



NATIONAL QUALIFIER

NPC UPPER MIDWEST

SANCTION #1014

BODYBUILDING, PHYSIQUE, FITNESS, FIGURE & BIKINI CHAMPIONSHIPS



MARCH 23, 2019

AVALON EVENT CENTER
FARGO, ND

ENTRY FEE \$85 PER CLASS IF POSTMARKED BEFORE FEBRUARY 20TH, 2019

Entry Fee is \$125 per class after 2/20/19 until 3/21/19.

Entry fee day of registration is \$200 per class CASH ONLY.

MEN'S Weight _____ Height _____

NOVICE DIVISIONS

Novice Bodybuilding Divisions

- Lightweight - up to & including 176¼ lbs.
- Heavyweight - Over 176¼ lbs.

Novice Classic Physique Divisions

- Open Classes to be announced

Novice Men's Physique Division

- Open Classes to be announced

OPEN WEIGHT, TEEN & MASTER DIVISIONS

Bodybuilding Divisions

- Teen
- Masters 35-39 years
- Masters 40-49 years
- Bantamweight - Up to and including 143¼ lbs.
- Lightweight - Over 143¼ lbs. to 154¼ lbs.
- Middleweight - Over 154¼ lbs. to 176¼ lbs.
- Light Heavyweight - Over 176¼ lbs. to 198¼ lbs.
- Heavyweight - Over 198¼ lbs. to 225¼ lbs.
- Super Heavyweight - Over 225¼ lbs.

Classic Physique Divisions

- Teen Masters 35+
- Open Classes to be announced

Men's Physique Division

- Teen Masters 35+
- Open Classes to be announced

WOMEN'S Height (without heels) _____

NOVICE DIVISIONS

Novice Women's Physique Divisions

- Open Classes to be announced

Novice Figure Division

- Open Classes to be announced

Novice Bikini Division

- Open Classes to be announced

OPEN AND MASTER CLASSES

Women's Physique Divisions

- Teen
- Masters 35+
- Open Classes to be announced

Fitness Divisions

- Open Classes to be announced

Figure Division

- Teen
- Masters 35+
- Masters 40+
- Open Classes to be announced

Bikini Division

- Teen
- Masters 35+
- Open Classes to be announced

Name _____ Age _____ Date of Birth (mm/dd/yy) _____

Address _____ City _____ State _____ Zip Code _____

Home Phone () _____ Email Address _____

Trainer _____

Shirt Size (S-XXL) _____ NPC Card # _____ Expiration _____

Purchase at check-in \$125
(price subject to change)

If contestant is a minor, waiver must be signed by a parent or guardian.

Mail Official Entry Form to: Tom Kemper, 1450 25th St. S., Fargo, ND 58103 | Check payable to Tom Kemper

Contest Phone: 701-367-7597 | E-mail inquiries to: info@npcuppermidwest.com

Visit <http://www.npcnewsonline.com> for more information. NO REFUNDS...NO EXCEPTIONS...NO KIDDING!

FOR OFFICE USE ONLY

DIVISION _____ CLASS _____ COMPETITOR # _____ DIVISION/CLASS ADJUSTMENT _____



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AVALON EVENT CENTER
FARGO, ND

SHOW DATE: SATURDAY, MARCH 23rd, 2019

LOCATION: Avalon Event Center

CHECK-IN: MANDATORY CHECK-IN Friday March 22nd, 2019. Pro's 5 PM, NPC 6-8PM at host hotel Clubhouse Fargo, 4400 15th Ave. S., Fargo, ND 58103. No check-in March 23rd, 2019

SHOW DAY: MARCH 23rd, 2019 mandatory prejudging competitor meetings 8:30 am at the Avalon Event Center

JUDGING WILL START AT 9AM | NIGHT SHOW STARTS AT 6PM

ELIGIBILITY: All athletes must be a resident of the United States and a current NPC cardholder. NPC registration (\$125.00) will be available Friday night March 22nd, 2019 at weigh-ins/registration. **MUST BE CHECK or CASH, Credit/Check Cards CANNOT be used. YOU MUST HAVE** either your NPC card, or if you signed up online the verification with you. If not you will have to pay again as often we cannot verify NPC membership otherwise.

AGE DIVISION: Master's/Teen-Men/Women: Must have proof of age birth certificate, state ID, or driver license.

MUSIC: Bodybuilding, Classic Physique, & Women's Physique (WP) Music can be emailed or **MUST** be turned in at Check-in. Only classes that need 60 seconds of music are WP, Classic Physique, and Bodybuilding.

Please note length is 60 seconds (no exceptions), your music should be the ONLY track on the CD or Zip drive. Music is to be in good taste, vulgar music will be replaced with house music. It is not acceptable to present a CD with multiple tracks and suggest playing track 5, 34 seconds in. All music must be iTunes compatible.

TANNING/MAKE-UP/HAIR: Hard Body Bronze. 612-910-9306, email hardbodybronze@gmail.com

In consideration of being allowed to participate in any way in the NPC Upper Midwest Bodybuilding, Physique, Figure and Bikini Championships ("Event") promoted by Thomas Kemper ("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, and while 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 and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoter immediately; and, I, for myself and on 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 travelling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASES 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 Clubhouse ("Hotel") 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 Hotel 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 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, 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 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 anytime 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 GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X (PARTICIPANTS SIGNATURE) _____ Age: _____ Date Signed: _____

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 Releases, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases 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 RELEASES, to the fullest extent permitted by law.

X (PARENT OR GUARDIANS SIGNATURE) _____ Age: _____ Date Signed: _____