

2006 NPC LACKLAND CLASSIC

OFFICIAL BODYBUILDING ENTRY FORM

(Please print clearly)

Name _____ NPC Card # _____
Address _____ City _____
State _____ Zip _____ Home Phone () _____
Cell Phone () _____ Email _____
Height _____ Weight _____ Age _____ Gym Represented _____

CLASS(ES) YOU INTEND TO COMPETE IN (please check all that apply – entry fee required for each class)

Men _____ Women _____
Novice _____ Open _____ Masters _____ Teen _____

Contest Hotel: The Kelly Inn – 250 Donald Goodrich St., bldg 1650, San Antonio, TX 210-924-7201 _____

[Other Hotel you are staying _____]

In consideration of your acceptance of this entry to participate in the 2006 NPC Lackland Classic Bodybuilding and Fitness/Figure Championship ("Event") and its related activities, I hereby, for myself, my heirs, executors, administrators and assigned, waive and release any and all rights and claims I may have against the National Physique Committee of the USA, Inc. ("NPC"), NPC Texas State Chair, the promoter, owners of the venue and hotel, and any and all sponsors of the event, their representatives and assigns, for any and all injuries or damage incurred by me in conjunction with the Event and in traveling to and from the Event. I understand that the Event is NPC-sanctioned and shall be conducted in accordance with the rules and regulations established by the NPC. And in further consideration of permission being granted to me to participate in the 2006 NPC Lackland Classic Bodybuilding and Fitness/Figure Championship and its related activities, 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, video, printing or any other medium now know 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. I also understand that the aforementioned rights may be reassigned at any time without further consent.

I hereby certify that I am eligible to compete in this competition and that no entry will be accepted without a signature or entry fee. I agree to abide by the decisions of the designated officials and declare that all of the information contained herein is, to the best of my knowledge, true, accurate and complete. I have read and understood the contents of this entry blank.

Competitor Signature _____ Competitor Name Printed _____ Date _____

IF THIS RELEASE IS BEING SIGNED BY A PERSON UNDER EIGHTEEN (18) YEARS OF AGE, THE FOLLOWING MUST BE COMPLETED.

The undersigned is(are) the parent(s) or legal guardian(s) of the above-mentioned minor and is entitled to the sole care, custody and controls of said minor. The undersigned does hereby represent, agree and guarantee that the undersigned consents to the execution by the minor of the Release, that the undersigned will not revoke such consent during the minority of the minor, that the undersigned has read the Release, is familiar with all the contents thereof, and that the minor shall fully and completely comply with all terms of the Release.

Parent(s) or Legal Guardian(s) Signature(s) _____ Parent(s) or Legal Guardian(s) Name(s) Printed _____ Date _____

RETURN ENTRY FORMS (with entry fee of \$30) TO:

37 MSG/SVMP (Attn Steve Reichert)
1951 Biggs Ave.
Lackland AFB, TX 78236

Checklist:

____ Entry Form – Signed and completed
____ Copy of your 2006 NPC card
____ Money order for entry fee

ALL ENTRIES MUST BE POSTMARKED NO LATER THAN Oct 27, 2005
(All Late Entries will be charged a \$50.00 late fee)



2006 NPC TEXAS CONTEST INFORMATION

NPC Texas Chair

Lee Thompson
NPC Texas District Chairman
3306 Prestwick Square
Missouri City, TX 77459
lee@tlinc.org

DATE: Friday, Nov 3, 7:30 pm – Check-in, weigh-in, and meeting at **contest site** (No late weigh-ins)
Saturday, Nov 4, 8:30 am – Check-in and prejudging
Saturday, Nov 4, 6:00 pm – Night show check-in and trophies

SANCTION: 8974

LOCATION: Bob Hope Theater (directions and map enclosed)

LODGING: The Kelly Inn – 250 Donald Goodrich St., bldg 1650, San Antonio, TX 210-924-7201 ___

ELIGIBILITY: This competition is open to all NPC registered athlete who possess a current NPC card. (NPC registration cards are available through the NPC website or from the state chair.)

WEIGHT GROUPS:	Men's Open (National Qualifier only)	Men's Open and Novice	Men's Masters
Bantamweight	<143.25	Lightweight <165.25	40-49
Lightweight	143.25 to <154.25	Middleweight 165.25 – 187.25	50-59
Middleweight	154.25 to <176.25	Heavyweight >187.25	60+
Light Heavyweight	176.25 to <198.50		
Heavyweight	198.50 to <225.25		
Super Heavyweight	>225.25		

	Womens Open (National Qualifier Only)	Women's Open and Novice	Women's Masters
Lightweight	<115.25	Lightweight <125.25	35+
Middleweight	115.25-125.25	Middleweight 125.25-140.25	
Light Heavyweight	125.25-140.25	Heavyweight >140.25	
Heavyweight	>140.25		

MUSIC: All music must be on **CD ONLY**. Each CD must be in a jewel case with the competitor's name. Each competitor is responsible for picking up his/her music after the night show. The time allowed for posing is 90 seconds for open competitors and 60 seconds for novice, teen, and masters. You will pose only once if you are in more than one class. **No vulgar lyrics.** All competitors will be introduced at the night show. If there are more than 50 competitors, then the top five in each weight class will perform their routine.

POSING SUITS: Contest posing suits for am prejudging must be worn to weigh-in and must be approved by the Head Judge.

POSES: Display of the "moon" hamstring pose at any time will result in disqualification. The following are the mandatory poses: Front Double Bicep, Front Lat Spread, Side Chest and Bicep (either side), Side Tricep (either side), Back Double Bicep, Back Lat Spread, Front Abs and Leg, Most Muscular (men), and Favorite Pose (women).

SCORING: The scoring will be done during prejudging in two rounds – symmetry and mandatory poses. If a weight class is large, call-outs will be used. Competitors who wish to receive copies of their scores must provide a self-addressed envelope with their entry forms.

RULES: No coaches, trainers, family, friends, etc. will be allowed backstage at any time during the contest. When a competitor moves up to the next level of competition, he/she may never return to a lower level. Anyone who makes a false statement on an entry form will be disqualified from competition for one year. Displays of poor sportsmanship at any time during a contest will not be tolerated.