Age group 35-44 years old

Figure Unlimited (four classes)

Unlimited Men (six classes)

DEADLINE: July 2nd, 2010

ENTRY FEE:

\$75.00 per contestant (before 7/2/10)

\$135.00 per contestant for 2 divisions (before 7/2/10)

\$160.00 per contestant for 2 divisions (after 7/2/10)

\$35.00 per teen contestant (no late entry)

\$25.00 per contestant (late fee after 7/2/10)

Produced and directed by:

Love's Silicon Valley Productions and Geff & Sarah Malone

P.O. Box 730125

San Jose, CA 95173

(408) 238-7413

paul.love@sbcglobal.net

Sarah@maxmusclesantacruz.com

www.paullovesvproductions.com

HOTEL RESERVATIONS:

Crowne Plaza Hotel

282 Almaden Blvd.

San Jose, CA 95113

408-998-0400

Rate: \$109.00

San Jose Hilton

300 Almaden Blvd.

San Jose, CA 95110

408-287-2100

Rate: \$109.00

Reservations must be made by June 25, 2010.