



2019 NPC Nashville Fit Show

Bikini, Fitness, Figure, Physique, and Bodybuilding



Mandatory Check-Ins and Weigh-Ins

Friday May 3, 2019 between 5:00-7:00 pm

At: Hilton Garden Inn Nashville Vanderbilt, 1715 Broadway, Nashville, TN 37203

All Athletes MUST Check-in Friday May 3, 2019 between 5:00pm and 7:00pm.

No one will be allowed to check-in on Saturday Morning!

ONLY ATHLETES WILL BE PERMITTED IN THE ROOM DURING CHECK-IN.

All Women must bring suits to check-ins for approval. Emphasis is on "Good Taste" no "T" or thong suits will be allowed.

- NPC cards can be purchased online: <https://www.npcregistration.com/>. Or they will be sold at check-in but **NO CASH** will be accepted!! **CHECK OR MONEY ORDER ONLY \$125** made payable to the **NATIONAL PHYSIQUE COMMITTEE**

NPC Regulations and Music

- All competitors are required to bring bands for pump-up. No weights will be allowed in the pump-up room.
- All Women's Bodybuilding, Physique, and Fitness athletes must supply their own music. Music must not be longer than 45 seconds. Fitness must not be longer than 2min. Posing music must be the only music on CD or USB Flash Drive and music will be collected at Check-ins on Friday night. Women's Bodybuilding and Physique will not use music at prejudging. *No profanity is allowed in the music*
- Crossovers will be permitted in EVERY division.
- No Refunds
- Due to venue rules: ALL athletes wearing tanning products must wear long sleeve shirt and long pants to sit in auditorium seating- NO EXCEPTIONS
- No Dream Tan allowed
- The NPC reserves the right to determine the number of competitors that will pose at the night show.

POSING AND AWARDS

All competitors in Fitness, Figure, Bikini, and Physique will be introduced on stage at the night show. The top 5 competitors in each height class, and the overall winners will be awarded medallions/trophies.

TICKET PRICES: May 4, 2019

Langford Auditorium: 2209 Garland Ave, Nashville, TN 37232

10:00am- Prejudging	\$25.00	General Admission
5:00pm- Night Show	\$40.00	General Admission
	\$75.00	VIP (Front Center Rows 2-4 and Front Side 1 st Row)

ENTRY FEES

\$100.00 for each division entered.

Late fee of **\$50.00** if postmarked after Saturday April 20, 2019

Entry Fees should be paid by check or money order made payable to "Nashville Fit Show"

Only cash, money order, certificated check will be accepted on Friday night entries.

ENTRY CHECKLIST

Mail to: Nashville Fit Show, PO Box 8556, Nashville, TN, 37076

Entry form & RELEASE- signed and completed

1. **Check or money order for \$100.00 (each class) payable to "Nashville Fit Show"**
2. **Copy of your 2019 NPC card** (can be purchased at check-in) Check or money order payable to: **National Physique Committee**
3. **Copy of driver's license if you are entering Teenage or Masters or Copy of College ID if entering Collegiate**



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Official Women's Physique, Fitness, Figure, and Bikini Entry Form- Sanction #3110



Name First: _____ Last: _____

DOB: _____ Age: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone:(_____)

Height: _____ T-Shirt Size: _____ IG Username (optional): _____

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

- **TRUE NOVICE-** Athlete that has NEVER competed in an NPC show- FIRST TIME COMPETITOR.
- **NOVICE-** Athlete that has never won their class in Novice or in Open
- **OPEN-** Open to any NPC Registered Athlete (An athlete who has won the open overall title at a national qualifying contest may not compete in a non-national qualifier contest in the same area or district as the contest he or she won)

Bikini

True Novice Bikini

- ____ Class A (Up to Inc. 5'1")
- ____ Class B (Over 5'1" & Inc. 5'2.5")
- ____ Class C (Over 5'2.5" & Inc. 5'4")
- ____ Class D (Over 5'4" & Inc. 5'5.5")
- ____ Class E (Over 5'5.5" & Inc. 5'7")
- ____ Class F (Over 5'7")

Novice Bikini

- ____ Class A (Up to Inc. 5'1")
- ____ Class B (Over 5'1" & Inc. 5'2.5")
- ____ Class C (Over 5'2.5" & Inc. 5'4")
- ____ Class D (Over 5'4" & Inc. 5'5.5")
- ____ Class E (Over 5'5.5" & Inc. 5'7")
- ____ Class F (Over 5'7")

Collegiate Bikini

(Must be 16-25yrs old and have College ID)
____ One class

Masters Bikini

- ____ 35+ Class A (Up to Inc. 5'4")
- ____ 35+ Class B (Over 5'4")
- ____ 45+ (One Class)
- ____ 55+ (One Class)

Heroes Bikini

(Military, Police, Fire, EMT)
____ One Class

Open Bikini

- ____ Class A (Up to Inc. 5'1")
- ____ Class B (Over 5'1" & Inc. 5'2.5")
- ____ Class C (Over 5'2.5" & Inc. 5'4")
- ____ Class D (Over 5'4" & Inc. 5'5.5")
- ____ Class E (Over 5'5.5" & Inc. 5'7")
- ____ Class F (Over 5'7")

Figure

True Novice Figure

- ____ Class A (Up to Inc. 5'4")
- ____ Class B (Over 5'4" & Inc. 5'6")
- ____ Class C (Over 5'6")

Novice Figure

- ____ Class A (Up to Inc. 5'4")
- ____ Class B (Over 5'4" & Inc. 5'6")
- ____ Class C (Over 5'6")

Masters Figure

- ____ 35+ (One Class)
- ____ 45+ (One Class)
- ____ 55+ (One Class)

Heroes Figure

(Military, Police, Fire, EMT)
____ One Class

Open Figure

- ____ Class A (Up to Inc. 5'2")
- ____ Class B (Over 5'2" & Inc. 5'4")
- ____ Class C (Over 5'4" & Inc. 5'6")
- ____ Class D (Over 5'6")

Fitness

Teenage Fitness (16-19 yrs old)

____ Teen (One class)

Open Women's Fitness

____ Open (One class)

Women's Physique

Masters Women's Physique

____ 35+ (One Class)
____ 45+ (One Class)

Open Women's Physique

____ Class A (Up to Inc. 5'4")
____ Class B (Over 5'4")

Women's Bodybuilding

Open Women's Bodybuilding

____ Open (One class)