



**Presents**

**2009 NPC KENTUCKYMUSCLE BODYBUILDING & FIGURE & BIKINI CHAMPIONSHIPS  
A NATIONAL QUALIFYING EVENT (NPC sanction #9903)**

**Open to all competitors regardless of residence**

- LOCATION:** The Kentucky International Convention Center, 221 4th Street, Louisville, KY 40228. For directions go to [www.KentuckyMuscle.com](http://www.KentuckyMuscle.com) or [www.expedia.com/Maps](http://www.expedia.com/Maps) and use the above address as the destination.
- LODGING:** Galt House Hotel & Suites | 140 North Fourth Street | Louisville, KY 40202 | 502.589.5200  
(Make your reservations directly with the hotel. Group Name: **KentuckyMuscle**) Make your reservation early!!! **Group Room Rate: \$99.00 single \$115.00 suite**
- 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.**
- ELIGIBILITY:** This contest is open to all NPC registered athletes who meet the following requirements:
1. Possess a current 2009 NPC card (unregistered athletes may purchase cards for \$85 at check-in).
  2. Novice contestants are eligible if they have never won an overall title in any NPC sanctioned event.
  3. Men's Masters and Master's Figure 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.
  5. All Open Figure competitors must be 18 years of age or older the day of the contest.
  6. Bodybuilding Contestants may crossover to the men's open division only. Figure contestants may crossover to the figure open division only (No crossovers from figure to bodybuilding).
  7. Each crossover contestant must pay a separate entry fee for each division entered (\$60 per division or \$120 total).
  8. The Men's Open, Women's Open and Open Figure classes are NPC national qualifying events.

**SCHEDULE:**

**November 10, 2009 Last day to register**

**Friday, November 13 at the Galt House, 140 N Fourth St, Louisville, KY 40202.**

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

**7:00 pm Teenage and Novice Bodybuilding**

**7:30 pm Masters and Open Bodybuilding**

**8:00 pm Womens Bodybuilding**

**8:15 pm Masters and Open Figure**

**8:30 pm Bikini**

**8:30-9:00 pm FINAL CHECK IN / WEIGH IN / HEIGHT CHECK: all divisions**

**All competitors must check-in on Friday evening, November 13. There will be no late check-in on Saturday morning.**

**Saturday, November 14 at Kentucky International Convention Center**

**10:00 am NPC Athlete Briefing**

**Official numbers will be assigned to Athletes**

**Collection of cd's for evening presentation (Bodybuilders only)**

**No profanity on cd permitted or athlete will be disqualified!**

**11:00 am IFBB Pro-Figure Prejudging**

**12:30 pm NPC Bodybuilding, Figure, and Bikini prejudging**

**7:00 pm IFBB Pro-Figure & NPC Bodybuilding, Figure, and Bikini Finals**