

PLEASE READ THE ENTIRE ENTRY FORM CAREFULLY

- DATE:** SATURDAY, May 5, 2012 - Prejudging: 10:00 a.m. Evening Finals: 6:30 p.m. SHARP!
- LOCATION:** **Chabot College Performing Arts Center**, 25555 Hesperian Blvd., Hayward, California 94545.
- CAMERAS/VIDEO:**
1. No video equipment is allowed in the auditorium.
 2. No professional photography is allowed.
 3. No soliciting of photo, or video services is allowed on the premises.
 4. No camera bags, or equipment are allowed in the auditorium.
 5. Spectators who have purchased a ticket are allowed access to the event with one (1) camera only.
- LODGING:** **Crown Plaza**. 1-800-333-3333 or 510-489-2200. Mention event for discount.
- CHECK-INS & WEIGH-INS:** Women's Physique, Figure & Bikini division athlete brief and check-ins will be held at the event hotel on Friday, at 6:30 pm. There will be no check-ins for these groups on day of contest. Check-ins for Bodybuilding and Men's Physique will be held at Chabot College Performing Arts Center on Saturday at 8 am.
- ELIGIBILITY:** This competition is open to all NPC registered athletes who meet the following requirements:
1. Possess a current NPC card (unregistered athletes may purchase cards for \$100.00, which is valid thru Dec. 31, 2012 at the prejudging check-in).
 2. Novices who have not won any OVERALL TITLE.
 3. Men's Masters, men who have reached 40 or 50 years of age by date of show.
 4. Women's Masters - women who have reached 35, 45 or 50 years of age by date of show.
 5. Teenage competitors must not have reached their 20th birthday by the day of the competition. (All competitors (except TEENS) must be 18 years or older on the day of the contest. Masters & Teens must show proof of age, i.e., driver's license, birth certificate).
 6. No cross-overs between figure division and bikini division are allowed. Cross- overs are allowed within each category.
- NOTE: Each contestant may enter more than one division at a cost of \$90 per division. Athletes may change divisions at the check-in, but changes must be made before the prejudging starts.
- Please be on time! All Bodybuilding competitors will perform 60 second posing routine at the evening finals.
- AWARDS:** Statues will be awarded to athletes placing 1st through 5th place in each weight group or class. Overall awards will be presented if there is more than one weight or height group within a class.
- MUSIC:** CD ONLY (no cassettes). Each CD must contain only one song (music mixing allowed) and must bear the contestant's name. Each contestant is responsible for picking up his/her music at the Evening Show. Lindsay Productions will not accept liability for music left behind. There is no music or posing requirements for Men's and Women's Physique.
- POSING LIMIT:** For Bodybuilders there will be no 60 second free posing round at prejudging. Everyone will perform at the evening finals. Bodybuilders are limited to 60 second posing routine at evening finals.
- Figure/Bikini/Physique competitors go to: www.musclecontest.com and download the **Special Competition Guidelines** insert.
- POSING SUITS:** Bodybuilding/Figure/Bikini/Physique competitors go to: www.musclecontest.com and click on **Competition Guidelines** for posing suit requirements.
- ENTRY FEE:** \$90.00 Money orders payable to Lindsay Productions. No Refunds. Entry deadline is April 28, 2012. Late entries \$130.00. No Exceptions. For questions, call Jon Lindsay at (310) 796-9181 or Steve O'brien at (925) 689-6170 or email at info@musclecontest.com

WEIGHT GROUPS:**Mens Unlimited Bodybuilding**

Bantam Wt. - up to 143 1/4
Lt. Wt. - over 143 1/4 to 154 1/4
Mid. Wt. - over 154 1/4 to 176 1/4
Lt. Hvy. Wt. - over 176 1/4 to 198 1/4
Hvy. Wt. - over 198 1/4 to 225 1/4
Super Hvy. Wt. - over 225 1/4

Mens Novice Bodybuilding

Lt. Wt. - up to 154 1/4
Mid. Wt. - over 154 1/4 to 176 1/4
Lt. Hvy. Wt. - over 176 1/4 to 198 1/4
Hvy. Wt. - over 198 1/4

Mens Masters Bodybuilding

(One Class Each)
MASTERS - (40+)
GRAND - (50+)
ULTRA - (60+)

Mens Teen Bodybuilding

(16 to 19 years old)
One Class

Mens Physique

Up to 5' 6"
Over 5' 6" to 5' 9"
Over 5' 9" to 6'
Over 6'

Mens Physique Masters 35+

One Class

Mens Physique Masters 45+

One Class

Teen Mens Physique (16 to 19)

One Class

Womens Unlimited Bodybuilding

One Class

Womens Physique

Up to 5' 6"
Over 5' 6"

Womens Figure

Up to 5' 2"
Over 5' 2" to 5' 4"
Over 5' 4" to 5' 6"
Over 5' 6"

Womens Masters Figure 35+

Up to 5' 4"
Over 5' 4" to 5' 6"
Over 5' 6"

Womens Masters Figure 45+

Up to 5' 4"
Over 5' 4"

Womens Masters Figure 50+

One Class

Womens Bikini

Up to 5' 1"
Over 5' 1" to 5' 2 1/2"
Over 5' 2 1/2" to 5' 4"
Over 5' 4" to 5' 5 1/2"
Over 5' 5 1/2" to 5' 7"
Over 5' 7"

Womens Masters Bikini 35+

Up to 5' 4"
Over 5' 4"

Womens Masters Bikini 45+

One Class

**OFFICIAL ENTRY FORM
2012 NPC CONTRA COSTA
BODYBUILDING, FIGURE
and BIKINI CHAMPIONSHIPS**

*** PRODUCED BY JON LINDSAY & STEVE O'BRIEN *
• NATIONAL QUALIFYING EVENT •**

OFFICIAL USE ONLY	
DIVISION	_____
CLASS	_____
WEIGHT	_____
NUMBER	_____

Return Entry Form and fees (\$90.00 Payable to Lindsay Productions) to: Lindsay Productions, 2554 Lincoln Blvd., PMB 749, Venice, CA 90291

Name _____ e-mail: _____ Phone No. _____
 Address _____ City _____ State _____ Zip _____
 Age _____ Weight _____ Height _____

(Circle The Class You Plan To Compete In - You may compete in more than one Class provided additional \$90 entry fee(s) are paid)

- UNLIMITED MENS BODYBUILDING
 NOVICE MENS BODYBUILDING
 MASTERS MENS BODYBUILDING 40+
 MASTERS MENS BODYBUILDING 50+
 MASTERS MENS BODYBUILDING 60+
 TEEN BODYBUILDING
 WOMENS BODYBUILDING
 WOMENS PHYSIQUE
 MENS PHYSIQUE
 MENS PHYSIQUE MASTERS 35+
 MENS PHYSIQUE MASTERS 45+
 TEEN PHYSIQUE
 FIGURE MASTERS FIGURE 35+
 MASTERS FIGURE 45+
 MASTERS FIGURE 50+
 BIKINI
 MASTERS BIKINI 35+
 MASTERS BIKINI 45+

I understand that no entry will be accepted without a signature or entry fee. I understand that this competition is NPC sanctioned and shall be conducted in accordance with the rules and regulations established by the NPC. In consideration of your acceptance of this entry form and fee, I hereby waive and release all rights and claims for damages against the National Physique Committee of the USA, Inc., Jon Lindsay, Steve O'Brien, Lindsay Productions, Chabot College Performing Arts Center, Chabot-Las Positas Community College District, Crown Plaza, all sponsors and vendors, employees or assigns by reason of injury or damage, which I incur, and include any injuries or damages suffered and sustained by members of my entourage or individuals associated with or accompanying me while traveling to and from or participating in this competition. I further agree to have my participation in this competition videotaped and photographed and I hereby waive and release all rights to said videotapes and photographs to Lindsay Productions and www.musclecontest.com for their exclusive use in the illustration and/or depiction of and concerning the sport of bodybuilding. I agree to abide by all decisions of the designated officials and declare that all the information contained herein is, to the best of my knowledge, true, correct and complete. I have read and understood the contents of this entry blank.

I consent and agree that I will comply with all the rules and regulations of Crown Plaza, including any rules or regulations prohibiting cooking or food preparation in the hotel rooms. I further agree that I will indemnify and hold harmless the NPC and the promoter from and against any damages caused by me to Crown Plaza or damages to a guest room or rooms occupied or registered to me. Finally, I acknowledge that my failure to comply with any rule or regulation of Crown Plaza or damage to any guest room occupied by or registered to me may result in disciplinary action against me including, but not limited to, suspension as a member of the NPC and/or competing in contest sanctioned by the NPC.

WARNING: Use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenagers from growing to their full height; they can also cause heart disease, stroke, and damage liver function. Men and women using steroids may develop fertility problems, personality changes, and acne. Men can also experience premature balding and development of breast tissue. These and other health hazards are in addition to the civil and criminal penalties for unauthorized sale, use, or exchange of anabolic steroids.

Signature _____ Date _____
 _____ Date _____

(Signature of Parent/Guardian required for contestants under the age of 18)

TICKET ORDER FORM

It is necessary to order your tickets early since the availability of tickets changes daily. Please complete the ticket order form and return it with your cashiers check or money order as soon as possible. There will be a 5% mailing & processing fee for all ticket orders.

TICKET PRICE	QUANTITY	TOTAL	
\$35.00 Reserved	_____	\$ _____	
\$25.00 Reserved	_____	\$ _____	
\$25.00 Prejudging	_____	\$ _____	
	ENTRY FEE*	\$ _____	
	Total Enclosed	\$ _____	*\$90 per Class entered payable to Lindsay Productions (\$130 if past deadline)

MONEY ORDERS OR CASHIERS CHECKS PREFERRED. PERSONAL CHECKS ACCEPTED

Payable to: LINDSAY PRODUCTIONS

Mail to: Lindsay Productions
2554 Lincoln Blvd., PMB 749
Venice, CA 90291



For Credit Card Orders Go To: www.musclecontest.com
or Fax this form to: (310) 693-2516

Card No. _____ Exp Date _____ Billing Address Zip Code _____

(NOTE: A 5% service charge will be added to all credit card orders)

Signature (Required for credit card orders.) _____