

**NPC**

# MID-ILLINOIS

**BODYBUILDING • FIGURE • BIKINI • PHYSIQUE CHAMPIONSHIPS**

**SATURDAY, APRIL 1, 2017 • OTTAWA, IL**

**CLASSES:**

- MIXED PAIRS: 1 CLASS
- TEEN MEN BB : 1 CLASS
- MASTERS MEN BB: OVER 35, 45 & 55
- MASTERS MEN PHYSIQUE: OVER 35
- MENS PHYSIQUE: 4 HEIGHT CLASSES
- MENS CLASSIC PHYSIQUE: 3 CLASSES
- MEN BB: 4 WEIGHT CLASSES
- WOMENS PHYSIQUE: 1 CLASS
- MASTERS FIGURE: OVER 35, 45
- FIGURE: 3 HEIGHT CLASSES
- MASTERS BIKINI: OVER 35
- BIKINI: 4 HEIGHT CLASSES

★ COACHES PASS

**Place**

Ottawa High School Auditorium  
211 East Main Street  
Ottawa, Illinois 61350

**Time**

Registration: 9:00 AM  
Prejudging: 11:00 AM  
Finals Show: 6:00 PM

**Tickets**

Prejudging: \$20.00 Gen'l Admission  
Finals: \$40.00 Reserved



**IFBB PRO**

**AUTUMN SWANSON**

**INFORMATION:**

Jeff Johnson  
FLEX GYM EVENT PROMOTIONS  
2707 Everette Road  
Ottawa, IL 61350  
815.228.4346  
jeffj@flexgymonline.com

**LIMITED SEATING**

(For BEST Seats Get Your Tickets Early)  
Tickets will be available at the door  
Internet Coverage &  
Photos published at  
FLEXGYMONLINE.com

**Host Hotel:**

Super 8 Motel  
500 E. Etna Rd. Ottawa  
815-434-2888

**Order By Mail**

Bank Check or  
Money order ONLY  
Absolutely No Refunds

★ **NATIONAL QUALIFIER** ★

# 2017 NPC MID-ILLINOIS BODYBUILDING • FIGURE • BIKINI • PHYSIQUE CHAMPIONSHIPS

MIXED PAIRS • WOMENS PHYSIQUE • MASTERS BIKINI • BIKINI • MASTERS FIGURE • FIGURE • MASTERS MEN BODYBUILDING  
MASTERS MEN PHYSIQUE • MENS PHYSIQUE • TEEN MEN BODYBUILDING • MEN BODYBUILDING • MENS CLASSIC PHYSIQUE

**Date:** Saturday, April 1, 2017

**Time:** Check in 9 AM, Prejudging 11 AM, Evening Show 6 PM

**Place:** Ottawa Township High School Auditorium, 211 E. Main, Ottawa, Illinois 61350

**Contest Director:** Jeff Johnson 815.228.4346, 2707 Everette Rd, Ottawa, Illinois 61350, jeffj@flexgymonline.com

**Eligibility:** All Competitors: 1) Each competitor must be currently registered with the NPC and to meet this requirement, he/she must present his/her current NPC card, current NPC receipt, or purchase a NPC card at this competition. 2) Each competitor must be an amateur in good standing with the NPC. **MASTERS COMPETITORS:** Each competitor in this Division also: A) Must have reached his 35th/45th/55th birthday by day of show. B) Must provide proof of age with a birth certificate, driver's license or state ID. **MIXED PAIRS:** Each entry in this Division must consist of a male & female combination and can be from any of the mens or womens divisions. **TEEN MEN:** Must have reached his 13th birthday, but not his 20th birthday by day of show. Must provide proof of age with a birth certificate, driver's license or state ID.

**Divisions:** **MEN BB** • 4 Classes: **LIGHTWEIGHT** 154 1/4 & under, **MIDDLEWEIGHT** over 154 1/4 - 176 1/4, **LIGHTEAVY** over 176 1/4 - 198 1/4, **HEAVYWEIGHT** over 198 1/4  
**MIXED PAIRS** • 1 Class  
**TEEN MEN BB** • 1 Class: 13 - 19  
**MASTERS MEN BB** • 3 Classes: 35 - 44, 45 - 54, 55 & over  
**MENS PHYSIQUE** • 4 Height Classes: **A** 5' 6" & under **B** over 5' 6" to 5' 8" **C** over 5' 8" to 5' 11" **D** over 5' 11"  
**MASTERS MEN PHYSIQUE** • 1 Class: over 35  
**FIGURE** • 3 Height Classes: **A** 5' 4" & under **B** over 5' 4" to 5' 6" **C** over 5' 6"  
**MASTERS FIGURE** • 2 Classes: 35 - 44, 45 & over  
**BIKINI** • 4 Height Classes: **A** 5' 2" & under **B** over 5' 2" to 5' 4" **C** over 5' 4" to 5' 6" **D** over 5' 6"  
**MASTERS BIKINI** • 1 Class: over 35  
**WOMENS PHYSIQUE** • 1 Class  
**MENS CLASSIC PHYSIQUE** • 3 Height \ Weight Classes  
Requirements for height and weight categories can be found on the NPC website: npcnewsonline.com along with competition rules.

**Awards:**

- Overall Mixed Pairs Winners will receive **Excalibur Swords**
- Overall Winners also receive custom **Sculpture Trophies & Contest Title Jackets**
- **Custom Sculpture Trophies** for the top five in each class
- All competitors will receive a **Contest T-shirt & Souvenir Program**

**Rules:** Light oil permitted. Any contestant who competes in prejudging must also compete in the evening show. All athletes must exhibit good sportsmanship at all times.  
**Current NPC rules apply. NO TANNING DYES ALLOWED IN BUILDING.**  
*Competition Guidelines and Confirmation letter will be emailed upon receipt of entry.*

**Music:** All Mixed Pairs, Bodybuilding, Mens Classic Physique and Womens Physique contestants will provide their own music, pre-recorded on quality CD for their individual posing routine. Free posing in the prejudging will be eliminated and, free posing in the evening show will be 60 seconds with music. Mixed Pairs will have 90 seconds with music at both prejudging and finals. Mens Physique, Womens Masters, Figure and Bikini will pose to house music. (All competitors will pose at the finals.)

**Schedule:** MORNING CHECK IN: All competitors - 9 AM. PREJUDGING: 11 AM. EVENING SHOW: 6 PM.

**Entry Fee:** \$100.00 check or money order for each division entered must accompany completed entry form. Entry fees are non-refundable. All entries must be postmarked by March 18<sup>th</sup>, 2017 or a late fee of \$50.00 will be charged.  
Mixed Pairs Entry Fee Will Be Waived if Both Competitors Also Compete Individually. **No Entries Day of Show.**

**Coaches Pass:** Have your coach backstage helping you for prejudging and the finals. For \$120.00 your coach gets a pump up room pass, a ticket to prejudging and finals to help you complete your contest prep.

**Services:** **Spray Tan** - Pro Competition Tanning 815-830-7038  
**Make-Up** - Megan Melone (Megan@meganmelone.com)

**Lodging:** **Host Motel - Super 8 815-434-2888**  
Ottawa Visitors Center Information 1-888-OTTAWA-4

# 2017 NPC MID-ILLINOIS BODYBUILDING • FIGURE • BIKINI • PHYSIQUE CHAMPIONSHIPS

MIXED PAIRS • WOMENS PHYSIQUE • MASTERS BIKINI • BIKINI • MASTERS FIGURE • FIGURE • MASTERS MEN BODYBUILDING  
 MASTERS MEN PHYSIQUE • MENS PHYSIQUE • TEEN MEN BODYBUILDING • MEN BODYBUILDING • MENS CLASSIC PHYSIQUE

## Entry Form / Coaches Pass

Name \_\_\_\_\_ Phone No. \_\_\_\_\_

Address \_\_\_\_\_ E-mail \_\_\_\_\_

City/State/Zip \_\_\_\_\_

### \*ABSOLUTELY NO ENTRIES THE DAY OF SHOW\*

Division (\$100.00 per entry):

Coaches Pass: (\$120.00)

**Mixed Pairs**

**Womens Physique**

**Masters Bikini**

 35 & over

**Coaches Pass**

**Bikini**

- A 5' 2" & under  
 B over 5' 2" to 5' 4"  
 C over 5' 4" to 5' 6"  
 D over 5' 6"

**Masters Figure**

- 35 - 44  
 45 & over

**Figure**

- A 5' 4" & under  
 B over 5' 4" to 5' 6"  
 C over 5' 6"

**Masters Men BB**

- 35 - 44  
 45 - 54  
 55 & over

**Masters Men Physique**

- 35 & over

**Mens Physique**

- A 5' 6" & under  
 B over 5' 6" to 5' 8"  
 C over 5' 8" to 5' 11"  
 D over 5' 11"

**Teen Men BB**

- 13 - 19

**Men BB**

- LTWT 154 1/4 & under  
 MDWT over 154 1/4 to 176 1/4  
 LTWY over 176 1/4 to 198 1/4  
 HVTWT over 198 1/4

**Mens Classic Physique**

- A Ht. \_\_\_\_\_ Wt. \_\_\_\_\_  
 B Ht. \_\_\_\_\_ Wt. \_\_\_\_\_  
 C Ht. \_\_\_\_\_ Wt. \_\_\_\_\_

\_\_\_\_\_  
 (Coaches Name)

In consideration of accepting this entry, I hereby, intending to be legally bound for myself, my heirs, executors and administrators, 1) waive any and all rights and claims for damages I may have against Jeff Johnson, the National Physique Committee of the U.S.A., Inc. (the "NPC"), the Illinois District of the NPC, O.T.H.S., or the agents, employees, representatives or assigns of any of the foregoing persons or entities for any and all injuries or damages I may incur while traveling to and from, or participating in the competition, and 2) certify that I am an amateur in good standing and am eligible to compete in this competition in the Division(s) in which I have entered. I further agree to abide by all decisions of the NPC and declare that all the information contained herein is to the best of my knowledge, true, correct, and complete.

Signature(s) \_\_\_\_\_

(If competitor is a minor under 18 years of age this blank must be signed by parent or legal guardian.)

Send completed entry form and entry fee (check or money order payable to **Jeff Johnson**) to:

**Flex Gym Event Promotions**  
 2707 Everette Rd  
 Ottawa, Illinois 61350

### Ticket Order Form

**LIMITED SEATING • GET YOUR TICKETS EARLY!**

### 2017 NPC MID-ILLINOIS BODYBUILDING • FIGURE • BIKINI PHYSIQUE CHAMPIONSHIPS

Prejudging: \$20.00 Gen'l Adm.  
 (available at door only)

Finals: \$40.00 Reserved

No. Tickets \_\_\_\_\_

Finals \_\_\_\_\_  
 Total Amount \$ \_\_\_\_\_

Tickets will be available at the door. For advance tickets order by March 18th, 2017. Please enclose stamped, self-addressed envelope!!! Make check or money order payable to **Jeff Johnson** and send to:

Flex Gym Event Promotions, 2707 Everette Rd, Ottawa, Illinois 61350.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Order by Mail  
 Bank Check or Money Order Only  
 Absolutely No Refunds

# 2017 NPC MID-ILLINOIS BODYBUILDING • FIGURE • BIKINI • PHYSIQUE CHAMPIONSHIPS

MIXED PAIRS • WOMENS PHYSIQUE • MASTERS BIKINI • BIKINI • MASTERS FIGURE • FIGURE • MASTERS MEN BODYBUILDING  
 MASTERS MEN PHYSIQUE • MENS PHYSIQUE • TEEN MEN BODYBUILDING • MEN BODYBUILDING • MENS CLASSIC PHYSIQUE

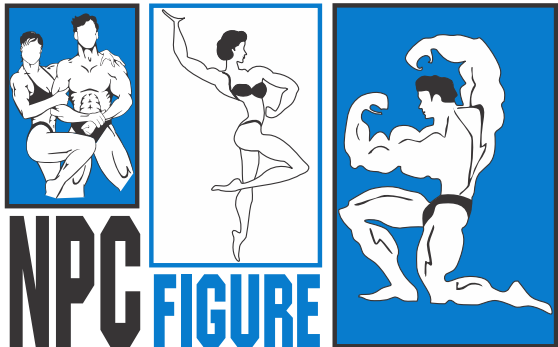
You are invited to participate as a spectator or competitor in the 27<sup>th</sup> Annual Mid-Illinois Bodybuilding, Figure, Bikini, Physique Championships which will take place on Saturday, April 1<sup>st</sup>, 2017 in Ottawa, Illinois. This contest is now a **National Qualifier** and draw's competitors from several states and capacity crowds! Also as one of the few contests in the nation to offer a Mixed Pairs Division we are opening up that class to Classic, Physique, Figure and Bikini pairs competitors that will still perform the standard bodybuilding poses. Making her first appearance guest posing at the Mid-Illinois will be Arnold Classic Women's Physique Champion Autumn Swanson. We look forward to seeing you in Ottawa on April 1<sup>st</sup>.

Promoter,  
 Jeff Johnson

## SPONSORS

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# MID-ILLINOIS NPC FIGURE BODYBUILDING BIKINI & PHYSIQUE CHAMPIONSHIPS



# FLEX GYM EVENT PROMOTIONS OTTAWA, ILLINOIS

OTTAWA