

GNC
presents the
2010 MUSCLETECH NPC/IFBB PITTSBURGH CHAMPIONSHIPS
NPC – Bodybuilding, Fitness, Figure, Bikini IFBB – Pro Figure and Pro Bikini

ENTRY DEADLINE – Monday, April 26, 2010

FRIDAY, APRIL 30 – MANDATORY Check-In for ALL competitors!!
NO WEIGH-INS/CHECK-INS ON SATURDAY MAY 1!!

All weigh-ins, check-ins, meetings and competitions take place at Soldiers and Sailors Memorial Hall in the Oakland section of Pittsburgh - 4141 Fifth Avenue, Pittsburgh, PA 15213.

- **5:00 PM - Mandatory Meeting for IFBB Figure and Bikini competitors.**
- **4:00 PM to 7:00 PM - Mandatory Check-in/Weigh-in for ALL NPC competitors.**
- **ALL music – CDs ONLY - for Bodybuilders and Fitness will be collected at the Check-In/Weigh-In.**

SATURDAY, MAY 1 – PREJUDGING - ALL COMPETITORS

- **8:00 AM** - Meeting for NPC Bodybuilders and IFBB Figure/Fitness.
- **9:00 AM** - Prejudging begins.

SATURDAY, MAY 1 – FINALS – ALL DIVISIONS

- **5:30 PM** - Meeting for all NPC competitors.
- **6:00 PM** - Finals begins.

COMPETITION DIVISIONS:

- **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)
- **Teen Men/Over 35 Men/Over 40 Men/Over 50 Men/Over 60 Men** – Each Division has 1 Class, 5 places
- **Novice Men** – 2 Weight Classes, 5 places and 1 Overall. (Up to and including 176 ¼, over 176 ¼)
- **Closed Mr. Pittsburgh** – For competitors from Western PA only. 4 Wt Classes, 5 places and 1 Overall.
 - (Up to 154 ¼, above 154 ¼ to 176 ¼, above 176 ¼ to 198 ¼, over 198 ¼)
- **Women Bodybuilding** – 3 Classes, 5 places and 1 Overall. (Up to 125, over 125 up to 140, over 140)
- **Figure** – 4 classes, 5 places and 1 Overall (Up to 5'2", over 5'2" up to 5'4", over 5'4" up to 5'6", over 5'6")
- **Over 35 Figure** – 2 classes, 5 places and 1 overall (Up to 5'4", over 5'4")
- **Fitness** – 1 Class, 5 places
- **Bikini** – 3 classes, 5 places and 1 overall (Up to 5'4", over 5'4" up to 5'6", over 5'6")

NATIONAL QUALIFIER – The following placings qualify for NPC National Level events through 2011.

- Bodybuilding: Open Men – Top 2 in each class Women BB – Top 3 in each class.
- Fitness – Top 5 in each class.
- Figure – Top 3 qualify for any national event.
- Figure - Top 5 qualify for Jr USA, North America, Team Universe and Masters Nationals.
- Bikini – Top 5 qualify for any national event.

MUSIC - Contestants must supply their own music – no more than 60 seconds – **CDs ONLY**.

- Posing music **MUST BE THE ONLY** music on the CD. No vulgar music is permitted!
- **ALL music will be collected at the Friday Check-in/Weigh-in!**

PREJUDGING POSING - All Bodybuilding competitors will perform a 45-second routine at the Prejudging.

- Fitness competitors will perform their routines at the Finals only.

FINALS – BODYBUILDERS - ALL bodybuilders will perform their 60-second routine at the finals.

HOST HOTEL - Holiday Inn Select University @ 412-682-6200 and ask for "NPC Competition" rate.

- The deadline for the special "Contest Rate" is April 9, 2010.
- Alternate hotels in the area: Hampton Inn at 412-681-1000 or Best Western at 412-683-6100

ENTRY FEE – A fee of \$50.00 will be charged for each contest. The entry fee must be sent with your application.

- Late fee - \$15 additional after postmark of April 26, 2010.
- Make Money Order (no checks) to: **Pittsburgh Physique Promotions.**
- Mail Entry Form To: **Jim Manion - PO Box 442, Carnegie, PA 15106.**

TICKETS – Finals - Reserved seating - \$25 purchased in advance. Prejudging tickets available at the door - \$10.

- Make Money Order (no checks) to: **Pittsburgh Physique Promotions.**
- Mail Order Form To: **Jim Manion - PO Box 442, Carnegie, PA 15106.**
- Ticket orders received after April 19, 2010 will not be mailed and must be picked up at Will Call at the Friday Weigh-Ins or at the door on Saturday.

OFFICIAL ENTRY FORM

ENTRY DEADLINE – Monday, April 26, 2010

Please make money orders (no checks) payable to: Pittsburgh Physique Promotions

Contest Entries and Tickets – Mail To: Jim Manion - PO Box 442, Carnegie, PA 15106

Entry Fee: \$50.00 for Each Division

Proof of age: Figure Over 35, Teen Men, Men Over 35/Over 40/Over 50/Over 60 must send proof of age with application.

Please enter me in the following Divisions:

___ Teen Men ___ Open Men ___ Over 35 Men ___ Over 50 Men ___ Open Women BB ___ Open Bikini
___ Novice Men ___ Closed Men ___ Over 40 Men ___ Over 60 Men ___ Fitness ___ Open Figure ___ Over 35 Figure

Print Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Age _____ Height _____ Weight _____ Gym Affiliation _____

E-mail address _____

In consideration of you accepting this entry, I hereby, intending to be legally bound for myself, my heirs, executors or administrators, waive and release all rights and claim for damages I may have against Jim Manion/NPC/Pittsburgh Physique Promotions and them or their agents, representatives, and assigns for any and all injuries suffered by me at said Physique Contest. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the Holiday Inn Select 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 Holiday Inn Select 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 Holiday Inn Select 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.

Contestant

Parent or Guardian

If contestant is a minor, this blank must be signed by parent or guardian.

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TICKET ORDER FORM

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Mail to: Jim Manion - PO Box 442, Carnegie, PA 15106

Name _____ Phone _____

E-mail _____

Address _____ Apt. No. _____

City _____ State _____ Zip _____

FINALS:

Saturday, 6:00 pm ----- @ \$25.00 Reserved Seating = \$ _____

TOTAL AMOUNT DUE = \$ _____

Ticket orders received after April 19, 2010 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.

_____ **Please hold my tickets at Will Call**