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

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. Old & 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
True Novice - 1 Class

Classic Teenage Physique

1 Class
18-19 Yrs. Old



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

AVON PERFORMING ARTS CENTER

37545 DETROIT RD, AVON OHIO 44011

Prejudging 9:00am | Finals 5:00pm

HOST HOTEL: COURTYARD BY MARIOTT ELYRIA

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

Special NPC Fall Rate of \$169 through April 6, 2024.

No cancellations after April 10, 2024

Entry, Tickets & Sponsorship/Vendor Info:

www.DAVELIBERMAN.com

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
35 Yrs. Old & Over

MANDATORY CHECK-IN / WEIGH-IN AT COURTYARD BY MARIOTT ELYRIA Friday, April 19th • 6pm - 9pm 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
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 can be obtained at www.npcnewsonline.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 Ohio 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 for at least one year (some prescriptions like heart medications may have diuretics also Testosterone and Hormone Replacement Therapy will fail the test)**

- **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 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 4-13-2024 and at Check-Ins ***All coaches or trainers must have a 2024 NPC card .**

NPC WELLNESS DIVISION

(National Qualifier)

4 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 6'0" up to & including 6'1" with a bodyweight up to & including 224 lbs

*Over 6'2" up to & including 6'3" with a bodyweight up to & including 239 lbs

*Over 6'4" up to & including 6'5" with a bodyweight up to & including 253 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.npcnewsonline.com**

*Over 5'11" up to & including 6'0" with a bodyweight up to & including 217 lbs

*Over 6'1" up to & including 6'2" with a bodyweight up to & including 232 lbs

*Over 6'3" up to & including 6'4" with a bodyweight up to & including 246 lbs

*Over 6'5" up to & including 6'6" with a bodyweight up to & including 260 lbs

*Over 6'7" with a bodyweight up to & including 274 lbs

FOR BODYBUILDING, WOMEN'S PHYSIQUE, CLASSIC MEN'S PHYSIQUE, FIGURE, WELLNESS & BIKINI, RULES & REGULATIONS

log onto: 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:



LIQUID SUNRAYZ
MAKE-UP & HAIR SERVICES:

"LIQUID SUNRAYZ" is exclusive to our NPC events. No other spray tanning, make-up or hair service is permitted at Host Hotel or contest venue. **FRIDAY, APRIL 19th**, "LSR" will start spray tanning from 1- 9 PM **FRIDAY, APRIL 19th** AND on **SATURDAY, APRIL 20th** at the Hampton Inn - 1795 Lorain Blvd., Elyria, OH 44036 (next to Host Hotel, Courtyard Marriott, Elyria). **BOOK YOUR APPOINTMENT ASAP at: www.liquidsunrayz.com** and click onto "book now" link. For additional info e-mail: info@liquidsunrayz.com or call **1-844-SUN-RAYZ (844-786-7299)**.

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THE 2024 NPC NATURAL OHIO CHAMPIONSHIPS

SATURDAY, APRIL 20, 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 for at least one year (some prescriptions like heart medications may have diuretics also Testosterone and Hormone Replacement Therapy will fail the test*

MEN ONLY!!! It is the athletes' responsibility to notify the promoters if they placed in the top 3 and were not drug tested! If any athletes place in the top 3 of any class and leaves the auditorium without being tested, they will be disqualified.

WOMEN ONLY!!! It is the athletes' responsibility to notify the promoters if they placed in the top 2 and were not drug tested! If any athletes place in the top 2 of any 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, 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.

- **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"5" 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.

AWARDS & PUBLICITY:

ENTRY FEE:

ENTRY FEE is \$125 per class through March 30, 2024. (crossovers welcome)

LATE FEE AFTER MARCH 30, 2024 an additional \$30.00 = \$155.00 (crossover class \$125.00 per class)

ENTRY DAY OF CHECK-IN'S, FRIDAY, APRIL 19th, \$185.00 (crossover class \$125.00 per class) CASH ONLY - NO EXCEPTIONS.

Entry confirmation & receipt will come from 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, APRIL 19TH 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 Liquid Sun Rayz at the Hampton Inn (next to Courtyard Marriott). Please schedule an appointment in advance at liquidsunrayz.com.

IMPORTANT NOTE!!

NO DAY OF CONTEST CHECK-INS ON SATURDAY, APRIL 20th! NO EXCEPTIONS!

AT AVON PERFORMING ARTS CENTER

37545 Detroit Road
Avon, Ohio 44011

NPC OFFICIALS:

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)

Meet Chairman: NPC Ohio State Chairman Rick Bayardi. Any questions concerning NPC rules & regulations, contact Rick at 740-859-6053 rlickbayardi@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 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 SPRING RATES OF \$159 PER NIGHT, CONTACT DAVE LIBERMAN 440-942-5634

Ask for Special NPC Spring Rate \$169.00 thru April 6, 2024. *No Cancellations after April 6, 2024 *

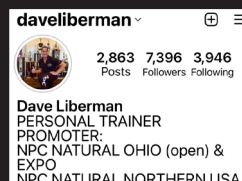
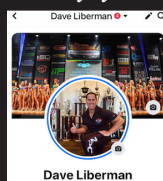
THE COURTYARD MARRIOTT
1755 Travelers Ln.
Elyria, Ohio 44035
440-284-3000
www.daveliberman.com

Ask for the special NPC Spring rate of \$169.00 per night thru April 6, 2024

THE OFFICIAL CONTEST PHOTOGRAPHER IS

MARANDI PRODUCTIONS
PHYSIQUE PHOTOGRAPHY
EMAIL - TURBANATOR_85@YAHOO.COM / PHONE - 614-406-2722

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



TICKETS

ALL ADVANCED TICKETS PURCHASED THROUGH MARCH 30TH WILL BE MAILED! TICKETS PURCHASED AFTER MARCH 30TH THROUGH APRIL 13TH WILL BE HELD AT THE BOX OFFICE WILL CALL ON APRIL 20TH 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 to place an order. Credit Card orders will be available until 4/13/2024. **There are no refunds or exchanges on tickets.**

2024 NPC NATURAL OHIO CHAMPIONSHIPS

SATURDAY, APRIL 20, 2024 • AVON PERFORMING ARTS CENTER

ENTRY INFORMATION

All ENTRY REGISTRATION is ONLINE at 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 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"

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.

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

BRING PHOTOCOPY OF CURRENT DRIVERS LICENSE AT CHECKINS

• ENTRY FEE is \$125 per class through MARCH 30, 2024 (crossovers welcome) plus 4% processing fee

• AFTER MARCH 30, 2024 an additional \$30.00 LATE FEE = \$155.00 (crossover class \$125.00 per class)

★ Enter before March 30, 2024 and save as much as \$60! ★

ONLINE Entry registration ends Wednesday, April 17, 2024

Entries accepted at check-ins on Friday, April 19, 2024 for \$185 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.