

# **2016 NPC/IFBB PITTSBURGH CHAMPIONSHIPS**

## ***Bodybuilding, Figure, Bikini, Physique, Classic Physique – National Qualifier***

**CONTEST VENUE** - ALL meetings, weigh-ins and competition take place at the Soldiers and Sailors Memorial Hall in the Oakland section of Pittsburgh - 4141 Fifth Avenue, Pittsburgh, PA 15213.

**ENTRY FEE** – A fee of \$100.00 will be charged for each Division. The entry fee must be sent with your application.

**FRIDAY, APRIL 29** – **Entry Deadline** – \$50 additional fee after postmark FRIDAY, APRIL 29.

**FRIDAY, MAY 6** 11:00 am to 2:00 pm - **MANDATORY WEIGH-IN/CHECK-IN FOR ALL COMPETITORS!**  
3:30 pm – IFBB PRO MEETING – IFBB Pro Bikini/Figure/Men Physique/Classic Physique  
4:00 pm – OPTIONAL MEETING – NPC Men Physique, Men Classic Physique  
5:00 pm – PREJUDGING BEGINS - IFBB Bikini/Figure/Men Physique/Classic Physique and NPC Men Physique/Men Classic Physique

**SATURDAY, MAY 7 – NO WEIGH-IN/CHECK-IN ON SATURDAY, MAY 7**  
8:00 am – OPTIONAL MEETING – NPC Bodybuilders  
9:00 am – PREJUDGING BEGINS - NPC Bodybuilding/Figure/Men Physique/Women Physique  
10:00 am – NPC Figure, Bikini and Women Physique competitors are advised to report.  
There will not be a meeting for NPC Figure, Bikini and Women Physique competitors.

**SATURDAY, MAY 7 – FINALS – ALL DIVISIONS** 5:00 pm – FINALS BEGIN

### **COMPETITION DIVISIONS:**

**BB Open Men** – 7 Classes, 5 places and 1 Overall. (Up to 143 ¼, over 143 ¼ to 154 ¼, over 154 ¼ to 165 ¼, over 165 ¼ to 176 ¼, over 176 ¼ to 198 ¼, over 198 ¼ to 225 ¼, over 225 ¼)

**BB Men - Teen/Over 35/Over 40/Over 50/Over 60** – Each Division has 1 Class, 5 places

**BB Men Novice** – 2 Weight Classes, 5 places and 1 Overall. (Up to and including 176 ¼, over 176 ¼)

**BB Men Closed Mr. Pittsburgh** – *For competitors from Western Pennsylvania only.*

4 Classes, 5 places and 1 Overall. (Up to 154 ¼, over 154 ¼ to 176 ¼, over 176 ¼ to 198 ¼, over 198 ¼)

**BB Women Open** – 1 Class, 5 places

**Figure Open** – 4 classes, 5 places and 1 Overall (Up to 5'2", over 5'2" to 5'4", over 5'4" up to 5'6", over 5'6")

**Figure Over 35** – 2 classes, 5 places and 1 overall (Up to 5'4", over 5'4")

**Figure Novice** – 2 classes, 5 places and 1 overall (Up to 5'4", over 5'4")

**Bikini Open** – 6 classes, 5 places, 1 overall (Up to 5'1", to 5'2½", to 5'4", to 5'5½", to 5'7", over 5'7")

**Bikini Over 35** – 2 classes, 5 places and 1 overall (Up to 5'4", over 5'4")

**Bikini Novice** – 2 classes, 5 places and 1 overall (Up to 5'4", over 5'4")

**Bikini Teen** – 2 classes, 5 places and 1 overall (Up to 5'4", over 5'4")

**Men Physique Open** – 4 classes, 5 places and 1 overall (Up to 5'8", up to 5'10", up to 6'0", over 6'0")

**Men Physique Over 35** – 2 classes, 5 places and 1 overall (Up to 5'10", Over 5'10")

**Men Physique Novice** – 2 classes, 5 places and 1 overall (Up to 5'10", over 5'10")

**Men Physique Teen** – 2 classes, 5 places and 1 overall (Up to 5'10", over 5'10")

**Women Physique Open** – 2 classes, 5 places and 1 overall (Up to 5'4", over 5'4")

**Women Physique Over 35** – 1 Class, 5 places

**Men Classic Physique** – 3 classes, 5 places and 1 overall (Up to 5'7", up to 5'10", over 5'10")

**Men Classic Physique Over 35** – 3 classes, 5 places and 1 overall (Up to 5'7", up to 5'10", over 5'10")

### **INDIVIDUAL ROUTINES - BODYBUILDING, WOMEN PHYSIQUE AND MEN CLASSIC PHYSIQUE**

**PREJUDGING** – There will be NO Posing Routines at the Prejudging.

**FINALS** – ALL Bodybuilders/Women Physique/Classic Physique competitors will perform their Routines at the Finals.

**MUSIC** – ALL music will be collected at Friday Check-ins – 70 seconds maximum

**NATIONAL QUALIFIER** – The following Open placings become Nationally Qualified through all of 2017:

**BB, Figure and Bikini** – Top 3 in each class qualify for any national event.

**BB, Figure and Bikini** - Top 5 in each class qualify for Jr USA, Jr Nationals and North America.

**Men Physique, Women Physique and Classic Physique** - Top 5 in each class qualify for all national events.

**NOVICE DIVISION** – Competitors who never won an Overall title..

**HOST HOTEL** – Holiday Inn Select University at 412-682-6200 and ask for "NPC Competition" rate. The deadline for the special "Contest Rate" is April 15. **Alternate Hotels:** Hampton Inn 412-681-1000, Best Western 412-683-6100

### **TICKETS**

**Prejudging** – General Admission tickets - Available ONLY at the door - \$20 cash

**Finals** - Reserved seating - \$40 - purchase in advance with attached Ticket Order Form or at the door.

**TRAINERS PASS - \$100** – The Trainers Pass can be purchased ONLY at the weigh-ins/check-ins on Friday, May 6. The TRAINERS PASS will allow you to have your trainer with you at all times. Trainer MUST have a ticket to the event.

# **2016 NPC PITTSBURGH CHAMPIONSHIPS**

# OFFICIAL ENTRY FORM

**ENTRY FEE – \$100.00 for each Division. LATE FEE - \$50 additional fee after postmark April 29, 2016**  
**PROOF OF AGE REQUIRED – Teens and ALL Masters Divisions**

**Bodybuilding Men:** \_\_\_ Open \_\_\_ Closed \_\_\_ Novice \_\_\_ Teen \_\_\_ Over 35 \_\_\_ Over 40 \_\_\_ Over 50 \_\_\_ Over 60

**Bodybuilding Women:** \_\_\_ Open

**Physique Men:** \_\_\_ Men Open \_\_\_ Men Over 35 \_\_\_ Men Novice \_\_\_ Men Teen

**Physique Women:** \_\_\_ Open \_\_\_ Over 35

**Figure:** \_\_\_ Open \_\_\_ Over 35 \_\_\_ Novice

**Bikini:** \_\_\_ Open \_\_\_ Over 35 \_\_\_ Novice \_\_\_ Teen

**Classic Physique:** \_\_\_ Men Open \_\_\_ Men Over 35

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Apt. No. \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Estimated Competition Weight \_\_\_\_\_ Height \_\_\_\_\_ Age \_\_\_\_\_

### **DO YOU WISH TO RECEIVE EMAILS FROM US?**

Enter email below if you wish to receive emails from GaryUdit.com and his trusted partners about events and bodybuilding contest offers.

**YES, I WISH TO RECEIVE EMAILS: Enter Email Address Here:** \_\_\_\_\_

In consideration of being allowed to participate in any way in the NPC PITTSBURGH CHAMPIONSHIPS (“Event”) promoted by Jim Manion (“Promoter”) and sanctioned by the National Physique Committee of the USA, Inc. (“NPC”), its related events and activities, I, Please print name \_\_\_\_\_), the undersigned, acknowledge, appreciate and agree that: The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity (“Releasees”), WITH RESPECT TO ANY AND ALL INJURY DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the Holiday Inn Hotel (“Hotel”) including any rules or regulations prohibiting cooking or food preparation in the hotel rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the Promoter from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned’s failure to comply with any rule or regulation of the Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter and/or any other NPC-approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any 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 any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder. **I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

X \_\_\_\_\_ Age: \_\_\_\_\_ Date Signed: \_\_\_\_\_  
PARTICIPANTS SIGNATURE

### **FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child’s involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X \_\_\_\_\_ Age: \_\_\_\_\_ Date Signed: \_\_\_\_\_  
PARENTS/GUARDIANS SIGNATURE

**2016 NPC/IFBB PITTSBURGH CHAMPIONSHIPS**  
***Bodybuilding, Figure, Bikini, Physique, Classic Physique – National Qualifier***

**TICKET ORDER FORM**

**Make Money Order (no checks) payable to: Pittsburgh Physique Promotions.  
Mail to: Jim Manion, PO Box 442, Carnegie, PA 15106**

**PLEASE PRINT CLEARLY**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Apt. No. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

**FINALS:**

Saturday, May 7, 5:00 pm ----- @ \$40.00 Reserved Seating = \$ \_\_\_\_\_

**Ticket Orders received after April 22 will not be mailed and must be picked up at Will Call.  
Will Call tickets may be picked up at the Friday Weigh-Ins or at the door on Saturday.**

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**SCHEDULE OF EVENTS**

**PREJUDGING – Friday 5:00 pm**

- IFBB Pro Men Physique
- IFBB Pro Men Classic Physique
- IFBB Pro Figure
- IFBB Pro Bikini
- Men Physique Open
- Men Physique Over 35
- Men Physique Novice
- Men Physique Teen
- Men Classic Physique Open
- Men Classic Physique Over 35

**PREJUDGING – Saturday 9:00 am**

- Open BB Men
- Closed BB Men
- Novice BB Men
- Men BB Over 35
- Men BB Over 40
- Men BB Over 50
- Men BB Over 60
- Teen BB Men
- Figure Open
- Figure Over 35
- Figure Novice
- Women BB Open
- Women Physique Open
- Women Physique Over 35
- Bikini Open
- Bikini Over 35
- Bikini Novice
- Bikini Teen

**FINALS – Saturday 5:00 pm**

- Teen BB Men
- Men BB Over 60
- Men BB Over 50
- Men BB Over 40
- Men BB Over 35
- Men BB Novice
- Men BB Closed
- Men BB Open
- IFBB Pro Men Physique
- IFBB Pro Men Classic Physique
- IFBB Pro Figure
- IFBB Pro Bikini
- IFBB Guest Posers
- Men Physique Open
- Men Physique Over 35
- Men Physique Novice
- Men Physique Teen
- Women BB Open
- Women Physique Open
- Women Physique Over 35
- Bikini Open
- Bikini Over 35
- Bikini Novice
- Bikini Teen
- Men Classic Physique Open
- Men Classic Physique Over 35
- Figure Open
- Figure Over 35
- Figure Novice