



# 2010 NPC EMPIRE STATES BODYBUILDING, FITNESS, FIGURE and BIKINI CHAMPIONSHIPS

OPEN MEN / WOMEN -NOVICE- MASTERS - FITNESS - FIGURE – BIKINI- TEENAGE



## SATURDAY, JULY 24<sup>th</sup> 2010

**SANCTIONED BY:** National Physique Committee of USA, Inc.

**PLACE:** Westchester County Center, Little Theater,  
198 Central Ave., White Plains, NY

**ELIGIBILITY:** Open to registered amateur athletes who hold a 2010 N.P.C. card, or may obtain one on show date for a \$90.00 fee.

**Teen & Masters must have proof of age.**

**Awards:** Men's trophies for 1<sup>st</sup> five places in each weight class & overall statue. Women's trophies for 1<sup>st</sup> five places in each weight class & overall statue. Teen and Figure trophies for 1<sup>st</sup> five places in each category and overall statue. Fitness and Bikini trophies 1<sup>st</sup> five places.

**ENTRY FEES:** \$35.00 Men/Women/Masters/Teen/Fitness/Figure  
\$10.00 additional late fee day of show entry/registration.

**Deadline:** July 16<sup>th</sup>, 2010; to avoid late fee

**MUSIC:** Contestants may bring a cassette tape or CD preset to a maximum of 90 seconds for all open men and women. Non-open and crossover athletes will have a maximum of 60 seconds; Fitness music 2 minutes. If tape is not set DJ will play substitute music. (CD preferred)

**TIME:** Contestant check in 10:00am. (SHARP)  
Prejudging at 12:00 pm. NOON  
Evening: Showtime 6:00 pm (Doors open at 5:30pm)

**CONTEST INFORMATION:** WEB: [www.NPCEmpireStates.com](http://www.NPCEmpireStates.com) E-mail: [Empire-States@hotmail.com](mailto:Empire-States@hotmail.com) Oren Silvers (516) 810-6123

**ENTRY APPLICATION: SEND CERTIFIED CHECK OR MONEY ORDER TO:**

**NPC Empire States BB Show; Attn: Oren Silvers PO Box 924, Lindenhurst, NY 11757**

**DIVISION CLASSES:**

**MEN'S OPEN**

- Bantamweight up to 143 ¼ lbs.
- Lightweight over 143 ¼ to 154 ¼ lbs.
- Middleweight over 154 ¼ to 176 ¼ lbs.
- L/Heavyweight over 176 ¼ to 198 ¼ lbs.
- Heavyweight over 198 ¼ to 225 ¼ lbs.
- Super Heavyweight over 225 ¼ lbs.

**MEN'S NOVICE**

- Lightweight up to 155 ¼
- Middleweight over 155 ¼ to 185 ¼
- Heavy weight over 185 ¼

**MASTERS MEN 35+**

- Over 35; Under 176 ¼
- Over 35; Over 176 ¼

**MASTERS MEN 45+**

- One Class

**TEEN**

- 13 - 17 Years Old
- 18 - 19 Years Old

**WOMEN'S OPEN**

- Lightweight up to including 125 lbs.
- Middleweight over 125 to 140
- Heavyweight Over 140

**WOMEN'S FITNESS**

- One Class

**WOMEN'S FIGURE**

- Up to and including 5'4"
- Over 5'4"

**MASTERS FIGURE**

- One class over 35

**BIKINI MODEL**

- One Class

**BIKINI MASTERS**

- One class over 35

**RELEASE FORM**

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, Executors and administrators and my assignees waive and release all rights and Damages I may have against the National Physique Committee of the U.S.A., Inc N.Y. District, Westchester County Center Little Theater or any and all sponsors of the event, Their representatives and assignees, for any and all injuries incurred by me in Conjunction with the NPC Empire States Bodybuilding, Fitness Figure and Bikini Championships July 24<sup>th</sup> 2010 and in Traveling to and from them. And in further consideration of permission being granted to me to participate in the NPC Empire States Bodybuilding, Fitness Figure and Bikini Championships July 24<sup>th</sup> 2010 and its related events. I hereby grant the NPC, and/or any other NPC approved video or entertainment organization and all of their agents, successors, licensees and assignees, the right to photograph or otherwise reproduce (weather 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 or any other media known or hereafter devised, including also with respect to any merchandising, advertising and/or publicity and the right to use my name and information about me in connection with any of the foregoing. The rights granted 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 oblige you, the NPC 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 of the rights granted herein.

I also understand that the aforementioned rights may be reassigned at any time without Further consent. I further understand you, the NPC and/or any other NPC approved video Entertainment organization, are video tapping 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 you, the NPC and or any other approved video or entertainment or organization Hereunder.

IF THIS RELEASE IS BEING SIGNED BY A PERSON LESS THAN EIGHTEEN (18) THE FOLLOWING MUST BE COMPLETED: The undersigned; Is/are the parent(s)/legal guardian(s) of the above mentioned minor and is/are entitled to the sole care, custody and control of said minor.

The undersigned does hereby represent, agree and guarantee that the undersigned consent(s) to the execution by the minor of the release that the undersigned will not revoke such consent during the minority of the minor, that the undersigned has read the release and is/are familiar with all the contents thereof, and that the minor shall fully and completely comply with all the terms of the Release.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Parent(s) or Legal Guardians Signature \_\_\_\_\_ DATE \_\_\_\_\_

**PLEASE PRINT**

NAME \_\_\_\_\_ AGE \_\_\_\_\_ TELEPHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE/ZIP \_\_\_\_\_

CLUB REPRESENTING \_\_\_\_\_ TITLES WON \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_@\_\_\_\_\_

(Please provide incase there are any updates that need to be sent out)