



# Julie Palmer's



**Ultimate BB, Bikini, Fitness & Figure Showdown • Saturday May 30th, 2009  
University of Toledo • Bancroft Student Union 2801 W. Bancroft • Toledo, Ohio 43606**

**COMPETITOR CHECK-IN: 7:30am - 9am • PREJUDGING: 10am • FINALS: 7pm**

**WOMEN'S FITNESS**

Short Class: up to and including 5'4"  
Tall Class: over 5'4"

Awards for 1st-5th Place Winners  
Awards for 1st-5th Place Winners

**WOMEN'S FIGURE**

Short Class: up to and including 5'4"  
Middle Class: 5'4" to 5'6"  
Tall Class: over 5'6"

Awards for 1st-5th Place Winners  
Awards for 1st-5th Place Winners  
Awards for 1st-5th Place Winners

**WOMEN'S FIGURE MASTERS (35 AND OVER)**

**WOMEN'S NOVICE FIGURE**

**WOMEN'S BIKINI**

Short Class: up to and including 5'4"  
Tall Class: over 5'4"

Awards for 1st-5th Place Winners  
Awards for 1st-5th Place Winners  
Awards for 1st-5th Place Winners

**WOMEN'S BODYBUILDING**

Lightweight: up to and including 125 lbs  
Middleweight: over 125 lbs. and up to 140 lbs  
Heavyweight: over 140 lbs

Awards for 1st-5th Place Winners  
Awards for 1st-5th Place Winners  
Awards for 1st-5th Place Winners

**MEN'S NOVICE**

**MEN'S BODYBUILDING**

Bantamweight: up to and including: 143 ¼ lbs  
Lightweight: over 143 ¼ lbs. and up to 154 ¼ lbs  
Middleweight: over 154 ¼ lbs. and up to 176 ¼ lbs  
Light-Heavyweight: over 176 ¼ lbs. and up to 198 ¼ lbs  
Heavyweight: over 198 ¼ lbs. and up to 225 ¼ lbs  
Super Heavyweight: over 225 ¼ lbs

Awards for 1st-5th Place Winners  
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**MEN'S MASTERS (40 AND OVER)**

**ELIGIBILITY:** All contestants must currently hold a 2009 National Physique Committee Card, or must purchase one (for \$85, payable to National Physique Committee) during registration.

**ENTRY FEE:** \$40 for each division entered if postmarked by **May 21st** or \$50 for each division entered after that date; additional \$15 for crossovers. Make checks payable to Julie Palmer and send to PO box 340466 Columbus, OH 43234-0466

**MUSIC:** Each contestant must furnish a pre-set cassette tape or CD with only their music recorded. Music must not exceed **90 seconds** for bodybuilding and **2 minutes** for fitness. There will NOT be a 60 second presentation during prejudging.

**MISC.:** **ADDITIONAL INFORMATION FOR BODYBUILDERS:**  
The 60 second posing round for bodybuilders during prejudging will be eliminated and all bodybuilders will pose at the evening show. As of 2004, the NPC added two new mandatory poses for Women's Bodybuilding:  
1) Front Lat Spread and 2) Rear Lat Spread.

**WEIGH-IN:** Early weigh in/check in is **Friday, May 29th, 2009**, from **7:00 p.m. - 9:00 p.m** at **Clarion Hotel Westgate NR**. **FINAL CHECK-IN** is **Saturday, May 30th, 2009** from **7:30 a.m. - 9:00 a.m.** at the **Bancroft Student Union**.

**TICKETS:** \$12 for pre-judging and \$30/20 for finals. Tickets may be purchased the day of or by contacting Julie Palmer at julie@juliepalmer.com or call 614-619-5630. Make checks payable to Julie Palmer.

**TRAVEL:** Host hotel is the Clarion Hotel Westgate NR at 3536 Secor Rd. Toledo, OH. Call 419-535-7070 and request for the **"The Ultimate BB, Fitness and Figure Showdown"** discount room rate of \$79 per night by **May 21st, 2009**.

**FOR MORE INFORMATION:** Call 614-619-5630 or e-mail Julie Palmer at julie@juliepalmer.com or log on at **www.juliepalmer.com** or contact Mike Davies at Beefcakedavies@aol.com or call (614)-619-5630.



Please enter me in the **2009 NPC Julie Palmer's Ultimate BB, Fitness and Figure Showdown** to be held on May 30th, 2009 at the Bancroft Student Union at the University of Toledo. Entry fee is \$40.00 if postmarked by May 21st, 2009. \$50.00 after that date. Add \$15 for each additional division entered (crossovers).

Name: \_\_\_\_\_ NPC Card No: \_\_\_\_\_ Expiration: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Check all that apply:**

**Women's Fitness:** up to and including 5'4" \_\_\_\_\_ over 5'4" \_\_\_\_\_ **Women's Figure:** up to and including 5'4" \_\_\_\_\_ 5'4" to 5'6" \_\_\_\_\_ over 5'6" \_\_\_\_\_ **Masters Figure:** (35 and over) \_\_\_\_\_ **Women's Novice:** \_\_\_\_\_ **Women's Bikini:** up to and including 5'4" \_\_\_\_\_ over 5'4" \_\_\_\_\_ **Women's Bodybuilding:** lt wt (up to and incl. 125 lbs.) \_\_\_\_\_ md wt (over 125 to and incl 140lbs.) \_\_\_\_\_ hvy wt (over 140 lbs.) \_\_\_\_\_ **Men's Novice:** \_\_\_\_\_ **Men's Bodybuilding:** bm wt (up to and incl. 143 ¼ lbs.) \_\_\_\_\_ lt wt (over 143 ¼ lbs. to 154 ¼ lbs.) \_\_\_\_\_ md wt (over 154 ¼ lbs. to 176 ¼ lbs.) \_\_\_\_\_ lt hvy wt (over 176 ¼ lbs. to 198 ¼ lbs.) \_\_\_\_\_ hvy wt (over 198 ¼ lbs. to 225 ¼ lbs.) \_\_\_\_\_ sp hvy wt (over 225 ¼ lbs.) \_\_\_\_\_ **Masters (40 and over)** \_\_\_\_\_

In consideration of your acceptance of this entry and fee, I waive and release all rights and claims for damages against the National Physique Committee, the Fitness Factory, Julie Palmer, the Bancroft Student Union and their associates, officials, agents, and employees, or assign by reason of injury or damages which may occur while traveling to or from or participating in this contest. I have read and understand all information on this page. I further agree to abide by the decisions of the National Physique Committee, the respective judges, and Julie Palmer. I declare that all information contained herein is, to the best of my knowledge, true, correct, and complete.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_