

**2010 NPC DELAWARE STATE/DE OPEN BODYBUILDING, FITNESS &
FIGURE SHOW
(NATIONAL QUALIFIER)**

DATE: Saturday Aug. 28, 2010

LOCATION: the baby grand, 818 N. Market St Wilmington, DE

ELIGIBILITY: DE State (open to DE residents only), DE Open (open to all)

ENTRY FEE: \$50 per Division, \$20 crossover fee. Money order or cash only
NO PERSONAL CHECKS

Mail Applications To: Todd Howe, PO Box 1641 Havertown PA 19083

WEIGH-IN/REGISTRATION: 9am-11am
Athletes may register the day of the show.
NPC cards will be available at the show (**\$90**)

SCHEDULE: Competitor Mtg 11:30-12noon
Prejudging Starts at 12:30pm
FINALS 6pm

DIVISIONS: DE OPEN Contest

Open Men BB> BW up to 143.25 lbs, LW up to 154.25 lbs, MW up to 176.25 lbs, LHW up to 198.25 lbs,
HW up to 225.25 lbs, SHW over 225.25 lbs
Open Women BB> LW 125lbs, MW 125lbs-140, HW over 140lbs
Open Figure > A class 64", B class 66", C class over 66"
Open Master Figure (35 +) 1 class
Open Master Men BB (40+) 1 class
Open BIKINI 1 class

DE State Contest

DE State Men BB > BW, LW, MW, LHW, HW, SHW
DE State Women BB > LW, MW, HW
DE State Novice Men BB > LW up to 176.25 lbs, HW over 176.25 lbs
DE State Figure > A up to 66", B up to 66", C over 66"
DE State Fitness 1 class
DE State Master Figure (35+) 1 class
DE State Teen Men BB (19 & under) 1 class
DE State Master Men BB (40+)
DE State Bikini (1 class)

AWARDS: 5 places awarded in each class
Overall Trophy awarded to: DE State/DE Open BB (Men & Women)
DE State Novice Men BB
DE State/DE Open Figure

MUSIC: Music must be the only music on the CD, 90 sec. time limit. No vulgar lyrics

TICKETS: \$15 prejudging, \$30 FINALS

PROMOTERS: Todd Howe howe269@JUNO.com, (215)680-2894
Tracey Greenwood onefitphd@yahoo.com

DE State/DE Open BB, Fitness & Figure Show
OFFICIAL ENTRY FORM

NAME _____

ADDRESS _____

CITY _____ State _____ ZIP _____

DIVISIONS:

| | | |
|--|---|--|
| <input type="checkbox"/> DE OPEN Men BB | <input type="checkbox"/> DE Open Women BB | <input type="checkbox"/> Master Men BB |
| <input type="checkbox"/> DE Open Fig | <input type="checkbox"/> DE Open Master Fig | <input type="checkbox"/> DE Open BIKINI |
| <input type="checkbox"/> DE State Men BB | <input type="checkbox"/> DE State Women BB | <input type="checkbox"/> DE State Novice BB |
| <input type="checkbox"/> DE State Figure | <input type="checkbox"/> DE State Fitness | <input type="checkbox"/> DE St Master Figure |
| <input type="checkbox"/> DE St. Teen | <input type="checkbox"/> DE St. Master Men BB | <input type="checkbox"/> DE State Bikini |

Send Entries To:

Todd Howe, PO Box 1641 Havertown PA 19083

Entry Fee: \$50 per division, \$20 crossover fee

NPC cards will be available the day of the show.

Athletes Liability 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 USA, Inc. Todd Howe, Tracey Greenwood, baby grand/Grand Opera House and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction these championships and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the 2008 DE State/DE Open Bodybuilding, Fitness & Figure Show 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 assigns, the right to photograph or otherwise reproduce (whether 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 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.

SIGNATURE

(PRINT)

IF THIS FORM IS BEING SIGNED BY A PERSON UNDER 18, PLEASE SIGN BELOW

Parent or Legal Guardian

(Print)

Competitors Bio

Name: _____

Hometown: _____

Thanks to: _____

