



OFFICIAL ENTRY FORM

2016 NPC KENTUCKYMUSCLE CHAMPIONSHIPS

FIGURE, BIKINI, BODYBUILDING, PHYSIQUE, FITNESS

October 28-29, 2016 A NATIONAL QUALIFYING EVENT

Please complete this form and mail with check, money order, or cc payment for \$100.00 (crossovers Fee is an additional \$100.00) to: KentuckyMuscle, LLC, C/O L. Brent Jones, PO Box 91048, Louisville, KY. 40291. Entry Forms must be posted by marked by Tuesday, OCT 25 1, 2016**** AFTER Oct 25, 2016. Add additional \$50.00 Late fee *** Absolutely No Refunds on Entry

Name	Phone No. ()			
Address:	City:	State Zip		
Age Height Expected Weight	Hotel Stay			
Email (Please Print Clearly):				
Local Newspaper(s):	Local TV Station(s):		
Sponsor\Gym\Team \ College		Shirt Size (Circle One): XS S M L XL 2XL 3XL 4XL		
CC Number	Expire Date	cvc		
Credit Card Payment (Visa or Mastercard Only				
Please check the division(s) that you intend to compe				
Bodybuilding Division: Enter Fee is \$10				
Teenage BB Men's BB Open Men's BB N	Iovice Men's BB Masters 40+	Men's BB Masters 50+ Men's BB Masters 60+	F	
Physique Division: Enter Fee is \$100.00 (Crossover Fee \$100.00)				
Teen Men's PhysiqueNovice Men's Physique Novice Men's Physique Master's MP 45+ Ma		· · · · 	<u>, </u>	
Bikini & Figure & Fitness Divisions: Enter Fee is \$100.00 (Crossover Fee \$100.00)				
Teen Bikini Novice BikiniBikini Open	Bikini Masters35+ Bikini Master	s 40+ Bikini Masters 50+		
Novice Figure Open Figure Figure Mas	ters 35+ Figure Masters 40+	Figure Masters 50+Fitness		
Collegiate Divisions: Enter Fee is \$75.00 (Crossover Fee \$100.00)				
Collegiate Men's Physique Collegiate Bikini				





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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 Galt House 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 ate the ed at any , are e rights **HAVE**

further compensation shall be payable to me at any ti NPC, Promoter, and/or any other NPC-approved vide appearance or name, or to make use of any rights gratime without further consent. I understand that the NF videotaping and photographing the Event in expressing granted to the NPC, Promoter and/or any other NPC-RELEASE OF LIABILITY AND ASSUMPTION OF RIS	me in connection therewith. Noth so or entertainment organization, anted herein. I also understand to PC, the Promoter and/or any NPO reliance upon the foregoing, and capproved video or entertainmen	ning contained herein shall be deemed to photograph or otherwise reproduce hat the aforementioned rights may be C-approved video or entertainment org I represent and agree that I am free to t organization hereunder. I HAVE REA	I to obligate the emy voice, reassigned at an ganization, are or grant the rights AD THIS
GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, A			
X	Age:	Date Signed:	
PARTICIPANTS SIGNATURE			
PARTICIPANTS SIGNATURE FOR PARENTS/GUAF	RDIANS OF PARTICIPANTS OF	•	
MINORITY AGE (UNDER AGE 18 AT TIME OF REG participant, do consent and agree to his/her release a and next of kin, I release and agree to indemnify and involvement or participation in these programs as pro the fullest extent permitted by law.	as provided above of all the Rele hold harmless the Releasees fro	asees, and, for myself, my child and o om any and all liabilities incident to my	ur heirs, assigns, minor child's
X	Age:	Date Signed:	
PARTICIPANTS SIGNATURE			



2016 NPC KENTUCKYMUSCLE

BODYBUILDING & FIGURE & BIKINI PHYSIQUE CHAMPIONSHIPS (National Qualifying Event - NPC Sanction)

Keep this for contest information October 28-29, 2016 DIVISIONS AND CLASSES

BODYBUILDING DIVISION

Open Men's Bodybuilding

(NPC National Qualifier)

7 Classes

- Bantamweight Up to 143-1/4 lbs
- Lightweight Over 143-1/4 lbs up to & including 154-1/4 lbs
- Welterweight Over 154-1/4 lbs up to & including 165-1/4 lbs
- Middleweight Over 165-1/4 lbs up to & including 176-1/4 lbs
- Lightweight Over 176-1/4 lbs up to & including 198-1/4 lbs
- Heavyweight 198-1/4 lbs 225lbs
- Super Heavyweight over 225 ¼

Master's Men's Bodybuilding

3 Classes

- 40 49 years old
- 50 59 years old
- 60 over

Teenage Men's Bodybuilding:

1 Class

• 16 - 19 years old

Novice Men's Bodybuilding

3 Classes

- Lightweight up to 165 lbs
- Middleweight over 165 to up to & including 187lbs
- Heavyweight over 187 lbs



2016 NPC KENTUCKYMUSCLE

BODYBUILDING & FIGURE & BIKINI PHYSIQUE CHAMPIONSHIPS (National Qualifying Event - NPC Sanction)

Keep this for contest information

October 28-29, 2016

PHYSIQUE DIVISION

Men's Physique Open

(NPC National Qualifier)

6 Classes

- CLASS A Up to & including 5`7"
- CLASS B Over 5`7" up to & including 5`8"
- CLASS C Over 5`8" up to & including 5`9"
- CLASS D Over 5`9" up to & including 5`11"
- CLASS E Over 5`11 up to & including 6`
- CLASS F Over 6`

Collegiate Men's Physique

2 Classes

- Up to & including 5'8"
- Over 5'8"

Novice Men's Physique

4 Classes

- Up to & including 5'6"
- Over 5'6" up to including 5'8"
- Over 5'8" up to including 5'10"
- Over 5'10"

Master's Men's Physique +35 3 Classes

- Up to & including 5'7"
- Over 5'7" up to including 5'10"
- Over 5'10"

Master's Men's Physique +45 1 Class

• 45 years old & Over

Master's Men's Physique +55

1 Class

55 years old & Over



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BODYBUILDING & FIGURE & BIKINI PHYSIOUE CHAMPIONSHIPS (National Qualifying Event - NPC Sanction)

Keep this for contest information

October 28-29, 2016

Teenage Men's Physique 1 Class:

• 16 - 19 years old

Open Women's Physique

2 Classes

Height classes to be determined at check-in's

Master's Women's Physique

1 Class

35 years old & Over

CLASSIC PHYSIQUE DIVISION

**NEW ** CLASSIC MEN'S PHYSIQUE (National Qualifier) - For competitors who want to present more muscular size than is currently acceptable for Men's Physique, but not as

extreme for Bodybuilding. **CLASSIC MEN"S PHYSIQUE CAN CROSSOVER!!** Judging Criteria - Muscularity and Body Condition - Judges will be looking for muscular size, symmetry, balance and proportion, with an emphasis on definition and condition. The ideal physique will display an aesthetic appearance highlighted by a small waist,

Classic Men's Physique Suits - POSING TRUNKS, which can be found on: https://www.npcwear.com/product detail.cfm?id=344

PREJUDGING POSES - * Quarter Turns * Front Double Biceps * Side Chest * Back Double Biceps * Abdominal's and Thighs * Favorite Classic Pose (NO "most muscular")

FINALS POSING - ALL competitors will perform a 60 second posing routine to their music up to a maximum 60 seconds.

3 Classic Men's Physique Classes Include:

DIVISION "A" - (UP TO AND INCLUDING 5'7"):

- *Up to & including 5"4" with a bodyweight up to & including 155 lbs
- *Over 5`4" up to & including 5`5" with a bodyweight up to & including 160 lbs
- *Over 5`5" up to & including 5`6" with a bodyweight up to & including 165 lbs
- *Over 5`6" up to & including 5`7" with a bodyweight up to & including 170 lbs CLASS B - (OVER 5`7", UP TO AND INCLUDING 5`10"):
- *Over 5`7" up to & including 5`8" with a bodyweight up to & including 177 lbs
- *Over 5`8" up to & including 5`9" with a bodyweight up to & including 185 lbs
- *Over 5`9" up to & including 5`10" with a bodyweight up to & including 192 lbs **CLASS C** - (OVER 5`10"):
- *Over 5`10" up to & including 5`11" with a bodyweight up to & including 200 lbs



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BODYBUILDING & FIGURE & BIKINI PHYSIQUE CHAMPIONSHIPS
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*Over 5`11" up to & including 6`0" with a bodyweight up to & including 207 lbs

*Over 6`0" up to & including 6`1" with a bodyweight up to & including 215 lbs

*Over 6`1" up to & including 6`2" with a bodyweight up to & including 225 lbs

*Over 6`2" up to & including 6`3" with a bodyweight up to & including 232 lbs

*Over 6`3" up to & including 6`5" with a bodyweight up to & including 240 lbs

*Over 6`4" up to & including 6`5" with a bodyweight up to & including 247 lbs

*Over 6`5" up to & including 6`6" with a bodyweight up to & including 255 lbs

*Over 6`6" up to & including 6`7" with a bodyweight up to & including 262 lbs

*Over 6`7" with a bodyweight up to & including 270 lbs

NO refunds for any athlete that does not make weight. Any competitor who doesn't make weight can compete in Bodybuilding or Men's Physique.

More information can be found on www.npcnewsonline.com

FIGURE DIVISION

OPEN FIGURE

(NPC National Qualifier)

6 Classes

- CLASS A Up to and including 5'1"
- CLASS B Over 5'1" and up to and including 5'2-1/2"
- CLASS C Over 5'2-1/2 and up to and including 5'4"
- CLASS D Over 5'4" and up to and including 5'5-1/2"
- CLASS E Over 5'5-/12 and up to and including 5'7"
- CLASS F Over 5'7"

NOVICE FIGURE

4 Classes

- CLASS A Up to and including 5'2"
- CLASS B Over 5'2" and up to and including 5'4"
- CLASS C Over 5'4" and up to and including 5'6"
- CLASS D Over 5'6"

MASTER FIGURE +35

3 Classes

- CLASS A -_Up to and including 5'4"
- CLASS B Over 5'4" and up to and including 5'6"
- CLASS C Over 5'6"



2016 NPC KENTUCKYMUSCLE

BODYBUILDING & FIGURE & BIKINI PHYSIQUE CHAMPIONSHIPS (National Qualifying Event - NPC Sanction)

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October 28-29, 2016

MASTER FIGURE +40

3 Classes

- CLASS A -_Up to and including 5'4"
- CLASS B Over 5'4" and up to and including 5'6"
- CLASS C Over 5'6"

MASTER FIGURE +50

1 Class

BIKINI DIVISION

OPEN BIKINI:

(NPC National Qualifier)

6 Classes:

CLASS A - Up to & including 5`1"

CLASS B - Over 5`1" up to & including 5`2-1/2"

CLASS C - Over 5'2-1/2" up to &including 5'4"

CLASS D - Over 5'4" up to & including 5'5-1/2"

CLASS E - Over 5`5-1/2" up to & including 5`7"

CLASS F - Over 7`7"

NOVICE BIKINI

4 Classes

- CLASS A Up to and including 5'2"
- CLASS B Over 5'2" and up to and including 5'4"
- CLASS C Over 5'4" and up to and including 5'6"
- CLASS D Over 5'6"

COLLEGIATE BIKINI

3 Classes

- CLASS A Up to and including 5'4"
- CLASS B Over 5'4" and up to and including 5'6"
- CLASS C Over 5'6"



2016 NPC KENTUCKYMUSCLE

BODYBUILDING & FIGURE & BIKINI PHYSIQUE CHAMPIONSHIPS (National Qualifying Event - NPC Sanction)

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October 28-29, 2016

MASTER BIKINI +35

3 Classes

- CLASS A Up to and including 5'4"
- CLASS B Over 5'4" and up to and including 5'6"
- CLASS C Over 5'6"

MASTER BIKINI +40

3 Classes

- CLASS A -_Up to and including 5'4"
- CLASS B Over 5'4" and up to and including 5'6"
- CLASS C Over 5'6"

MASTER BIKINI +50

3 Classes

- CLASS A Up to and including 5'4"
- CLASS B Over 5'4"

TEENAGE BIKINI

1 Class

FITNESS DIVISION

OPEN FITNESS

(NPC National Qualifier)

1 Class

CROSSOVERS:

Crossover means competing in more than one division - \$100.00 entry fee per class. CROSSOVERS ARE PERMITTED BETWEEN THE FOLLOWING DIVISIONS: COMPETITORS CAN CROSSOVER!!

Women's Physique, Figure & Bikini competitors <u>CAN</u> crossover! Men's Physique, Bodybuilding, and Classic Men's Physique competitors CAN crossover!



2016 NPC KENTUCKYMUSCLE

BODYBUILDING & FIGURE & BIKINI PHYSIQUE CHAMPIONSHIPS

(National Qualifying Event - NPC Sanction)

Keep this for contest information

LOCATION: Check-in will be at CROWNE PLAZA LOUISVILLE AIRPORT HOTEL

830 Phillips Lane, Louisville KY 40209. For directions go to www.KentuckyMuscle.com or

www.expedia.com/Maps and use the above address as the destination.

LODGING: CROWNE PLAZA LOUISVILLE AIRPORT HOTEL 830 Phillips Lane, Louisville KY 40209| 800-633-8723 Or

(Make your reservations directly with the hotel. Group Name: KentuckyMuscle) Make your

reservation early!!!

TANNING Liquid Sun Rayz is our tanning sponsor and will be at the host hotel for tanning. Contact

Marilyn at 513.460.6152 or visit http://liquidsunrayz.com to make an appointment.

MAKEUP Glossa is our tanning sponsor and will be at the host hotel for Makeup. Contact

Lyndsey at 859.816.5647 or visit http://www.glossamakeup.net to make an appointment.

ELIGIBILITY: This contest is open to all NPC registered athletes who meet the following requirements:

1. Possess a current 2016 NPC card (unregistered athletes may purchase cards for \$125 at check-in).

- 2. Novice contestants are eligible if they have never won an overall in any NPC sanctioned event.
- 3. Men's Masters, Master's Figure, and Master Bikini must meet the age requirements for the class they are entering.
- 4. Teenage contestants may not have reached their 20th birthday by the day of the show.
- Collegiate contestants must include an Active College Id or transcript with their application. Collegiate Contestants age limit is 25years old.
- 6. Bodybuilding, Classic Physique, Figure, and Bikini, and Physique contestants may crossover. No crossover for Fitness Each crossover contestant must pay a separate entry fee for each division entered (\$100 per division\Class).
- 7. The Men's Open, Women's Open, Open Bikini, Open Figure, Open Fitness, Open Physique classes are NPC national qualifying events.
- 8. Teen, Collegiate, and Master's classes are NPC Teen \ Master's \ Collegiate National qualifying events.



2016 NPC KENTUCKYMUSCLE

BODYBUILDING & FIGURE & BIKINI PHYSIQUE CHAMPIONSHIPS (National Qualifying Event - NPC Sanction)

Keep this for contest information

SCHEDULE:

Friday, October 28, 2016 at CROWNE PLAZA LOUISVILLE AIRPORT HOTEL 830 Phillips Lane, Louisville KY 40209.

CHECK IN / WEIGH IN / HEIGHT CHECK SCHEDULE: (Bodybuilding competitors must wear competition posing suits at weigh-in.

1:00 pm to 4:00pm Contestant Check-in (CROWNE PLAZA LOUISVILLE AIRPORT HOTEL)

(2016 NPC Cards available for purchase \$125 cash, check, or money order only)

Official numbers will be assigned to all Athletes. Collection of cd's for evening posing (Bodybuilders, Women's Physique, and Classic Physique only).

No profanity on cd permitted or athlete will be disqualified!

All competitors must check-in on Friday afternoon, October 28, 2016. There will be no late check-in on Saturday morning.

Events at the Crown Plaza

Meeting / Checkin - Friday October 28, 2016

IFBB Pro Meeting - 4:30pm

NPC Check-ins 1:00 pm to 4:00 pm

Kentucky Expo Center

Schedule of Events:

Prejudging 7:00 pm Friday October 28, 2016

- IFBB PRO MEN'S PHYSIQUE
- IFBB PRO CLASSIC PHYSIQUE
- NPC MEN'S PHYSIQUE
- NPC WOMEN'S PHYSIQUE

Kentucky Expo Center

Prejudging 9:00am Saturday October 29, 2016

- IFBB PRO FIGURE
- FITNESS ROUTINES
- MEN BB
- FIGURE
- FITNESS 2-PC
- BIKINI

Kentucky Expo Center

Finals 6:00pm Saturday October 29, 2016

- IFBB Pro Men Physique
- IFBB PRO FIGURE
- FITNESS ROUTINES
- MEN BB
- FIGURE
- FITNESS AWARDS
- BIKINI
- WOMEN PHYSIQUE
- MEN PHYSIQUE

AWARDS: Trophies will be presented to athletes 1st through 5th place in each weight group or class.

MUSIC: CD's are the only media type accepted. CD must contain only one track, must be limited to 60 seconds for

bodybuilder and women's physique, 120 for fitness competitors, and must bear the contestant's name

(applies to only bodybuilding, women's physique, Fitness, and Classic Physique).

ENTRY FEE: Please complete this form and mail with check or money order or CC payment for \$100.00 (each crossovers

include an additional \$100.00) For example: crossing over to 2 divisions\classes, then entry fee is \$200, crossing over to 3 divisions\classes entry fee is \$300. Check\ Money Order payable to KentuckyMuscle, Ilc: Mail to KentuckyMuscle.llc. PO Box 91048, Louisville, KY. 40291 Note: Collegiate Divisions Entry

fee is \$75.00

DEADLINE: **** October 25, 2016. **** Early Registration ends. Entries received after April 23, 2016 is subject to

an additional \$50.00 Late Fee. Late registration will be open until October

28, 2016. No Entries will be accepted on Saturday Oct 29, 2016.

TICKETS: Visit www.KentuckyMuscle.com for advance ticket sales.

Tickets paid by cc at the day of the show will be subject to a 2-dollar surcharge per ticket.

Friday Prejudging \$20,00

Saturday Prejudging \$20.00

Finals Show – VIP (center row seating) - 35.00

• Reserved Section \$30.00

General Admission - \$25.00

Combo Tickets (October 28 + October 29)

Oct 28 + Oct 29 (Expo) + Finals VIP Seating \$70.00

Oct 28 + Oct 29 (Expo) + Finals Reserved Seating \$65.00

VIDEO: Video cameras WILL NOT be allowed into the venue. Orders for the official KentuckyMuscle Championship

video will be taken at the evening show.

CONTACT: For more information, call L. Brent Jones at (502) 387-3808, email at LBrentJones@KentuckyMuscle.com or

visit KentuckyMuscle.com.



2016 KentuckyMuscle Stength & Fitness Extravanaza October 28-29, 2016 Ticket Order Form

Requester Information			
First Name:	Last Name:		
Address 1:			
Address 2:			<u> </u>
City:	State:	ZipCode	
Email:			
Phone:			

Tickets	Price		Number	Total
Friday Oct 28 Doors Open 6:30pm				
IFBB Pro MP / NPC Prejudging /Armwrestling	\$20.00	Х		
Saturday Oct 29 Doors Open 9:30				
*IFBB Pro Figure & NPC Prejudging				
*Strongman				
*USArmwreslting	\$20.00	Х	V 0 2 2 2	
*Elite Powerlifting *CrossFit				
COST				
Saturday Oct 29 Finals (6:00pm)				
VIP	\$35.00	Х		
Reserved	\$30.00	Х		
General	\$25.00	Х		
Combo Tickets(October 28 + October 29)				
Oct 28 + Oct 29((Expo) + Finals VIP Seating	\$70.00	Х		
Oct 28 + Oct 29(Expo) + Finals Reserved Seating	\$65.00	Х		
	Post	age &	Handling	\$5.00
General Admission tickets do not guarantee a seat. Onl	v admission to the show	v.	Total:	

- Personal Check
- Money Order
- Cashiers Check

*Please note that payment by Personal Check is only good until Oct15th, 2016 then only Money Orders, Cashiers checks or CC orders will be accepted. (3.5% service charge on all Credit Card orders)

CC Number:	Expire:	CVC:
Signature:		
Send Order Form to: KentuckyMuscle.llc PO	Box 91048 Louisville, KY 40291	Fax: 502.231.6901