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**MEN'S**

**Bodybuilding**  
6 Classes  
Novice - 2 Classes  
True Novice - 1 Class

**Master's Bodybuilding**  
3 Classes  
40-49 Yrs. Old,  
50-59 Yrs. Old,  
60 Yrs. & Over

**Teenage Bodybuilding**  
1 Class  
18-19 Yrs. Old

**Men's Physique**  
4 Classes  
Novice - 2 Classes  
True Novice - 1 Class

**Master's Physique**  
1 Class  
35 Yrs. Old & Over

**Teenage Physique**  
1 Class  
18-19 Yrs. Old

**Classic Men's Physique**  
3 Classes  
Novice - 1 Class  
True Novice - 1 Class

**Classic Master's Physique**  
1 Class  
35 Yrs. Old & Over

**Classic Teenage Physique**  
1 Class  
18-19 Yrs. Old

**OCT 5<sup>th</sup> 2024**

NPC NATIONAL QUALIFIER, NPC BEN WEIDER NATURAL QUALIFIER  
& NPC UNIVERSE QUALIFIER



**THE KING RETURNS TO CLEVELAND!**

**4X MR. OLYMPIA JAY CUTLER!!!**



All Competitors Receive a Contest T-Shirt and Gym Bag At Check-In!!!



**WOMEN'S**

**NPC Bikini**  
8 Classes  
Novice - 6 Classes  
True Novice - 3 Classes

**Master's Bikini**  
3 Classes  
35-39 Yrs. Old,  
40-49 Yrs. Old,  
50 Yrs. Old & Over

**Teenage Bikini**  
1 Class  
18-19 Yrs. Old

**Collegiate Bikini**  
1 Class  
Currently enrolled in college, full or part time

**Wellness**  
4 Classes  
Novice - 1 Class  
True Novice - 1 Class

**Master's Wellness**  
1 Class  
35 Yrs. Old & Over

**Figure**  
4 Classes  
Novice - 2 Classes  
True Novice - 1 Class

**Master's Figure**  
3 Classes  
35-39 Yrs. Old,  
40-49 Yrs. Old,  
50 Yrs. Old & Over

**Open Women's Physique**  
1 Class

**Master's Women's Physique**  
1 Class

**AVON PERFORMING ARTS CENTER**

37545 DETROIT RD • AVON, OHIO 44011

Prejudging 9:00 am | Finals 5:00 pm

HOST HOTEL: COURTYARD BY MARRIOTT ELYRIA

1755 Travelers Lane, Elyria, Ohio 44035 • 440-284-3000

Special NPC Fall Rate of \$169 thru September 21, 2024

No cancellations after September 25, 2024

MANDATORY CHECK-IN / WEIGH-IN AT COURTYARD BY MARRIOTT ELYRIA FRIDAY, OCT. 4TH • 6-9 PM FRIDAY ONLY - NO EXCEPTIONS!

Contest Coverage Provided by NPC NEWS ONLINE



# \*\* AVON PERFORMING ARTS CENTER! \*\* 37545 DETROIT RD., AVON, OHIO 44011 • FREE PARKING!!

Produced by Dave Liberman • (440) 942-5634 • [www.daveliberman.com](http://www.daveliberman.com)  
and by Todd Pember • (440) 984-2762



## ELIGIBILITY:



Purchase NPC Card Here.

## CROSSOVERS:

## BACKSTAGE: POSING:

## MUSIC:

### \*You MUST have a 2024 NPC card\*

Open to anyone in the U.S.A. with a current NPC card. 2024 NPC membership cards are \$150 and can be obtained at [www.npcnews.com](http://www.npcnews.com) and by calling the NPC office at 1-412-276-5027. **PLEASE NOTE** - Previous Overall winners of the NPC Natural Northern USA in the past 5 years are not eligible to compete. Previous winners of the Men's Physique, Overall Master's Men, Overall Master's Figure and Master's Bikini, Teenage Winners of the NPC Natural Northern USA in the past 5 years are not eligible to compete in those divisions, however they ARE eligible to compete in other divisions they have not won previously. **Contestants must NOT have used illegal or prescription performance enhancing drugs, including anabolic steroids, diuretics and clenbuterol (Testosterone and Hormone Replacement Therapy will fail the test) \*FULL DRUG TESTING DETAILS ON NPCNEWSONLINE.COM\***

- **CROSSOVERS ARE WELCOME BETWEEN ALL DIVISIONS!**  
(Crossover means competing in more than one division - fees apply)
- Wellness, Women's Physique, Figure & Bikini Competitors CAN crossover! Men's Physique, Classic Physique and Bodybuilding CAN crossover!

**COMPETITORS & ONLY TRAINERS WHO PURCHASE A "TRAINERS PASS" PERMITTED BACKSTAGE.**  
ALL BODYBUILDING, CLASSIC PHYSIQUE AND WOMEN'S PHYSIQUE COMPETITORS WILL BE PERFORMING THEIR 60 SECONDS FREE-POSING ROUTINE AT FINALS. ALL MUSIC FOR FINALS ROUTINES FOR BODYBUILDING, CLASSIC PHYSIQUE, & WOMEN'S PHYSIQUE WILL PERFORM THEIR 60 SECOND POSING ROUTINE TO THEIR MUSIC. ALL MUSIC FOR THE FINALS ROUTINES FOR BODYBUILDING, CLASSIC MEN'S PHYSIQUE AND WOMEN'S PHYSIQUE WILL START EITHER ON STAGE OR OFFSTAGE. FINALS-ALL BODYBUILDING & WOMEN'S PHYSIQUE WILL PERFORM THEIR 60 SECOND POSING ROUTINE TO THEIR MUSIC. MUSIC SHOULD BE EITHER DOWNLOADED TO MUSCLEWARE (EMAIL YOU RECEIVE TO CONFIRM YOUR ENTRY) OR BROUGHT WITH YOU ON A STICK DRIVE AT CHECK-INS ON FRIDAY, MARCH 31ST YOUR MUSIC CANNOT CONTAIN ANY OBSCENE OR VULGAR WORDS. WE RESERVE THE RIGHT TO REJECT ANY MUSIC. MUSIC WILL BE PROVIDED BY PROMOTER FOR FIGURE, BIKINI AND MEN'S PHYSIQUE AND WELLNESS.

## NOVICE DIVISIONS!

**NOVICE DIVISIONS** - Competitors who have not placed 1st in their division in an NPC Contest.

**TRUE NOVICE DIVISIONS** - First time competitors in that division only!

**BODYBUILDING - 2 CLASSES:** LIGHTWEIGHT - Up to & Including 176 lbs • HEAVYWEIGHT - Over 176 lbs  
**CLASSIC PHYSIQUE - 1 CLASS**  
**MEN'S PHYSIQUE - 2 HEIGHT CLASSES:** CLASS A - Up to & Including 5'8", CLASS B - Over 5'8"  
**FIGURE - 2 HEIGHT CLASSES:** CLASS A - Up to & Including 5'4", CLASS B - Over 5'4"  
**WELLNESS - 1 CLASS**  
**BIKINI - 6 HEIGHT CLASSES:** CLASS A - Up to 5'1" • CLASS B - Over 5'1" to 5'2.5"  
CLASS C - Over 5'2.5" to 5'4" • CLASS D - Over 5'4" to 5'5.5" • CLASS E - Over 5'5.5" to 5'7" • CLASS F - Over 5'7"  
**TRUE NOVICE DIVISIONS: BIKINI, WELLNESS, FIGURE, MEN'S PHYSIQUE, CLASSIC PHYSIQUE, BODYBUILDING**  
\*\*Novice Classes could be added as competitor numbers increase. Check [www.daveliberman.com](http://www.daveliberman.com) for updates\*\*  
**\*\*NOVICE AND "TRUE NOVICE" COMPETITOR'S CAN CROSSOVER!\***

**BACKSTAGE TRAINER PASS** - \$160 which includes a ticket to both Prejudging and Finals. Trainers Pass may be purchased through PayPal until 9-28-2024 and at Check-Ins  
**\*All coaches or trainers must have a 2024 NPC card .**

## NPC WELLNESS DIVISION (National Qualifier)

**3 Open Height Classes, 1 Master's 35 & Over, 1 Novice, 1 True Novice Classes.** NPC Wellness division is for females with athletic physique's that showcase more body mass in the hips, glutes and thigh areas. The upper body is developed but not to the same degree as the lower body.  
**CROSSOVER'S from NPC WELLNESS to other divisions ARE ALLOWED and encouraged!!!**

## CLASSIC MEN'S PHYSIQUE (National Qualifier)

**Classic Men's Physique Suits** - Black spandex posing trunks which can be found on: NPCNewsOnLine.com.  
**PREJUDGING POSES** - \* Quarter Turns \* Front Double Bicep \* Side Chest \* Back Double Biceps \* Abdominals and Thighs \* Favorite Classic Pose (NO "most muscular")

**FINALS POSING** - ALL competitors will perform a 60 second posing routine to their music up to a maximum 60 seconds.

### 3 Classic Men's Physique Classes Include:

#### DIVISION "A" - (UP TO AND INCLUDING 5'7"):

- \*Up to & including 5'4" with a bodyweight up to & including 167 lbs
- \*Over 5'4" up to & including 5'5" with a bodyweight up to & including 172 lbs
- \*Over 5'5" up to & including 5'6" with a bodyweight up to & including 177 lbs
- \*Over 5'6" up to & including 5'7" with a bodyweight up to & including 182 lbs

#### CLASS B - (OVER 5'7", UP TO AND INCLUDING 5'10"):

- \*Over 5'7" up to & including 5'8" with a bodyweight up to & including 187 lbs
- \*Over 5'8" up to & including 5'9" with a bodyweight up to & including 194 lbs
- \*Over 5'9" up to & including 5'10" with a bodyweight up to & including 202 lbs

#### CLASS C - (OVER 5'10"):

- \*Over 5'10" up to & including 5'11" with a bodyweight up to & including 209 lbs
- \*Over 5'11" up to & including 6'0" with a bodyweight up to & including 217 lbs
- \*Over 6'0" up to & including 6'1" with a bodyweight up to & including 224 lbs
- \*Over 6'1" up to & including 6'2" with a bodyweight up to & including 232 lbs
- \*Over 6'2" up to & including 6'3" with a bodyweight up to & including 239 lbs
- \*Over 6'3" up to & including 6'4" with a bodyweight up to & including 246 lbs
- \*Over 6'4" up to & including 6'5" with a bodyweight up to & including 253 lbs
- \*Over 6'5" up to & including 6'6" with a bodyweight up to & including 260 lbs
- \*Over 6'6" up to & including 6'7" with a bodyweight up to & including 267 lbs

\*\*NO refunds for any athlete that does not make weight. Any competitor who doesn't make weight can compete in Bodybuilding and/or Men's Physique.\*\* **Classic Physique Competitors CAN Crossover. More information can be found on [www.npcnews.com](http://www.npcnews.com)**

**FOR BODYBUILDING, WOMEN'S PHYSIQUE, CLASSIC MEN'S PHYSIQUE, FIGURE, WELLNESS & BIKINI, RULES & REGULATIONS log onto: [www.NPCNewsOnLine.com](http://www.NPCNewsOnLine.com)**

**BIKINI & WELLNESS COMPETITORS** - MUST wear their suits to check-in's. NO thongs or T-back swimsuits allowed!

**FIGURE COMPETITORS** - MUST bring their suits to check-in's.

**BODYBUILDING & MEN'S CLASSIC PHYSIQUE** - Weigh-in wearing their posing trunks.

## SPRAY TANNING:



OlympiaTan  
**MAKE-UP & HAIR SERVICES:**

"OLYMPIA TAN" is exclusive to our NPC events. No other spray tanning, make-up or hair service is permitted at Host Hotel or contest venue. **FRIDAY, OCTOBER 4th**, "Olympia Tan" will start spray tanning from 1-9 PM **FRIDAY, OCTOBER 4th** AND on **SATURDAY, OCTOBER 5th** at the Hampton Inn - 1795 Lorain Blvd., Elyria, OH 44036 (next to Host Hotel, Courtyard Marriott, Elyria). **BOOK YOUR APPOINTMENT ASAP at: [www.olympiatan.com](http://www.olympiatan.com).** For additional info e-mail: [mike@olympiatan.com](mailto:mike@olympiatan.com) or call **412-298-5052**.

**THE ESCAPE SALON AND STUDIO ON-SITE GLAM TEAM • 440 230 (HAIR) 4247 • [Littlehairstyler@mac.com](mailto:Littlehairstyler@mac.com)**

## CONTRIBUTING SPONSORS



# THE 2024 NPC NATURAL NORTHERN USA CHAMPIONSHIPS

## SATURDAY, OCTOBER 5, 2024 • AVON PERFORMING ARTS CENTER

### DRUG TESTING:

**ATHLETES DRUG TESTING PROTOCOL:** Men & Women athletes will be randomly drug tested throughout Prejudging and Finals. Competitors will be drug tested at Prejudging immediately following their class (crossovers get tested after their last crossover class) *Contestants must NOT have used illegal or prescription performance enhancing drugs, including anabolic steroids, diuretics and clenbuterol (Testosterone and Hormone Replacement Therapy will fail the test).* \*FULL DRUG TESTING DETAILS ON NPCNEWSONLINE.COM\* It is the athletes' responsibility to notify the promoters if they placed 1st in any open class and were not drug tested! If any athletes place 1st in any open class and leaves the auditorium without being tested, they will be disqualified.

If drug tested, you must wear only your posing suit. No shoes, jackets, sweatsuits or hats will be permitted in drug testing area. You MUST list all legal, over the counter supplements in the space provided on online Muscwear entry \*By signing the entry, you are agreeing to allow promoters to post on [www.daveliberman.com](http://www.daveliberman.com), any drug test failures including names, competitor number, photo and actual copy of drug test results.\*

**ALL DRUG TESTS RESULTS ARE FINAL.** Even if you feel the test results are incorrect, by signing the entry form, you agree to let the drug testing company's result stand. If you test positive for anabolic steroids, diuretics or clenbuterol, you are disqualified and **MUST** repay your drug test fee and ship your award to whomever we designate and pay all fees.

**\*FULL DRUG TESTING DETAILS ON NPCNEWSONLINE.COM\***

- **HUGE** Trophies presented to the top five places in each class and one Overall Trophy awarded in the Open Divisions!
- The Overall Open Champions receive a 7" overall trophy, photo in *NPCNewsOnline.com*, and photos on entries and posters for 2023!
- **Guaranteed awards to all competitors who enter before SEPTEMBER 23rd, 2023.**
- **Every Competitor Receives:** Competitor's gym bag, competitor's award (while supplies last), their photo on [npcnewsonline.com](http://npcnewsonline.com).

### AWARDS & PUBLICITY:

### ENTRY FEE:

**ENTRY FEE** is \$130 per class through September 14, 2024. (crossovers welcome)  
**LATE FEE AFTER SEPTEMBER 14, 2024** an additional \$30.00 = \$160.00 (crossover class \$130.00 per class)  
**ENTRY DAY OF CHECK-IN'S, FRIDAY, SEPTEMBER 14th, \$190.00** (crossover class \$130.00 per class) **CASH ONLY - NO EXCEPTIONS.**  
 Entry confirmation & receipt will come from [muscwear.com](http://muscwear.com)

**ATTENTION COMPETITORS:** Anyone securing a **NEW** Sponsor will be compensated accordingly. Contact promoters for details.

**\*NO REFUNDS OR EXCHANGES ON THE ENTRY FEE!**

### MANDATORY CHECK-IN/WEIGH-IN:

**ALL COMPETITORS - MANDATORY CHECK-INS/WEIGH-INS FRIDAY, OCTOBER 4TH BETWEEN 6:00PM - 9:00PM AT THE COURTYARD MARRIOTT - 1755 Travelers Ln. • Elyria, Ohio 44035** \* **IMPORTANT NOTE: BODYBUILDING, CLASSIC PHYSIQUE AND WOMEN'S PHYSIQUE COMPETITORS CAN DOWNLOAD MUSIC ON YOUR MUSCLEWEAR CONFIRMATION EMAIL OR BRING MUSIC ON MEMORY STICK TO CHECK-INS ON FRIDAY.\*** Airbrush tanning by Olympia Tan at the Hampton Inn (next to Courtyard Marriott). Please schedule an appointment in advance at [www.olympiatan.com](http://www.olympiatan.com).

### IMPORTANT NOTE!!

**NO DAY OF CONTEST CHECK-INS ON SATURDAY, OCTOBER 5th! NO EXCEPTIONS!**

**ALL MEN & WOMEN COMPETITORS MUST** be at the Avon Performing Arts Center by 7:45 AM for MANDATORY COMPETITORS MEETING! **PREJUDGING: 9:00 AM** (doors open to public 8:15 AM)

**AT AVON PERFORMING ARTS CENTER**  
 37545 Detroit Road  
**NPC OFFICIALS:** 419-451-1011

**Meet Chairman:** NPC Ohio State Chairman Rick Bayardi. Any questions concerning NPC rules & regulations, contact Rick at 740-859-6053 [rickbayardi@comcast.net](mailto:rickbayardi@comcast.net)

### ATHLETES MEETING:

**MANDATORY - 8:00 AM SHARP ALL COMPETITORS! AVON PERFORMING ARTS CENTER**

**\*\* All Competitors MUST sign the NPC Disclaimer provided at Check-Ins \*\***

**\*\*\*Be sure to check on [www.daveliberman.com](http://www.daveliberman.com) for IMPORTANT updates and possible changes\*\*\***

## ★★ THE COURTYARD MARRIOTT IS THE OFFICIAL CONTEST HOST HOTEL ★★



**COURTYARD**  
 BY MARRIOTT  
 Elyria, Ohio

**Make reservations early!!**  
 \*\*ANY PROBLEMS SECURING HOTEL RESERVATION OR RECEIVING THE SPECIAL NPC FALL RATES OF \$169 PER NIGHT, CONTACT DAVE LIBERMAN 440-942-5634

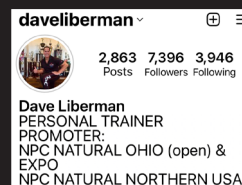
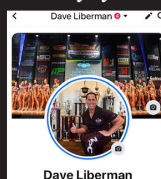
Ask for Special NPC Fall Rate \$169.00 thru September 21, 2024.  
 \*No Cancellations after September 21, 2024 \*

THE COURTYARD MARRIOTT *Ask for the special NPC Fall rate of \$169.00 per night thru Sept. 21, 2024*  
 1755 Travelers Ln.  
 Elyria, Ohio 44035  
 440-284-3000  
[www.daveliberman.com](http://www.daveliberman.com)

THE OFFICIAL CONTEST PHOTOGRAPHER IS



For up to date info follow Dave Liberman on Facebook and Instagram



## TICKETS

**ALL ADVANCED TICKETS PURCHASED THROUGH SEPT. 21ST WILL BE MAILED! TICKETS PURCHASED AFTER SEPT. 21ST THROUGH SEPT. 28TH WILL BE HELD AT THE BOX OFFICE WILL CALL ON OCT. 5TH AT AVON PERFORMING ARTS CENTER. DUE TO LIMITED SEATS AVAILABLE, WE SUGGEST PURCHASING ADVANCED TICKETS**

Advance Tickets by Mail, send money order (NO CHECKS) payable to:  
 Todd Pember  
 202 Sleepy Hollow Dr. Amherst, OH 44001

**PREJUDGING = 9:00 AM** (doors open to public 8:15 AM)  
**FINALS = 5:00 PM** (doors open to public 4:15 PM)

**TRAINER'S PASS- \$160**  
 which includes a ticket to both Prejudging and Finals  
 \*All coaches or trainers must have a 2024 NPC card.

**TICKETS DAY OF EVENT CASH ONLY AT BOX OFFICE**  
 EACH PREJUDGING = \$25.00  
 EACH FINALS = \$35: ALL TICKETS ARE GENERAL ADMISSION SEATING



Credit Card orders through **PayPal** ((3.5% + .49cents per ticket Paypal processing fee) log onto [www.daveliberman.com](http://www.daveliberman.com) to place an order. Credit Card orders will be available until 9/28/2024. **There are no refunds or exchanges on tickets.**

# 2024 NPC NATURAL NORTHERN USA CHAMPIONSHIPS

## SATURDAY, OCTOBER 5, 2024 • AVON PERFORMING ARTS CENTER

### ENTRY INFORMATION

**All ENTRY REGISTRATION is ONLINE at [www.daveliberman.com](http://www.daveliberman.com)**

*\*Special needs (i.e., is a service dog or other assistance necessary, must notify promoter 2 weeks before event) \*NOTE-email is the only way you will receive confirmation of entry from musculware.com. Please add to safe sender list.*

#### **MEN** (National Qualifier)

**\*Classes may be added as competitor numbers increase!\***

#### **MEN'S BODYBUILDING CHAMPIONSHIPS 6 Classes**

Bantamweight - up to 143-1/4 lbs.

Lightweight - Over 143-1/4 lbs. up to and incl. 154-1/4 lbs.

Welterweight - Over 154-1/4 lbs up to and incl. 165-1/4 lbs

Middleweight - Over 165-1/4 lbs. up to and incl. 176-1/4 lbs.

Light-Heavyweight - Over 176-1/4 lbs. up to and incl. 198-1/4 lbs.

Heavyweight - 198-1/4 lbs. and over

**Novice** - under 176lbs • over 176lbs **2 Classes**

**True Novice** - **1 Class**

#### **MASTER'S - MEN'S BODYBUILDING 3 Classes**

*(can cross over to multiple classes, ie a 60 yr old can compete in the 50 and 40 class)*

40 yrs old & over • 50 yrs old & over • 60 yrs old & over

#### **TEENAGE MEN'S BODYBUILDING 1 Class**

18-19 yrs old

#### **MEN'S PHYSIQUE 4 Classes**

Class **A** - Up to & Incl. 5'6"

Class **B** - Over 5'6" up to & incl. 5'8"

Class **C** - Over 5'8" up to & incl. 5'10"

Class **D** - Over 5'10"

#### **Novice - 2 Classes**

Class A Up to & including 5'8"

Class B Over 5'8"

**True Novice** - **1 Class**

#### **TEENAGE MEN'S PHYSIQUE**

18-19 yrs old **1 Class**

#### **MASTER'S MEN'S PHYSIQUE**

35 yrs old and over **1 Class**

#### **CLASSIC MEN'S PHYSIQUE 3 Classes**

A • B • C • \*Divisions on page 2

**Novice 1 Class**

**True Novice 1 Class**

**Master's** 35 yrs & over **1 Class**

**Teenage** 18-19yrs old **1 Class**

#### **WOMEN** (National Qualifier)

**\*Classes may be added as competitor numbers increase!\***

#### **WOMEN'S FIGURE COMPETITION 4 Classes**

Class **A** - Up to & incl. 5'2"

Class **B** - Over 5'2" up to & incl. 5'4"

Class **C** - Over 5'4" up to & incl. 5'6"

Class **D** - Over 5'6"

#### **Novice - 2 Classes**

Class A Up to and including 5'4"

Class B Over 5'4"

**True Novice** - **1 Class**

#### **MASTER'S WOMEN'S FIGURE COMPETITION 3 Classes**

*(can cross over to multiple classes, ie a 50 yr old can compete in the 40 and 35 class)*

35 yrs old & over

40 yrs old & over

50 yrs old & over

#### **WOMEN'S OPEN PHYSIQUE 1 Class**

**WOMEN'S MASTER'S PHYSIQUE 1 Class** 35 & over

#### **BIKINI COMPETITION - 8 Classes**

CLASS **A** - Up to 5'1"

CLASS **E** - Over 5'4" to 5'5"

CLASS **B** - Over 5'1" to 5'2"

CLASS **F** - Over 5'5" to 5'6"

CLASS **C** - Over 5'2" to 5'3"

CLASS **G** - Over 5'6" to 5'7"

CLASS **D** - Over 5'3" to 5'4"

CLASS **H** - Over 5'7"

#### **NOVICE BIKINI - 6 Classes**

CLASS **A** - Up to 5'1"

CLASS **D** - Over 5'4" to 5'5.5"

CLASS **B** - Over 5'1" to 5'2.5"

CLASS **E** - Over 5'5.5" to 5'7"

CLASS **C** - Over 5'2.5" to 5'4"

CLASS **F** - Over 5'7"

#### **TRUE NOVICE BIKINI 3 Classes**

Class A Up to and incl. 5'4"

Class B Over 5'4" and up to & incl. 5'6"

Class C Over 5'6"

#### **MASTER'S - BIKINI 3 Classes**

*(can cross over to multiple classes, ie a 50 yr old can compete in the 40 and 35 class)*

35 yrs old & over, 40 yrs old & over

50 yrs old & over

#### **TEENAGE - BIKINI 18-19 yrs old 1 class**

**COLLEGIATE - BIKINI 1 Class** Currently enrolled in college, full or part time.  
Must bring college ID to checkins

#### **NPC WELLNESS 3 Classes**

Class **A** - Up to & incl. 5'4"

Class **B** - Over 5'4" up to & incl. 5'6"

Class **C** - Over 5'6"

**TRUE NOVICE • NOVICE • MASTER'S WELLNESS 35 & over**

**YOU MUST list all LEGAL supplements used in preparation for this competition in your online registration. You will fail test if taking Anabolic steroids, Clenbuterol, Prescription Diuretics, Testosterone, Hormone Replacement Therapy. \*FULL DRUG TESTING DETAILS ON NPCNEWSONLINE.COM\***  
**PLEASE NOTE:** Any contestant failing the drug test will be responsible for the expense of the failed drug test and any expenses incurred in shipping awards back to promoters.

**COMPETITORS MUST BE AT LEAST 18 YRS OLD OR OLDER TO COMPETE IN THE NPC**

• Entry / Registration online only at [www.daveliberman.com](http://www.daveliberman.com)

**BRING PHOTOCOPY OF CURRENT DRIVERS LICENSE AT CHECKINS**

• ENTRY FEE is \$130 per class through SEPT. 14, 2024 (crossovers welcome) plus 4% processing fee

• AFTER SEPT. 14, 2024 an additional \$30.00 LATE FEE = \$160.00 (crossover class \$130.00 per class)

★ Enter before Sept. 14, 2024 and save as much as \$60! ★

**ONLINE Entry registration ends Wednesday, October 2, 2024**

Entries accepted at check-ins on Friday, October 4, 2024 for \$190 for one class OR \$310 to crossover and compete in two classes

**\* NO REFUNDS OR EXCHANGES ON THE ENTRY FEE! \***

*You will receive a confirmation email from musculware.com.*