

Sanction# 3627

2019 NPC City of Champions

August 10, 2019

Bodybuilding, Bikini, Figure, Fitness, Physique & Classic Physique

Weigh-In/Check-In: **Best Western Plus Inn and Suites**

800 Corporate Ridge Drive
Birmingham, AL 35242
205-995-8586

ALL ATHLETES MUST CHECK-IN AND WEIGH-IN ON FRIDAY NIGHT, August 9th, 2019 BETWEEN THE HOURS OF 5:00 P.M. AND 7:00 P.M.

NPC cards will be sold at check-in but **NO CASH** will be accepted!! CHECK OR MONEY ORDER ONLY, made payable to the NATIONAL PHYSIQUE COMMITTEE. Cards are also available at any time at www.npcnewsonline.com

ONLY ATHLETES WILL BE PERMITTED IN THE ROOM DURING WEIGH-IN. NO SATURDAY MORNING WEIGH-IN.

COMPETITION BAG & T-SHIRT WILL BE GIVEN TO THE FIRST 75 PRE-ENTERED ATHLETES. SEND YOUR ENTRY IN EARLY!!

Music/NPC Regulations

- ALL COMPETITORS ARE REQUIRED TO BRING BANDS FOR PUMP-UP. NO WEIGHTS WILL BE ALLOWED IN PUMP-UP ROOM.
- ALL BODYBUILDING, WOMEN PHYSIQUE & MEN'S CLASSIC PHYSIQUE ATHLETES MUST SUPPLY THEIR OWN MUSIC. MUSIC CAN BE NO LONGER THAN 45 SECONDS. FITNESS NO LONGER THAN 2 MINUTES.
- POSING MUSIC MUST BE THE ONLY MUSIC ON THE CD AND WILL BE COLLECTED AT CHECK-IN ON FRIDAY NIGHT.
- COMPETITORS WILL NOT USE MUSIC AT PREJUDGING.
- BODYBUILDING, BIKINI & CLASSIC PHYSIQUE COMPETITION SUITS MUST BE WORN TO WEIGH-IN FOR APPROVAL.
- NO "T" OR THONG SUITS WILL BE ALLOWED. EMPHASIS IS ON "GOOD TASTE"!
- ATHLETES MAY CROSSOVER TO ANY DIVISION.
- NO REFUNDS!
- DUE TO VENUE RULES, ALL ATHLETES WEARING TANNING PRODUCTS MUST WEAR LONG SLEEVE SHIRTS AND LONG PANTS TO SIT IN AUDITORIUM SEATING!! NO EXCEPTIONS
- THE NPC RESERVES THE RIGHT TO DETERMINE THE NUMBER OF COMPETITORS THAT WILL POSE AT NIGHT SHOW.
- NO DETACHABLE LENSE CAMERAS, NO VIDEO EQUIPMENT, NO SOLICITING OF PHOTO OR VIDEO SERVICES ALLOWED IN THE AUDITORIUM. NO LIVE VIDEO STREAMING WITHOUT SIGNED CONSENT FROM THE NATIONAL PHYSIQUE COMMITTEE HOME OFFICE.

TICKET PRICE

PREJUDGING	\$20 OPEN SEATING
NIGHT SHOW	\$30 GENERAL ADMISSION
	\$40 VIP/RESERVED

ENTRY FEES

Money order or check made payable to "**Chris Carter**" in the amount of \$100.00 for each athlete (Men and Women) for each class entered, **\$50.00 LATE FEE** after entry deadline of **July 27th, 2019**. Only cash accepted on Friday night entries.

ENTRY DEADLINE

All entries must be postmarked no later than Saturday, **July 27th, 2019** to avoid a late fee of \$50.00.

Check List:

- ♦ Entry form & RELEASE- signed and completed
- ♦ Copy of your 2019 NPC card
- ♦ Check or money order for \$100.00 payable to "**Chris Carter**"
- ♦ Copy of driver's license if you are entering Teenage, All Masters/Military or service ID for Uniform divisions.

ELIGIBILITY: All competitors must be a current member of the NPC.

NPC cards available at Weigh-in for \$125.00. Check or Money Order ONLY

ENTRY FEES: \$100.00 FOR EACH CLASS.

Make checks payable to "**Chris Carter**"

Entries received after July 27th, 2019 are subject to a \$50.00 late fee.

NO REFUNDS! CASH ONLY FOR FRIDAY NIGHT ENTRIES

MUSIC & POSING: Music must be on CD ONLY, no longer than 45 seconds for Bodybuilding, Women's Physique & Men's Classic Physique and must contain ONLY the music being used for posing. Music will be collected at Friday night check-in. **NO PROFANITY IN MUSIC WILL BE PERMITTED OR ALLOWED OR THE COMPETITOR WILL BE IMMEDIATELY DISQUALIFIED.**

PLEASE BRING BANDS TO PUMP UP!! NO WEIGHTS ARE PROVIDED OR ALLOWED BACKSTAGE!!

SCHEDULE OF EVENTS:

<u>Day</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Friday	5:00-7:00 PM	Weigh-in	<u>Best Western Plus Inn and Suites</u>

Only Athletes will be permitted in the room during weigh-in.

Competition suits must be worn at weigh-in. All competitors must weigh-in/check-in Friday night.

NO SATURDAY CHECK-INS

Saturday	8:00 AM	Check-in & briefing	Spain Park High School Auditorium
	9:00 AM	Prejudging begins	Spain Park High School Auditorium
	5:15 PM	Finals check-in & roll call	Spain Park High School Auditorium
	6:00 PM	Finals	Spain Park High School Auditorium

VENUE: Spain Park High School Auditorium

TICKETS: Prejudging: Adult \$20 Children 12 & Under \$10
Finals: Adult General/Reserved \$30 / Children 12 & Under \$10 VIP/Reserved \$40
No children pricing for VIP section

HOST HOTEL:

Reservations

Best Western Plus Inn and Suites
800 Corporate Ridge Drive
Birmingham, AL 35242

205-995-8586

Special room rate for the **NPC City of Champions** is **\$99** for reservations made before **July 27th, 2019**

Ask for the "**City of Champions discount**" when making reservations. Reservations made after Friday, August 9th, 2019 are NOT guaranteed the special room rate and will ONLY be accepted on a space and rate available basis.

It is recommended that all competitors stay at the host hotel which is the site for the weigh-in/check-in Friday night. It sometimes becomes necessary to change event schedules at the last minute and this information is only disseminated at the host hotel. In addition, competitors seem more properly prepared to compete when they have settled into and stay at the location of the event as opposed to driving to the event location from other hotels.

Spray Tanning: Tan2Win

Photo and DVD Information: Mark Mason Media

INFORMATION: Chris Carter

PHONE NUMBER: 205-267-9631

Email: cityofchampionsbodybuilding@charter.net

Website: www.cityofchampionsbodybuilding.com

Facebook: **NPC City of Champions Bodybuilding Show**

****THIS FORM MUST BE SIGNED & MAILED IN WITH YOUR ENTRY FORM****

DO YOU WISH TO RECEIVE EMAILS FROM US? YES OR NO

Enter email below if you wish to receive emails from (NPC City of Champions/Chris Carter) about events and physique competitions.

Enter Email Address Here: _____

In consideration of being allowed to participate in any way in the NPC City of Champions Bodybuilding Show ("Event") promoted by Chris Carter ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, Please print name _____), 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.

The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the Best Western Plus Inn and Suites ("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 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.

If you are a competitor who has special needs of any kind, it is imperative that you make the Event Promoter aware of your need prior to the event so that they can adequately prepare for you competing at the event.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____

ATHLETE SIGNATURE

Age: _____ **Date Signed:** _____

X _____

Athlete signature requiring special needs (Please indicate if a service animal is required)

PARTICIPANTS SIGNATURE

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (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 _____ **Age:** _____ **Date** _____

Signed: _____

PARTICIPANTS SIGNATURE

MEN'S DIVISIONS

BODYBUILDING

Teenage: Athlete 16 yrs. or over who has not reached his 20th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR**. (5 places in each weight class).

Lightweight Up to & including 176.25

Heavyweight Over 176.25

Masters 35 & over: Athlete who has reached his 35th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

Masters 40 & over: Athlete who has reached his 40th birthday by *August 10th, 2019*. (5 places in each weight class and Overall).

Lightweight Up to & including 176.25

Heavyweight Over 176.25

Grand Masters 50 & over: Athlete who has reached his 50th birthday by *August 10th, 2019*. (5 places in each weight class and Overall).

Lightweight Up to & including 176.25

Heavyweight Over 176.25

Grand Masters 60 & over: Athlete who has reached his 60th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

Novice Men: Athlete who has never won his weight class. (5 places in each weight class and Overall).

Lightweight Up to & including 165.25

Middleweight Over 165.25 up to & including 187.25

Heavyweight Over 187.25

Open Men: Any Athlete over the age of 16. (5 places in each weight class & Overall).

Bantamweight Up to & including 143.25

Lightweight Over 143.25 up to & including 154.25

Welterweight Over 154.25 up to & including 165.25

Middleweight Over 165.25 up to & including 176.25

Light Heavyweight Over 176.25 up to & including 198.25

Heavyweight Over 198.25 up to & including 225.25

Super Heavyweight Over 225.25

CLASSIC PHYSIQUE

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR** (5 places).

Novice: Athlete who has never won his height/weight class. (5 places).

Masters 35 & over: Athlete who has reached his 35th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

Masters 40 & over: Athlete who has reached his 40th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

Open Men: Any athlete over the age of 16. (5 places in each height/weight class and overall).

A CLASS Up to & including 5'7"

B CLASS Over 5'7" up to & including 5'10"

C CLASS Over 5'10"

PHYSIQUE

Teenage: Athlete 16 or over who has not reached his 20th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR**. **ONE CLASS** (5 places).

Masters 35 & over: Athlete who has reached his 35th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

Masters 40 & over: Athlete who has reached his 40th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

Masters 50 & over: Athlete who has reached his 50th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

Novice: Athlete who has never won his height class. **ONE CLASS** (5 places).

Open Men: Any Athlete over the age of 16. (5 places in each height class - overall trophy).

A CLASS Up to & including 5'7"

B CLASS Over 5'7" up to & including 5'10"

C CLASS Over 5'10"

Uniform Division: Any athlete that is active military, police, firefighter or rescue worker. **ONE CLASS** (5 places).

*Bodybuilding, Classic Physique or Physique

Mr. Central Alabama: Any athlete over 16 who lives within 20 miles. **ONE CLASS** (5 places).

*Bodybuilding, Classic Physique or Physique

Collegiate: Competitor must be taking college courses during this calendar year and must be 16 – 25 years old. Valid student ID required.

*****ALL CLASSES SUBJECT TO CHANGE BASED ON PARTICIPATION*****

WOMEN'S DIVISIONS

FIGURE

Teenage: Athlete 16 yrs. or over who has not reached his 20th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR. ONE CLASS** (5 places).

Masters 35 & over: Athlete who has reached her 35th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

Masters 40 & over: Athlete who has reached her 40th birthday *August 10th, 2019*. **ONE CLASS** (5 places).

Masters 50 & over: Athlete who has reached her 50th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

Novice: Athlete who has never won her height class. **ONE CLASS** (5 places).

Open: Any Athlete over the age of 16. (5 places in each height class & overall).

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

BIKINI

Teenage: Athlete 16 yrs. or over who has not reached her 20th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR. ONE CLASS** (5 places).

Masters 35 & over: Athlete who has reached her 35th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

Masters 40 & over: Athlete who has reached her 40th birthday *August 10th, 2019*. **ONE CLASS** (5 places).

Masters 50 & over: Athlete who has reached her 50th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

Novice: Athlete who has never won her height class. **ONE CLASS** (5 places).

Open: Any Athlete over the age of 16. (5 places in each height class & overall).

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

PHYSIQUE

Teenage: Athlete 16 yrs. or over who has not reached her 20th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

True Novice: Athlete that has never competed in a NPC show – **FIRST TIME COMPETITOR. ONE CLASS** (5 places).

Masters 35 & over: Athlete who has reached her 35th birthday by *August 10th, 2019*. **ONE CLASS** (5 places).

Novice: Athlete who has never won her height class. **ONE CLASS** (5 places).

Open: Any Athlete over the age of 16. **ONE CLASS** (5 places).

FITNESS: Any female over 16. **ONE CLASS** (5 places).

BODYBUILDING: Any female over 16. **ONE CLASS** (5 places).

Uniform Division: Any athlete that is active military, police, firefighter or rescue worker. **ONE CLASS** (5 places).

*Bikini, Figure or Physique

Mr. Central Alabama: Any athlete over 16 who lives within 20 miles. **ONE CLASS** (5 places).

*Bikini, Figure or Physique

Collegiate: Competitor must be taking college courses during this calendar year and must be 16 – 25 years old. Valid student ID required.

*******ALL CLASSES SUBJECT TO CHANGE BASED ON PARTICIPATION*******

NPC MEN'S CLASSIC PHYSIQUE – COMPETITION BREAKDOWN FOR THREE CLASSES:

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

- | | |
|---|------------------------------|
| • Up to and including 5' 4" | Up to and including 160 lbs. |
| • Over 5' 4", up to and including 5' 5" | Up to and including 165 lbs. |
| • Over 5' 5", up to and including 5' 6" | Up to and including 170 lbs. |
| • Over 5' 6", up to and including 5' 7" | Up to and including 175 lbs. |

DIVISION "B" (OVER 5' 7" UP TO AND INCLUDING 5' 10")

- | | |
|--|------------------------------|
| • Over 5' 7", up to and including 5' 8" | Up to and including 182 lbs. |
| • Over 5' 8", up to and including 5' 9" | Up to and including 190 lbs. |
| • Over 5' 9", up to and including 5' 10" | Up to and including 197 lbs. |

DIVISION "C" (OVER 5' 10" UP TO AND INCLUDING 6'0")

- | | |
|---|------------------------------|
| • Over 5' 10", up to and including 5' 11" | Up to and including 206 lbs. |
| • Over 5' 11", up to and including 6'0" | Up to and including 212 lbs. |
| • Over 6'0", Up to and Including 6'1" | Up to and Including 220 lbs. |
| • Over 6'1", Up to and Including 6'2" | Up to and Including 230 lbs. |
| • Over 6'2", Up to and Including 6'3" | Up to and Including 237 lbs. |
| • Over 6'3", Up to and Including 6'4" | Up to and Including 245 lbs. |
| • Over 6'4", Up to and Including 6'5" | Up to and Including 252 lbs. |
| • Over 6'5", Up to and Including 6'6" | Up to and Including 260 lbs. |
| • Over 6'6", Up to and Including 6'7" | Up to and Including 267 lbs. |
| • Over 6'7" | Up to and Including 275 lbs. |

CROSSEOVERS: NPC Classic Physique Athletes will be allowed to crossover and compete in additional divisions. This way you can choose where you fit best. Crossovers to bodybuilding will do routine in both divisions.

- The Judging is scored 100% and will consist of comparisons of the quarter turns and the following four mandatory poses:
- Front Double Biceps
- Side Chest
- Back Double Biceps
- Abdominals and Thighs
- Favorite Classic Pose (No Most Muscular)
- The Finals will consist of:
- Posing routine (up to a maximum of 45 seconds)
- Confirmation round (if necessary)
- Pose down (overall title only)

2019 NPC City of Champions



OFFICIAL ENTRY FORM

Sanction# 3627

NAME: (First) _____ (Last) _____ DOB _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email: (PRINT) _____

Hotel Stay _____ Height _____ Weight _____ Age _____ Shirt Size _____

AMOUNT ENCLOSED (\$100 each class) \$ _____

PLEASE CHECK THE DIVISIONS/CLASS IN WHICH YOU INTEND TO COMPETE

Men's Open Bodybuilding

- ____ Bantam (81)
- ____ Lightweight (82)
- ____ Welterweight (83)
- ____ Middleweight (84)
- ____ Light-Heavyweight(85)
- ____ Heavyweight (86)
- ____ Super-Heavyweight (87)

Bodybuilding-True Novice

- ____ Lightweight (2)
- ____ Heavyweight (3)

Teen Bodybuilding

- ____ Teen (4)

Men's Masters Bodybuilding

- ____ 35+(5)
- ____ 40+ Lightweight (6)
- ____ 40+ Heavyweight (7)

- ____ 50+ Lightweight (9)
- ____ 50+ Heavyweight (10)
- ____ 60+(12)

Men's Novice Bodybuilding

- ____ Lightweight (16)
- ____ Middleweight (17)
- ____ Heavyweight (18)

Collegiate-Men's

- ____ Bodybuilding(13)
- ____ Classic Physique(46)
- ____ Men's Physique(59)

Men's Classic Physique (See chart)

- ____ True Novice (43)
- ____ Masters 35+ (44)
- ____ Masters 40+ (45)
- ____ Novice (49)
- ____ Open A (50)
- ____ Open B (51)
- ____ Open C (52)

Men's Physique

- ____ True Novice (54)
- ____ Teen (55)
- ____ Masters 35+ (56)
- ____ Masters 40+ (57)
- ____ Masters 50+ (58)
- ____ Novice (62)
- ____ Open A (63)
- ____ Open B (64)
- ____ Open C (65)

Mr. Central Alabama –

Men's

- ____ Bodybuilding (14)
- ____ Classic Physique (47)
- ____ Men's Physique (60)

Uniform – Men's

- ____ Bodybuilding (15)
- ____ Classic Physique (48)
- ____ Men's Physique (61)

Women's Fitness

- ____ Open (1)

Open Women Bodybuilding

- ____ Open (20)

Women's Bikini

- ____ TrueNovice(67)
- ____ Teen (68)
- ____ Masters 35+ (69)
- ____ Masters 40+ (70)
- ____ Masters 50+ (71)
- ____ Collegiate(72)
- ____ Mr. Central Alabama(73)
- ____ Uniform (74)
- ____ Novice (75)
- ____ Open A (76)
- ____ Open B (77)
- ____ Open C (78)
- ____ Open D (79)

Women's Figure

- ____ True Novice (29)
- ____ Teen (30)
- ____ Masters 35+ (31)
- ____ Masters 40+ (32)
- ____ Masters 50+ (33)
- ____ Collegiate (34)
- ____ Mr. Central Alabama(35)
- ____ Uniform (36)
- ____ Novice (37)
- ____ Open A (38)
- ____ Open B (39)
- ____ Open C (40)
- ____ Open D (41)

Women'sPhysique

- ____ True Novice (21)
- ____ Teen (22)
- ____ Masters 35+ (23)
- ____ Collegiate(24)
- ____ Mr. Central Alabama(25)
- ____ Uniform (26)
- ____ Novice (27)
- ____ Open (28)

In consideration of your acceptance of this entry, I hereby waive all rights and claims for damages against **Chris Carter, Spain Park High School**, the National Physique Committee and their associated bodies, officials, agents, employees or assigns by reason of injuries or damages which I may incur while traveling to and from, or participation in this contest. I also grant the promoter the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my appearance and name in any and all media with respect to any advertising or publicity. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the **Best Western Plus Inn and Suites** 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 Host 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 Host 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.

Signature _____

Return Entry To:

Chris Carter
125 Timber Cove
Pelham, AL 35124

Parent or Guardian (if under 18 years of age) _____

Include:

1. Completed/Signed Entry Form & Waiver
2. Entry fee payable to: Chris Carter
3. Copy of Driver's License
4. Copy of 2019 NPC card (if previously purchased)

