



FLEX GYM ONLINE.COM Presents



SATURDAY, OCTOBER 7TH, 2017 - OTTAWA, IL

NPC CONTINENTAL

- TEEN MEN BB: 1 CLASS
- MASTERS MEN BB: OVER 40 & 50
- NOVICE MEN BB: 1 CLASS
- OPEN MEN BB: 4 WEIGHT CLASSES
- MASTERS CLASSIC PHYSIQUE: OVER 35
- NOVICE CLASSIC PHYSIQUE: 1 CLASS
- OPEN CLASSIC PHYSIQUE: 3 CLASSES
- TEEN MENS PHYSIQUE: 1 CLASS
- MASTERS MEN PHYSIQUE: OVER 35
- NOVICE MEN PHYSIQUE: 1 CLASS
- OPEN MENS PHYSIQUE: 4 HEIGHT CLASSES
- WOMENS PHYSIQUE: 1 CLASS
- MASTERS FIGURE: OVER 35 & 45
- NOVICE FIGURE: 1 CLASS
- OPEN FIGURE: 3 HEIGHT CLASSES
- MASTERS BIKINI: OVER 35
- NOVICE BIKINI: 1 CLASS
- OPEN BIKINI: 4 HEIGHT CLASSES

GUEST POSER



**IFBB PRO
BRANDON
HENDRICKSON**

USA

BODYBUILDING FIGURE • BIKINI • PHYSIQUE CHAMPIONSHIPS

★ NPC NATIONAL QUALIFIER ★

PLACE	TIME & TICKET INFORMATION		
Ottawa Township High School Auditorium 211 E. Main Street Ottawa, Illinois 61350	Registration: 9:00 am Prejudging: 11:00 am Finals Show: 6:00 pm	Order by Mail: Bank Check or Money Order ONLY Absolutely No Refunds	Information: Jeff Johnson FLEX GYM EVENT PROMOTION 2707 Everette Road Ottawa, IL 61350 815.228.4346 jeffj@flexgymonline.com
	Prejudging: \$25 Gen'l Adm* *Available at door only Finals: \$50 Reserved		
HOST HOTEL Super 8 - 815-434-2888 500 E. Etna Rd Ottawa, Illinois 61350			

2017 NPC CONTINENTAL USA Bodybuilding • Figure • Bikini • Physique Championships

Date: Saturday, October 7, 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

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 their 35th/40th/45th/50th birthday by date of show. **B)** Must provide proof of age. **TEEN MEN** must have reached their 13th birthday, but not their 20th birthday by day of show. **NOVICE:** Cannot have won your class.

Divisions:

TEEN MEN BB ♦ 1 Class
MASTERS MEN BB ♦ 2 Classes: 40 - 49, 50 & over
NOVICE MEN ♦ 1 Class
OPEN MEN BB ♦ LTWT 154 1/4 & under ♦ MDWT over 154 1/4 & 176 1/4 ♦ LTHVY over 176 1/4 & 198 1/4 ♦ HVYWT over 198 1/4
MASTERS CLASSIC PHYSIQUE ♦ 1 Class: 35 & over
NOVICE CLASSIC PHYSIQUE ♦ 1 Class
OPEN CLASSIC PHYSIQUE: ♦ *A Ht. _____ Wt. _____ B Ht. _____ Wt. _____ C Ht. _____ Wt. _____
*Requirements for height and weight categories can be found on the NPC website: npcnewsonline.com
TEEN MEN PHYSIQUE ♦ 1 Class
MASTERS MEN PHYSIQUE ♦ 1 Class: 35 & over
NOVICE MEN PHYSIQUE ♦ 1 Class
OPEN MEN PHYSIQUE ♦ 3 Height Classes: A 5' 6" & under B over 5' 6" to 5' 8" C over 5' 8" to 5' 11" D over 5' 11"
WOMENS PHYSIQUE ♦ 1 Class
MASTERS FIGURE ♦ 2 Classes : 35 - 44, over 45
NOVICE FIGURE ♦ 1 Class
OPEN FIGURE ♦ 3 Height Classes: A 5' 4" & under B over 5' 4" to 5' 6" C over 5' 6"
MASTERS BIKINI ♦ 1 Class: 35 & over
NOVICE BIKINI ♦ 1 Class
OPEN 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"
COACHES PASS

Awards:

- ♦ Overall Winners receive **Custom Trophies**
- ♦ **Custom 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. **No one will be allowed backstage except competitors, coaches and contest officials. Current NPC rules apply. (npcnewsonline.com) NO TANNING DYES ALLOWED IN BUILDING.** *Competition Guidelines and Confirmation letter will be emailed upon receipt of entry.*

Music: All Bodybuilding, Classic Physique and Womens Physique contestants will provide their own music, pre-recorded on quality CD (one song only 60 sec.) 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. Mens Physique, Womens Figure & 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 September 23, 2017 or a late fee of \$50.00 will be charged. **No Entries Day of Show.** NPC cards will be available for purchase prior to check-in. NPC cards can be purchased online: npcnewsonline.com

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** - ProTan USA For appt: protanusa.com • **Photography** - MAXIMUMMUSCLEREPORT.com
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 CONTINENTAL USA Bodybuilding • Figure • Bikini • Physique Championships

Entry Form

Name(s) _____ Phone No. _____
(athlete / coach)

Address _____ E-mail _____

City/State/Zip _____

ABSOLUTELY NO ENTRIES THE DAY OF SHOW

Division (\$100.00 per entry):

Teen Men BB

1 class

Masters Men BB

40 - 49

50 & over

Open Men BB

1 class

Open Men BB

LTWT 154 1/4 & under

MDWT over 154 1/4 to 176 1/4

LTHVY over 176 1/4 to 198 1/4

HVYWT over 198 1/4

Masters Classic Physique

35 & over

Novice Classic Physique

1 class

Open Classic Physique

A Ht. _____ Wt. _____

B Ht. _____ Wt. _____

C Ht. _____ Wt. _____

Teen Men Physique

1 class

Masters Men Physique

35 & over

Novice Men Physique

1 class

Open Men Physique

A 5' 6" & under

B over 5' 6"- 5' 8"

C over 5' 8"- 5' 11"

D over 5' 11"

Womens Physique

1 class

Masters Figure

35 - 44

over 45

Novice Figure

1 class

Open Figure

A 5' 4" & under

B over 5' 4" to 5' 6"

C over 5' 6"

Masters Bikini

35 & over

Novice Bikini

1 class

Open Bikini

A 5' 2" & under

B over 5' 2" to 5' 4"

C over 5' 4" to 5' 6"

D over 5' 6"

Coaches Pass

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

2017 NPC CONTINENTAL USA

Prejudging: \$25.00 Gen'l Adm.
(available at door only)

Finals: \$50.00 Reserved

No. Tickets
(Finals Only)

Finals _____

Total Amount \$ _____

BODYBUILDING • FIGURE • BIKINI • PHYSIQUE CHAMPIONSHIPS

Must be ordered by September 23, 2017.

Please enclose stamped, self-addressed envelope!!!

Send completed ticket order form (check or money order payable to **Jeff Johnson**) 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 CONTINENTAL USA Bodybuilding • Figure • Bikini • Physique Championships

You are invited to participate as a competitor or spectator in the NPC CONTINENTAL USA Bodybuilding • Figure • Bikini • Physique Championships which will take place on Saturday, October 7th, 2017, in Ottawa, Illinois. This show is fast becoming one of the premier national qualifiers in the midwest. New this year will be the addition of Novice classes to all divisions. Making his first appearance guest posing at the Continental USA will be IFBB Pro Brandon Hendrickson. We look forward to seeing you October 7th in Ottawa.

Promoter,
Jeff Johnson



SPONSORS



OTTAWA