

NPC SANCTION #3269

NPC PREMIER GRAND PRIX NATURAL • MAY 16, 2020

Official Use Only

Please Print Bold & Neat

NAME _____ CELL PHONE _____
ADDRESS _____ APT # _____
CITY _____ STATE _____ ZIP CODE _____
E-MAIL (Bold & Neat) _____
INSTAGRAM HANDLE @ _____
AGE _____ BIRTH DATE _____ GYM _____

Official Weight _____ Exp. _____
Division _____
Class _____ # _____

NO PERSONAL CHECKS ACCEPTED
MONEY ORDERS ONLY
MADE PAYABLE TO PREMIER FITNESS
Mail Money Order by 5-1-2020

To: Premier Fitness
3065 N. Perryville Road
Unit 149
Rockford, IL 61114

I will e-mail you a confirmation of your entry. Please be sure that your e-mail address is legible. Thank you
Only fill out TEAM & CITY (below) if you have an official team competing, minimum 5 team members
(see page 2 of entry flyer for more information)

TEAM _____ CITY _____

- Entry Fee \$100.00 per division entered (money order payable to Premier Fitness).
- Must show current 2020 NPC Card at Friday May 15 check-in.
(may purchase at check-in for \$135.00 - cash or make checks payable to NPC)

Entry Deadline 5-1-20. All entries must be signed & postmarked by 5-1-20.

- Late Entries are Accepted! with a Late Fee of \$50.00 (accepted up to 5-10-2020)
- Crossovers Permitted.

- Mens
Teen BB
Novice BB
Master BB
Open BB
Novice Physique
Master Physique
Open Physique
Novice Classic Physique
Open Classic Physique

- Womens
Open Physique
Novice Figure
Master Figure
Open Figure
Novice Bikini (18 yrs +)
Masters Bikini
Open Bikini (18 yrs +)
Open Wellness

NON
SPONSOR

In consideration of your acceptance of this entry, I hereby intending to be legally bound for myself, executors, administrators and my heirs, waive any and all rights and claims for damages I may have against Daniel Stevens, Premier Fitness, The National Physique Committee of the USA Inc. ("NPC") or the officials, agents, employees, representatives or assigns by reasons of injury or damage I might incur by traveling to or from or participating in this competition. I certify that I am an AMATEUR in good standing and eligible to compete in this event. I further agree to abide by all the decisions of the competition director and NPC and declare that all the information contained herein is, to the best of my knowledge, true, correct and complete.

I hereby state that I have not at any time during the preceding 36 (thirty six) calendar months used human growth hormone, anabolic steroids or testosterone creams, pills or shots.

If I should fail to pass the drug test administered at this competition, I agree to forfeit any trophy or title which I would have otherwise won and understand that I will be suspended from this NPC event, I understand that I will not receive a refund for any entry fee & or tickets paid for in advance for this competition (May 15 & 16, 2020).

X _____
Signature (required)
Date _____
(if under 18) Parent/Guardian Signature required

T-Shirt size S M L XL XXL (circle one)
Height Class A B C D (circle one)
Weight Class _____
Age Class _____ Total Entry Fees Enclosed \$ _____
(MONEY ORDERS ONLY)

- Requirements for height and weight for all classic physique divisions can be found at npcnewsonline.com.
• Please go to npcnewsonline.com for more details on judging criteria, suits, rules and national qualifications. cut here

NPC PREMIER GRAND PRIX NATURAL • MAY 16, 2020 • TICKET ORDER FORM

ALWAYS A SELL-OUT • ORDER TICKETS EARLY

Mail Money Order made payable to: Premier Fitness 3065 N. Perryville Road Unit 149 Rockford, IL 61114 815-708-7483

NO PHONE OR CREDIT CARD ORDERS
NO PERSONAL CHECKS ACCEPTED
YOU MUST MAIL IN FORM WITH A MONEY ORDER

NO REFUNDS/NO REPLACEMENTS

TICKETS REQUESTED

Judging 10:00 AM
\$30.00 General Admission
(SOLD AT THE DOOR ONLY)

Evening Show 5:30 PM
"ALL SEATS RESERVED"

*All orders will be processed & mailed within 24 hours of receiving your money order.

Do not mail ticket order after 5-1-2020.

Remaining tickets will be sold at Friday night check-in and at the door Saturday May 16, 2020. Standing Room will be available in the case of a sellout.

SEND TO: (Please Print Clearly)

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
HOME PHONE _____ CELL PHONE _____
E-MAIL _____

Adult _____ @ \$40.00 = \$ _____
Kids 12 & under _____ @ \$20.00 = \$ _____
TOTAL TICKETS _____ @ \$ _____

NPC PREMIER GRAND PRIX NATURAL • MAY 16, 2020

Bodybuilding, Figure, Physique, Classic Physique & Bikini Championships™

Premier Fitness
3065 N. Perryville Road, Unit 149
Rockford, IL 61114



Pro Tan[®]
Since 1987

present

NPC PREMIER GRAND PRIX NATURAL

Bodybuilding, Figure, Physique, Classic Physique & Bikini Championships™

Teen, Novice, Master and Open Divisions and

NEW WELLNESS DIVISION!!

NPC National Qualifier for 2020 and 2021



SANCTION #3269

Saturday, May 16, 2020

Prairie Street Brewhouse
200 Prairie Street • Rockford, IL 61107
815-277-9427

JUDGING 10:00AM

\$30.00 at the Door ONLY

FINALS 5:30PM

\$40.00 all Seats Reserved



Daniel & Claudia Stevens - Promoters premiergrandprix.com
email: daniel@premiergrandprix.com
phone: 815-708-7483

NPC PREMIER GRAND PRIX NATURAL • MAY 16, 2020

Schedule of Events

Friday - May 15, 2020

Location: Premier Fitness
3065 N. Perryville Road
Rockford, IL 61104
815-708-7483
*Parking available around the entire strip mall.

ROLLING CHECK-IN • 3:00-7:30PM
ALL DIVISIONS CHECK IN
ANYTIME BETWEEN 3:00PM AND 7:30PM

MANDATORY CHECK-IN/WEIGH-IN

1. Present 2020 NPC card (**purchase in advance online at npcnewsonline.com or at Friday check-in for \$135.00**)
2. Check-In **dressed** in your **POSING SUIT** (changing rooms adjacent to meeting room)
3. **Show proof of age - ID required**
Masters & Teen Men
Bikini competitors **MUST** be **18+** and show photo ID

Check In Closed

7:30 pm

If you have not checked in by 7:30pm, Friday 5-15-2020 you will not be competing on Saturday 5-16-2020. **NO EXCEPTIONS!!!**

Coach's Pass \$70.00 cash

Purchase at Friday Check-In or buy in person in Pump Up room.

Pass is good for Pump Up room **ONLY** not backstage or theater. **COACH MUST ALSO BUY A TICKET TO SEE THE SHOW.**

Overall Winners Receive:

- ★ Title Hoodie - Overall Winners
- ★ 1st-5th in all Classes receive Awards
- ★ Every Competitor gets a Premier Grand Prix Natural T-Shirt
- ★ Team Winner - Award
- ★ Hard As A Rock Award - Mens BB
- ★ Best Abs - Mens Physique
- ★ All Womens Overall Winners receive Premier Grand Prix Natural Title Sash
- ★ All Open Men's Overall Winners receive Premier Grand Prix Natural Battle Sword
- ★ Best Posing - Bikini

Saturday - May 16, 2020

Location: Prairie Street Brewhouse
200 Prairie Street
Rockford, IL 61107
815-277-9427

8:45am SHARP
MANDATORY ROLL CALL AND RULES' MEETING
(All Competitors, Judges & Staff in Pump Up Room)

9:00am Ticket Booth Opens

10:00am **JUDGING AND EVENING SHOW ORDER**

1. Teen BB
2. Novice Mens BB
3. Mens Masters BB
4. Mens Open BB
5. Womens Open Physique
6. Novice Mens Physique
7. Mens Master Physique
8. Mens Open Physique
9. Novice Mens Classic Physique
10. Mens Open Classic Physique
11. Novice Figure
12. Master Figure
13. Open Figure
14. Novice Bikini
15. Masters Bikini
16. Open Bikini
17. Open Wellness

4:30pm Building Opens

4:45pm Competitors Roll Call In Weight Room

Ticket Booth Opens

5:30pm **EVENING SHOW**

Team Competition

Team Trophy Competition
Open to All Gyms &
Personal Training Companies

YOU MUST HAVE A MINIMUM OF 5
COMPETITORS IN THE SHOW TO BE IN
THE TEAM TROPHY COMPETITION.

Team leader must contact Daniel Stevens at 815-708-7483 prior to 5-1-2020. Team Leader must submit entire Team Roster, listing name, division and class. All Team Members must have their individual entry submitted and confirmed by 5-1-2020 to be considered part of the Team. **(No Extra Fees!) NO EXCEPTIONS!!!**

ELIGIBILITY ALL COMPETITORS: (1) Each competitor must be currently registered with the NPC and to meet this requirement, he/she must present his/her current NPC card, current NPC receipt, or purchase an NPC card in advance at npcnewsonline.com or at Friday night check-in (\$135). (2) Each competitor **must be an amateur** in good standing with the NPC. (3) Any competitor who has won a National level overall title is not eligible to compete in this competition. (4) Any competitor who is selected for polygraph testing and who does not report for the test as instructed by the Director or who does not pass such test is not eligible to compete in this competition and will be disqualified from receiving any place, title, trophy or other award.

ELIGIBILITY/NOVICE: A novice is either a true novice having never competed before or has competed and never won their class or an overall title.

DRUG TESTING: Competitors to be tested will be notified at morning athlete's meeting. Failure to take test at scheduled time will result in disqualification from evening show. Testing will be based on anabolic steroids, HGH, or any testosterone creams, pills or shots used for 36 months prior to competition. Over the counter supplements Will Not be tested for. No refunds on entry fees and/or any tickets purchased for any competitor eliminated.

Bodybuilding & Physique

DIVISIONS

Teen BB:	1 class	
Novice Mens BB:	1 class	
Mens Masters BB:	3 classes	60+ years 45-59 years 35-44 years
Mens Open BB:	4 classes	Lightweight 143 1/4 lbs. to 154 1/4 lbs. Middle 154 1/4 lbs. to 176 1/4 lbs. Light Heavy 176 1/4 lbs. to 198 1/4 lbs. Heavy 198 1/4 lbs. & over
Womens Open Physique:	1 class	
Novice Mens Physique:	1 class	
Mens Masters Physique:	1 class	35+ years
Mens Open Physique:	3 classes	A - under 5'7" B - 5'7" and up to 5'10" C - over 5'10"
Novice Mens Classic Physique:	1 class	
Mens Open Classic Physique:	2 classes	A - under 5'8" B - over 5'8"

Requirements for all classic physique divisions can be found at npcnewsonline.com

ALL JUDGING - Class lineups, 1/4 turns and mandatory poses.

EVENING SHOW - 60 second posing routine to **your** music.

POSING & MUSIC: All Bodybuilders, Womens Physique & Mens Classic Physique You MUST EMAIL your 60 second posing music in a MP3, M4A or WAV file (NO OBSCENITIES ALLOWED!) Email to Nol.Hoegberg@yahoo.com by May 1st, 2020. Burn your own CD copy! Bring as backup! LATE ENTRIES contact Dan at (815 - 708 - 7483) before mailing Entry or Music.

Womens Open Physique:

(2 piece suit) - NO THONGS ALLOWED!!!

Judging - Class lineup, 1/4 turns and mandatory poses.

Evening Show - 60 second posing routine to **your** music.

See NPC website for poses. www.npcnewsonline.com

Mens Novice, Mens Masters & Open Physique:

(board shorts)

Judging - Class lineup and comparison.

Evening Show - Individual intro, walk to center stage and perform mandatory mens physique poses to house music.

See NPC website for poses. www.npcnewsonline.com

Mens Novice Classic & Open Classic Physique:

(classic physique shorts - go to npc-wear.com to purchase)

Judging - Class lineup, 1/4 turns, 4 mandatory poses and your favorite classic pose.

Evening Show - 60 second posing routine to **your** music.

See NPC website for poses. www.npcnewsonline.com

Figure

DIVISIONS

Novice:	1 class	
Masters:	2 classes	45+ years 35-44 years
Open:	3 classes	A - up to 5'4" B - 5'4" to 5'6" C - over 5'6"

FIGURE: (2 piece suit and heels) - NO THONGS ALLOWED!!!

Judging - Class lineup and 1/4 turns.

Evening Show - Individual intro, walk to center stage and perform 3 model poses, walk to curtain and form a lineup. House music will be played.

Bikini

Wellness

DIVISIONS

Novice:	2 classes	A - up to 5'4" B - over 5'4"	Open: 2 classes A - up to 5'4" B - 5'4" and Over
Masters:	2 classes	35+ years 45+ years	
Open:	4 classes	A - up to 5'2" B - 5'2" to 5'4" C - 5'4" to 5'6" D - over 5'6"	
Visit npcnewsonline.com for Wellness judging requirements!			

BIKINI & WELLNESS: (2 piece suit and heels)-NO THONGS ALLOWED!!!

Judging - Class lineup, front and back poses, comparisons.

Evening Show - Individual intro, perform front and back poses, walk to curtain and form lineup. House music will be played.

Must be 18 or older - Must show photo ID.

Rules and Criteria

- Must wear NPC approved posing suit
- No analgesics allowed
- No trainers/coaches allowed in pump room without a coach's pass

Please go to www.npcnewsonline.com for more details on judging, criteria, suits, rules and national qualifications.

Official Show Host Hotel



200 S. Bell School Road
815-226-2100
www.radisson.com/rockford

Link to book room online:

www.radisson.com/premiergrandprix

Use discount code:

"PREMIER GRAND PRIX"

Special Show Rate \$129.00/Night

Enjoy the newly updated exclusive rooms and facilities.

RADISSON is only 5 minutes away from PREMIER FITNESS our Friday location for the mandatory competitor check in. (see page 2 for schedule of Friday check in)

Official Show Photographer



Chris & Amber Foss

608-850-9295

Email - chris@fossimagery.com

www.fossimagery.com

THE WEDDING FLASHERS
BY FOSS IMAGERY THE ART OF LOVE

Optional Hotel



Use discount code:

"PREMIER GRAND PRIX"

Special Show Rate \$94.00/Night

Candlewood Suites
7555 Walton Street • Rockford, IL 61108
www.candlewoodsuitesrockford.com
815-229-9300

Official Show Spray Tanning

Pro Tan
Since 1987

All spray tanning is done at the RADISSON hotel on site all day Friday, May 15, 2020 and Saturday May 16, 2020.

Book Your Tan Online!

<https://protanusa.com/product/premier-grand-prix-2020/>

Official Show Makeup & Hair



Book Makeup and Hair Early!

www.meganmelonebeauty.com

megan@meganmelone.com



Headline Show Sponsors



Pro Tan
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