

SANCTION #11351

2011 NPC Tennessee State
Bodybuilding, Figure, and Bikini Championships
August 13, 2011
Nashville, TN
OFFICIAL ENTRY FORM

Name: _____ Ht. ____ Wt. ____
Address: _____
City: _____ State: _____ Zip: _____
Email: _____
Gym Representing: _____

Division Entering: (Please Circle) Teen---Novice---Junior---Men's Open---Master---Masters Figure---
Figure Masters---Womens Open---Bikini---Law Enforcement Class---FireFighter Class --- Men's
Physique

Injury Release: In consideration of accepting this entry, I, the undersigned hereby for myself, my heirs,
and administrators, waive and release any and all claims for personal injury, or property damage of
whatever for and nature, I have against Bryan Hayworth, Roger McConnell, The National Physique
Committee and Tennessee Performing Arts Center, 505 Deadrick Street, Nashville, TN 37243, or any
vendors, individuals, sponsors with affiliation with the contest or competition, that may arise from partici-
pation in the contest of competition.

Note: If under the age of 18, Parents Signature is required: _____
Competitor's Signature: _____

The undersigned consents and agrees that the undersigned will comply with all rules and regulations of
the Hyatt Place Nashville/Opryland including any rules and regulations prohibiting cooking or food
preparation in the Hotel Room. The undersigned further agrees that the undersigned will indemnify and
hold harmless the N.P.C. and the promoter from and against any damages caused by the undersigned
to the Host Hotel or damage to a guest room or rooms occupied or registered to the undersigned. Fi-
nally, the undersigned acknowledges that the undersigned's failure to comply with any rules or regula-
tions of the Hyatt Place Nashville/Opryland 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 N.P.C. and/or competing in contests sanctioned by the N.P.C.

Entry Fee: \$55.00

Crossovers: Only allowed from Masters & Teenage Classes.

Entry must be received by July 30, 2011 or a late fee of \$25.00 will be added to the entry.

No checks will be accepted after July 30, 2011 (Money Orders Only)

Competitor Signature: _____ Date: ____/____/____

Weigh in: EARLY WEIGH IN WILL BE ON AUGUST 12, 2011 AT THE NASHVILLE AHTLETIC CLUB
LOCATED AT 5035 HARDING PLACE, NASHVILLE, TN 37243, 5:30PM—8:30PM.

Host Hotel:

Hyatt Place Nashville/Opryland
220 Rudy's Circle
Nashville, TN 37214
615-872-0422
MENTION TN BODYBUILDING FOR DISCOUNTED RATE

**MAIL TO: Bryan Hayworth
1905 Fair Oaks Drive
Kingsport, TN 37664**

Date: August 13, 2011
Place: Tennessee Performing Arts Center
Address: 505 Deadrick Street, Nashville, TN 37243
TICKETS
Pre-Judging: \$12.00
Reserved Seating: \$35.00 LIMITED NUMBER
General Admission: \$25.00
For Advance Tickets Call: 615-782-4040

Categories:
Teenage—1 Class—5 Places

Novice (1st time competitors only) - 3 Classes
Lightweight: Up to & including 165 1/4 lbs.
Middleweight: Over 165 1/4 up to and including 187 1/4
Heavyweight: Over 187 1/4

Mens Jr. Class (Must have never won Overall) 3 Classes

Lightweight: Up to & including 165 1/4 lbs.
Middleweight: Over 165 1/4 up to & including 187 1/4 lbs.
Heavyweight—Over 187 1/4 lbs.

Men's Open—6 Classes

Bantam Weight: Up to & including 143 1/4 lbs.
Lightweight: Over 143 1/4 up to & including 154 1/4 lbs.
Welterweight: Over 154 1/4 up to & including 165 1/4 lbs.
Middleweight: Over 165 1/4 up to & including 176 1/4 lbs.
Light Heavyweight: Over 176 1/4 up to & including 198 1/4 lbs.
Heavyweight: Over 198 1/4 up to & including 225 1/4 lbs.
Super Heavyweight: Over 225 1/4 lbs.

Men's Masters—3 Classes

40-49, Light weight, middle weight, and heavy weight
50-59,
60 Plus
(5 Places Per Class)

Women's Masters—2 Classes

40-49, 50 Plus
(5 Places per Class)

Fire Fighter/EMT Open Weight—(5 Places)

Law Enforcement Open Weight—(5 Places)

***Any N.P.C. Athlete with proof of specific Employment.**

**Women's Novice Figure—2 Classes
(5 Places per Class)**

Women's Figure
Division A up to & including 5'2"
Division B over 5'2" up to and including 5'4"
Division C over 5'4" up to and including 5'6"
Division D over 5'6"

(5 places per class and overall)

Women's Figure Masters over 35

Short up to and including 5'4" - Tall over 5'4"
(5 places per class and overall)

Women's Fitness

Short up to and including 5'3" - Tall over 5'3"
(5 places per class and overall)

Women's Bikini

Short Division up to & including 5'4"
Middle Division up to 5'4" up to & including 5'6"
Tall Division over 5'6"
(5 Places per class and overall)

Women's Open Bodybuilding—3 Classes

Lightweight—Up to & including 125lbs.
Middleweight—Over 125 up to & including 140lbs.
Heavyweight—Over 140 lbs.
(5 places per class and overall)

Women's Master 40 Plus

Women's Open Figure

Women's Novice Figure

Women's Master Figure

Men's Physique, 2 classes, short (Up to 5'8) and Tall over 5'8, with overall pose down

NPC Rules and Regulations

Posing Music must be brought to weigh-in on August 12, 2011. Competition suits must be worn at weigh-in. Posing suit of solid color and good taste, no thongs allowed. Contestants must present suit at weigh-in. No props. No Jewlery allowed during the pre-judging. Crossovers allowed only from Masters or Teenagers, Masters Figure crossovers allowed. Figure and Bikini consists of 1 round & Fitness consists of 2 rounds. Figure, Fitness & Bikini will be measured in bare feet.

We reserve the right to limit individual posing at the night show to top 5 only if numbers dictate.

Awards

Neils Anderson trophies awarded to all places. Overall swords for men's and women's open classes.

Music

Contestants must supply their own music on CD only. Night show posing music limited to 60 seconds. No music allowed during 60 second pre-judging routine. No profanity allowed in music.

Eligibility

Open to any NPC registered athlete. Must have a NPC card. Cards available at check in. Teenage and Masters contestants must have proof of age (Birth Certificate or Drivers License).

"Open to Tennessee residents only"

FOR MORE INFORMATION:

**Bryan Hayworth - 423-677-3347
Roger McConnell - 423-612-0252**