

Julie Palmer 2010 NPC Ultimate BB, Bikini, Fitness & Figure Showdown

Saturday
May 29th, 2010



**The
Fitness
Factory**

GNC Live Well.

University of Toledo • Bancroft Student Union
2801 W. Bancroft Toledo, Ohio 43606

Competitor Check-In: 7:30am - 9:00am • Prejudging: 10:00am • Finals: 7:00pm

WOMEN'S FITNESS

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

WOMEN'S FIGURE

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

WOMEN'S FIGURE MASTERS (35 & OVER)

WOMEN'S NOVICE FIGURE

WOMEN'S BIKINI

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

WOMEN'S BODYBUILDING

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

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

MEN'S MASTERS (40 AND OVER)

Awards for 1st-5th Place Winners

ELIGIBILITY: All contestants must currently hold a 2010 National Physique Committee Card, or must purchase one (for \$90, 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 28th, 2010, from 7:00 p.m. - 9:00 p.m.** at the **Hilton Toledo**. **FINAL CHECK-IN** is **Saturday, May 30th, 2010 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 Hilton Toledo at 3100 Glendale Avenue, Toledo, Ohio, United States 43614-2500. Call: 1-419-381-6800 and request the "NPC" discount room rate of \$89 per night by **May 15th, 2010**.

FOR MORE: INFO:

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.