

## NPC Atlantic Coast Championships

# SHOW INFO

June 15, 2019 - Wilmington, NC

An NPC Sanctioned Event: 3179

### DIVISIONS

#### OPEN MEN'S BB

- 1<sup>st</sup> - 5<sup>th</sup> & Overall
- \_\_ Bantamweight - Up to 143<sup>1/4</sup>
- \_\_ Lightweight - 143<sup>1/2</sup> - 154<sup>1/4</sup>
- \_\_ Middle Weight - 154<sup>1/2</sup> - 176<sup>1/4</sup>
- \_\_ Lighthheavy - 176<sup>1/2</sup> - 198<sup>1/4</sup>
- \_\_ Heavyweight - 198<sup>1/2</sup> - 225<sup>1/4</sup>
- \_\_ Superheavy - 225<sup>1/2</sup> & Over

#### JUNIOR MEN'S BB

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### TRUE NOVICE MEN'S BB

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### MASTERS MEN'S BB 35+

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### MASTERS MEN'S BB 40+

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### MASTERS MEN'S BB 50+

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### MASTERS MEN'S BB 60+

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### OPEN WOMEN'S BB

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### OPEN FIGURE

- 1<sup>st</sup> - 5<sup>th</sup> & Overall
- \_\_ Class A - Up to 5'4
- \_\_ Class B - 5'4<sup>1/4</sup> - 5'6
- \_\_ Class C - Over 5'6

#### JUNIOR FIGURE

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### TRUE NOVICE FIGURE

- 1<sup>st</sup> - 3<sup>rd</sup> & Overall
- \_\_ Class A - Up to 5'4
- \_\_ Class B - Over 5'4

#### MASTERS FIGURE 35+

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### MASTERS FIGURE 40+

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### MASTERS FIGURE 45+

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### MASTERS FIGURE 50+

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### OPEN FITNESS

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### OPEN BIKINI

- 1<sup>st</sup> - 5<sup>th</sup> & Overall
- \_\_ Class A - Up to 5'2
- \_\_ Class B - 5'2 - 5'4
- \_\_ Class C - 5'4 - 5'6
- \_\_ Class D - Over 5'6

#### TRUE NOVICE BIKINI

- 1<sup>st</sup> - 5<sup>th</sup> & Overall
- \_\_ Class A - Up to 5'4
- \_\_ Class B - Over 5'4

#### MASTERS BIKINI 35+

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### MASTERS BIKINI 40+

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### JUNIOR BIKINI

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### OPEN MEN'S PHYSIQUE

- 1<sup>st</sup> - 5<sup>th</sup> & Overall
- \_\_ Class A - Up to 5'6
- \_\_ Class B - Over 5'6<sup>1/4</sup> - 5'8
- \_\_ Class C - Over 5'8<sup>1/4</sup> - 5'10
- \_\_ Class D - Over 5'10

#### TRUE NOVICE MEN'S PHYSIQUE

- 1<sup>st</sup> - 5<sup>th</sup> & Overall
- \_\_ Class A - Up to 5'8
- \_\_ Class B - Over 5'8

#### MASTERS MEN'S PHYSIQUE 35+

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### MASTERS MEN'S PHYSIQUE 40+

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### JUNIOR MEN'S PHYSIQUE

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### OPEN WOMEN'S PHYSIQUE

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### MASTERS WOMEN'S PHYSIQUE 35+

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### OPEN MEN'S CLASSIC PHYSIQUE

- 1<sup>st</sup> - 5<sup>th</sup> & Overall
- \_\_ Class A - Up to 5'9
- \_\_ Class B - Over 5'9

#### MASTERS CLASSIC PHYSIQUE 35+

- \_\_ One Class - 1<sup>st</sup> - 3<sup>rd</sup>\*\*\*
- All Height & Weight Limits Apply

#### JUNIOR CLASSIC PHYSIQUE

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### WILMINGTON CHAMPIONSHIPS

Closed- Must be a resident of New Hanover, Pender, or Brunswick counties to compete.

#### MEN'S BODYBUILDING

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### JUNIOR CLASSIC

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### MEN'S PHYSIQUE

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### BIKINI

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### FIGURE

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

#### MEN'S CLASSIC PHYSIQUE

- \_\_ One Class - 1<sup>st</sup> - 5<sup>th</sup>

### ENTRY FEES & NPC CARDS

- Post Marked on or before June 9, 2019 - \$100
- Post Marked after June 9, 2019 - \$125
- Crossovers - Add \$100

Make money order (only form of prepayment) payable to:  
**V-Group, Inc.**

**1319 Military Cutoff Rd - Suite CC #227  
Wilmington, NC 28405**

Only money orders or cash taken day of show

- Must have current NPC card to compete
- NPC Cards available for purchase at weigh-ins or online at [www.NPCNewsOnline.com](http://www.NPCNewsOnline.com) for \$125. Must show proof of purchase if purchased online

### SCHEDULE OF EVENTS

- Early Weigh-Ins: Friday, June 14, 2019  
5:00pm - 7:00pm at Holiday Inn (Host Hotel)
- Final Weigh-Ins: Saturday, June 15, 2019  
7:30am - 8:30am backstage at the Wilmington Convention Center
- Athletes Meeting: 8:30am - 9:00am
- Prejudging Begins: 10:00am
- Athletes Meeting Prior to Finals: 4:00pm
- Finals Begins: 5:00pm

### HOST HOTEL

Holiday Inn  
5032 Market Street, Wilmington, NC 28403  
910.392.1101 - Mention "NPC" by May 16

### CONTEST VENUE

Wilmington Convention Center  
515 Nutt St., Wilmington, NC 28401

### TICKETS

- Finals - \$30 + tax and fees
- \$40 + tax and fees

Prejudging - \$20 cash or credit purchase available

### RULES

- All contestants must supply their own music
- Music required ONLY for Bodybuilding, Fitness, Women's Physique & Classic Mens Physique
- Posing music must be on a CD & brought to check-ins on Friday night
- Posing music for finals must be no longer than 60 seconds
- Music must be at the beginning of the CD & contain no vulgarity
- Music is not used during prejudging
- Please email music files to [kpthornhill@gmail.com](mailto:kpthornhill@gmail.com) complete with your name, contest name & divisions of competition
- Competition suits must be worn at weigh-ins
- No "T" back suits
- Bikini suits must be in good taste. Minimum 50% glute coverage
- Bikini competitors - it is recommended you bring 2 suits
- Approved & Official Classic Physique Shorts:  
[www.npc-wear.com/product\\_detail.cfm?id=344](http://www.npc-wear.com/product_detail.cfm?id=344)

### ELIGIBILITY

- Must be a National Physique Committee Member
- Crossovers available to compete in all divisions in which they qualify.

- **True Novice** - For first time NPC competitors only
- **Open** - Open to all current NPC card holders
- **Masters** - Must be at least 35, 40, 45, 50 or 60 years of age or older as of June 15, 2019 (Proof of Age Required)
- **Junior** - Open to any competitor who has not won his or her class in an Open division and who has not won the Overall in the Junior division

### TANNING, MAKEUP & HAIR

- Elite Performance Tanning, Makeup & Hair  
[www.ElitePerformanceTanning.com](http://www.ElitePerformanceTanning.com)
- They will be providing tanning services at the host hotel on Friday and will be backstage on Saturday for all day competitor support, glazing & bikini bite

For More Info, Visit: [www.NCNP.com](http://www.NCNP.com)

To Contact Johnny Grady - 910.200.0778 - [jgrady818@aol.com](mailto:jgrady818@aol.com)

To Contact Pat Valentino - 336.841.1264

\*\*\*Men's Classic Physique height & weight limits are listed on the NPC National Website  
[NPCNewsOnline.com/classic-physique](http://NPCNewsOnline.com/classic-physique)

# NPC Atlantic Coast Championships

# ENTRY FORM

June 15, 2019 - Wilmington, NC

An NPC Sanctioned Event: 3179

Name \_\_\_\_\_ Age at Time of Contest \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_ Bodyweight \_\_\_\_\_

Anticipated Class Competition WT \_\_\_\_\_ HEIGHT \_\_\_\_\_

**Mail Entry Forms to: V-Group, Inc., 1319 Military Cutoff Rd Suite CC #227, Wilmington, NC 28405**

- Open Men's BB
- Junior Men's BB
- True Novice Men's BB
- Masters Men's BB  
35+ / 40+ / 50+ / 60+  
Specify Division on Line \_\_\_\_
- Open Women's BB
- Open Figure
- Junior Figure
- True Novice Figure
- Masters Figure  
35+ / 40+ / 45+ / 50+  
Specify Division on Line \_\_\_\_
- Open Fitness
- Open Bikini
- Junior Bikini
- True Novice Bikini
- Masters Bikini  
35+ / 40+  
Specify Division on Line \_\_\_\_
- Open Men's Physique
- True Novice Men's Physique
- Masters Men's Physique  
35+ / 40+  
Specify Division on Line \_\_\_\_
- Open Women's Physique
- Junior Men's Physique
- Masters Women's Physique 35+
- Open Men's Classic Physique
- Junior Classic Physique
- Masters Men's Classic Physique 35+
- Junior Classic Physique

## WILMINGTON CHAMPIONSHIPS

- Men's BB
- Men's Physique
- Bikini
- Figure
- Men's Classic Physique

In consideration of being allowed to participate in any way in the 2019 NPC Atlantic Coast Championships ("Event") promoted by Michael Valentino, Patrick Valentino, Lauren Valentino & V-Group, Inc, and Johnny Grady & Jgrady Productions, LLC ("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. White 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 customary terms and conditions for participation and bring such to the attention of the Promoter immediately; and, I, for myself and on the 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 ("Releases"), 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 Host Hotel (to be named) including and 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 may 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, distributes, 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.

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

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

PRINT NAME \_\_\_\_\_

### 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.

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

PRINT NAME \_\_\_\_\_

PARTICIPANTS SIGNATURE \_\_\_\_\_ AGE \_\_\_\_\_ DATE \_\_\_\_\_

PRINT NAME \_\_\_\_\_