

POWER
SHACK[®]
Presents



2012

**NPC STATE
CHAMPIONSHIPS**



Saturday August 25th Gadsden City High School Gadsden, AL

NATIONAL QUALIFIER

The following placements qualify the individual for NPC National Bodybuilding, Figure, Bikini, and Physique contests for one year through 2013: Open & Teen - top two in his/her weight class. Bikini, Fitness & Physique - top three in each height class will qualify for the USA & Nationals, top five will qualify for all other national contests. Figure – top five qualify for Jr. USA & Team Universe, top three qualify for all other national contests.

DIVISIONS, CLASSES AND AWARDS

MEN

Teenage: Any male 16 or over who has not reached his 20th birthday by 8/25/12 (5 places).

Novice: Any male who is competing for the first time (5 in each weight class and overall).

Lightweight	Up to & including 165 ¼
Middleweight	Over 165 ¼ up to & inc. 187 ¼
Heavyweight	Over 187 ¼

Masters: Any male who has reached his 40th birthday by 8/25/12 (5 in each weight class and overall).

Lightweight	Up to & including 165 ¼
Middleweight	Over 165 ¼ up to & inc. 187 ¼
Heavyweight	Over 187 ¼

Grand Masters: Any male who has reached his 50th birthday by 8/25/12 (5 places).

Grand Masters Over 60, Over 70: Any male who has reached his 60th, 70th birthday by 8/25/12 (5 places).

Junior: Any male who has never won an overall Junior title or placed top five in an Open Division (5 places in each weight class and overall).

Lightweight	Up to 154 ¼
Middleweight	Over 154 ¼ up to 176 ¼
Light Heavyweight	Over 176 ¼ up to 198 ¼
Heavyweight	Over 198 ¼

Open: Any male that has won an overall Junior Division or placed top five in an Open Division (5 places in each weight class and overall).

Bantamweight	Up to 143 ¼
Lightweight	Over 143 ¼ up to & inc. 154 ¼
Welterweight	Over 154 ¼ up to & inc. 165 1/4
Middleweight	Over 165 ¼ up to & inc. 176 ¼
Light Heavyweight	Over 176 ¼ up to & inc. 198 ¼
Heavyweight	Over 198 ¼ up to & inc. 225 ¼
Super Heavyweight	Over 225 ¼

Teen Physique: Any male 16 or over who has not reached his 20th birthday by 8/25/12 (5 places).

Men's Physique: Short Up to & inc. 5'8"
Tall Over 5'8"

Masters Physique: Any male who has reached his 40th birthday by 8/25/12 (5 places).

Crossovers: Teen and Masters may enter either the Junior or Open Divisions if eligible.

WOMEN

Open Bodybuilding: Any female (5 places). ONE CLASS

Teen Figure: Any female 16 or over who has not reached her 20th birthday by 8/25/12 (5 places).

Novice Figure: Any female over 18 competing for the first time (5 places).

Figure: Any female over 18 (5 places in each height class & overall).

A	Up to 5'2"
B	Over 5'2" up to & inc. 5'4"
C	Over 5'4" up to & inc. 5'6"
D	Over 5'6"

Masters Figure: Any female who has reached her 35th birthday by 8/25/12 (5 places in each height class & overall).

A	Up to 5'4"
B	Over 5'4" up to & inc. 5'6"
C	Over 5'6"

Teen Bikini: Any female 16 or over who has not reached her 20th birthday by 8/25/12 (5 places).

Bikini: Any female over 18 (5 places in each height class & overall).

A	Up to 5'2"
B	Over 5'2" up to & inc. 5'4"
C	Over 5'4" up to & inc. 5'6"
D	Over 5'6"

Masters Bikini: Any female who has reached her 35th Birthday by 8/25/12 (5 places in each height class & overall).

A	Up to 5'4"
B	Over 5'4" up to & inc. 5'6"
C	Over 5'6"

Fitness: Any female over 18 (3 places).

Women's Physique: Short Up to & inc. 5'6"
Tall Over 5'6"

Crossovers: Any Figure competitor may crossover to any eligible Figure Division(s).

ELIGIBILITY: All competitors must be a current resident of Alabama and a member of the NPC.
NPC cards available at Weigh-in for \$100.00.

ENTRY FEES: \$70.00 FOR ONE DIVISION \$50.00 FOR EACH ADDITIONAL DIVISION.

Make checks payable to "Morris Pruett".

Entries received after 8/18/12 subject to a \$40.00 late fee.

MUSIC & POSING: Music must be on CD ONLY, no longer than 45 seconds bodybuilding & 60 seconds Women's Physique, and must contain ONLY the music being used for posing. The CD must be cued with proper side labeled with competitor's name. Music will be collected at Saturday morning check-in. **NO PROFANITY IN MUSIC WILL BE PERMITTED OR ALLOWED OR THE COMPETITOR WILL BE IMMEDIATELY DISQUALIFIED.**

SCHEDULE OF EVENTS:

<u>Day</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Friday	5:00-7:00 PM	Weigh-in	Hampton Inn Gadsden/Attalla

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

Saturday	9:00 AM	Check-in & briefing	Gadsden City High School
	10:00 AM	Prejudging begins	Gadsden City High School
	5:45 PM	Finals check-in & roll call	Gadsden City High School
	6:30 PM	Finals	Gadsden City High School

VENUE: Gadsden City High School, 1917 Black Creek Rd, Gadsden, AL 35904

TICKETS: **Prejudging:** Adult \$20 Children 12 & Under \$5
Finals: Adult General Admission \$25 / Children 12 & Under General Admission \$5 **Reserved \$35**

HOST HOTEL:

Hampton Inn – Gadsden/Attalla
206 Walker Drive
Gadsden, AL 35904

Reservations

Direct: 256-538-5222

Special room rate for the NPC Championships is \$89.00 for reservations made before 8/03/12. Ask for the "Alabama State Bodybuilding Championships" when making reservations. Reservations made after Friday 8/03/12 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. The Hampton Inn is located 4 minutes from Gadsden City High School and across the street from Wal Mart, Old Mexico Cantina & Grille, Ruby Tuesdays, Waffle House, Cracker Barrel, Subway & several other fast food restaurants.

Spray Tanning: Competition spray tanning will be provided by Unique Physiques, www.uniquephysiques.us. Please contact Jason Mobley at 850-217-6664 or jason@uniquephysiques.us. There are a limited number of spots available so reserve your time in advance and guarantee your discounted price.

SkyPark Video Productions: This event will be digitally videotaped by SkyPark Video Productions. DVDs will be available for purchase. For additional information and pricing contact: Adam Hunnicutt at 205-908-4582, www.skyparkagency.com

Photography: Photography provided by R.W. Fielding Photography, www.rwfielding.com. Contact rwfielding@charter.net or 205-275-3154.

INFORMATION: Morris Pruett 256-490-1115 email: getfitstayfit@comcast.net web: www.npcalabama.info

OFFICIAL ENTRY FORM

2012 NPC ALABAMA STATE CHAMPIONSHIPS

NPC CARD _____

AMOUNT PAID \$ _____

OFFICIAL USE ONLY/DO NOT WRITE IN THIS BOX

NAME _____ # OF CLASSES _____

LIST DIVISION(S) ENTERING

1. _____

3. _____

2. _____

4. _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Height _____ Weight _____ Age _____ Shirt Size _____

Amount Enclosed (\$70 1st division \$50 each additional division) \$ _____

In consideration of your acceptance of this entry, I hereby waive all rights and claims for damages against Morris Pruett, Gadsden City 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 Hampton Inn Gadsden/Attalla I-59 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 Hampton Inn Gadsden/Attalla I-59 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 Hampton Inn Gadsden/Attalla I-59 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

Parent or Guardian (if under 18 years of age)

Return Entry to:

Morris Pruett
113 Eddie Circle
Rainbow City, Al. 35906

Include:

- 1) Completed/Signed Entry Form
- 2) Entry fee payable to: Morris Pruett
- 3) Copy of driver's license
- 4) Copy of 2012 NPC card (if previously purchased)