



Official Entry Form for 2019 NPC CAPITAL GRAND PRIX



EVENT DATE: AUGUST 24, 2019

You may register by mail or at athlete check-in using this form, or online at GaryUdit.com.
Mail-in forms must be postmarked by August 16. Late Fee of \$100 if postmarked after August 16.

Check each division you are entering. Registration Fee, \$100 per division. SEND FORM and PAYMENT (money order only) to GMU PRODUCTIONS LLC, PO BOX 16424, Pittsburgh PA 15242. Questions: 412-377-1438

Weight (estimate contest day) _____ Height _____ Name _____
 Address _____ City _____ State _____ Zip _____
 Age on Contest Day _____ Phone _____ Email _____ < check if you don't want emails

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|---|--|---|----------|---------|---------|---------|---------|---------|----------|----------|---------|---------|---------|---------|---------|---------|---------|---------|----------------|--|--|--|
| <p>BIKINI</p> <p><input type="radio"/> Open <input type="radio"/> Teen <input type="radio"/> Collegiate <input type="radio"/> True Novice <input type="radio"/> Novice <input type="radio"/> 35+ <input type="radio"/> 40+ <input type="radio"/> 50+ <input type="radio"/> First Responder <input type="radio"/> Armed Forces</p> <p>FIGURE</p> <p><input type="radio"/> Open <input type="radio"/> Novice <input type="radio"/> True Novice <input type="radio"/> 35+ <input type="radio"/> 40+ <input type="radio"/> 50+ <input type="radio"/> First Responder <input type="radio"/> Armed Forces</p> <p>FITNESS <input type="radio"/> Open</p> <p>WOMEN'S BODYBUILDING</p> <p><input type="radio"/> Open <input type="radio"/> First Responder <input type="radio"/> Armed Forces</p> <p>WOMEN'S PHYSIQUE</p> <p><input type="radio"/> Open <input type="radio"/> True Novice <input type="radio"/> 35+ <input type="radio"/> First Responder <input type="radio"/> Armed Forces</p> | <p>MEN'S PHYSIQUE</p> <p><input type="radio"/> Open <input type="radio"/> Teen <input type="radio"/> Collegiate <input type="radio"/> True Novice <input type="radio"/> Novice <input type="radio"/> Junior <input type="radio"/> 35+ <input type="radio"/> 40+ <input type="radio"/> 50+ <input type="radio"/> First Responder <input type="radio"/> Armed Forces</p> <p>MEN'S BODYBUILDING</p> <p><input type="radio"/> Open <input type="radio"/> Teen <input type="radio"/> Collegiate <input type="radio"/> True Novice <input type="radio"/> Novice <input type="radio"/> 35+ <input type="radio"/> 40+ <input type="radio"/> 50+ <input type="radio"/> 60+ <input type="radio"/> Junior <input type="radio"/> First Responder <input type="radio"/> Armed Forces</p> <p>Please note: Competitors MAY crossover and compete in Men's Physique, Men's BB, and Classic Physique, if they meet the Classic Physique guidelines at right >></p> | <p>MEN'S CLASSIC PHYSIQUE:</p> <p>RULES: For Classic Physique, your competition weight is regulated by your height. You must fall in these height AND weight ranges on CONTEST DAY or you may compete in Men BB or Men's Phys.</p> <p>MAX HEIGHT and MAX WEIGHT:</p> <table style="width: 100%; border: none;"> <tr> <td>5'4 160</td> <td>5'5 165</td> <td>5'6 170</td> <td>5'7 175</td> </tr> <tr> <td>5'8 182</td> <td>5'9 190</td> <td>5'10 197</td> <td>5'11 205</td> </tr> <tr> <td>6'0 212</td> <td>6'1 220</td> <td>6'2 230</td> <td>6'3 237</td> </tr> <tr> <td>6'4 245</td> <td>6'5 252</td> <td>6'6 260</td> <td>6'7 267</td> </tr> <tr> <td colspan="4">Over 6'7", 275</td> </tr> </table> <p>If you will fall within these ranges, SELECT Classic Physique Divisions Below:</p> <p><input type="radio"/> Open <input type="radio"/> 35+ <input type="radio"/> 40+ <input type="radio"/> 50+ <input type="radio"/> First Responder <input type="radio"/> Armed Forces <input type="radio"/> True Novice <input type="radio"/> Novice <input type="radio"/> Teen</p> | 5'4 160 | 5'5 165 | 5'6 170 | 5'7 175 | 5'8 182 | 5'9 190 | 5'10 197 | 5'11 205 | 6'0 212 | 6'1 220 | 6'2 230 | 6'3 237 | 6'4 245 | 6'5 252 | 6'6 260 | 6'7 267 | Over 6'7", 275 | | | |
| 5'4 160 | 5'5 165 | 5'6 170 | 5'7 175 | | | | | | | | | | | | | | | | | | | |
| 5'8 182 | 5'9 190 | 5'10 197 | 5'11 205 | | | | | | | | | | | | | | | | | | | |
| 6'0 212 | 6'1 220 | 6'2 230 | 6'3 237 | | | | | | | | | | | | | | | | | | | |
| 6'4 245 | 6'5 252 | 6'6 260 | 6'7 267 | | | | | | | | | | | | | | | | | | | |
| Over 6'7", 275 | | | | | | | | | | | | | | | | | | | | | | |

WAIVER: In consideration of being allowed to participate in any way in this event ("Event") promoted by GMU PRODUCTIONS LLC ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, 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. Relative to my email address, yes, I want to receive email communication from Gary Udit, GMU Productions LLC, or their designated partners with updates on future events, news and fitness/bodybuilding/contest offers. If I wish to opt out of receiving emails about future events and offers, I will inform Mr. Udit at news@garyudit.com or 800-929-3539. Gary Udit and GMU Productions LLC keeps your email secure. All email recipients may easily unsubscribe from the mailing list at any time using a link in the bottom of the email or by sending a request to "news@garyudit.com" with the word UNSUBSCRIBE MY EMAIL in the subject line. 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 WAIVER and RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X Participant/Competitor Signature: _____ **Date Signed:** _____

FOR PARENTS/GUARDIANS OF PARTICIPANTS WHO ARE 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 Parent Signature (if competitor under 18): _____ **Date Signed:** _____

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| TOTAL COST of CLASSES ENTERED: _____ | LATE FEE IF ANY (see rules at top) _____ | GRAND TOTAL: _____ |
| Send Total to GMU PRODUCTIONS LLC at address on top of form. You may register or add classes, get NPC card, or get tickets at check-in. Questions 412-377-1438 | | |