

**2010 NPC WEST COAST CLASSIC  
BODYBUILDING, FIGURE AND BIKINI CHAMPIONSHIPS  
A NATIONAL QUALIFYING EVENT  
OFFICIAL ENTRY FORM**

**Return Entry Form and fee, \$80, (plus any additional entry fees), payable to Lonnie Teper  
Mail to: 1613 Chelsea Road, #266, San Marino, California 91108  
ENTRY DEADLINE IS JUNE 19, 2010 (LATE ENTRY FEES, \$120)**

Name \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Age \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_ Gym Represented \_\_\_\_\_

**Circle the class(s) you plan to compete in - You may compete in more than one class, provided additional \$80 entry fee(s) are paid per class.  
ADDITIONAL CLASSES MAY BE ADDED, DEPENDING ON NUMBER OF COMPETITORS**

- UNLIMITED MEN • NOVICE MEN • COLLEGIATE MEN • TEEN MEN  
MASTERS MEN (40+) • MASTERS MEN (50+)  
UNLIMITED WOMEN • UNLIMITED FIGURE • UNLIMITED BIKINI • MASTERS BIKINI (35+)  
MASTERS FIGURE (35+) • MASTERS FIGURE (45+) • MASTERS FIGURE (50+)

I understand that no entry will be accepted without a signature or entry fee. I understand that this competition is NPC sanctioned and shall be conducted in accordance with the rules and regulations established by the NPC. In consideration of your acceptance of this entry form, I hereby waive and release all rights and claims for damages against the National Physique Committee of the USA, Inc., Lonnie Teper, El Monte High School, all sponsors and vendors, employees or assigns by reason of injury or damage, which I incur, and include any damages suffered and sustained by members of my entourage or individuals associates with or accompanying me while traveling to and from or participating in this competition. I further agree to have my participation in this competition videotaped and photographed and I hereby waive and release all rights to said videotapes and photographs to Lonnie Teper for the exclusive use in the illustration and/or depiction of and concerning the sport of bodybuilding. I agree to abide by all decisions of the designated officials and declare that all the information contained herein is, to the best of my knowledge, true, correct and complete. I have read and understood the contents of this entry blank.

I consent and agree that I will comply with all the rules and regulations of the Comfort Suites, including any rules or regulations prohibiting cooking or food preparation in the hotel rooms. I further agree that I will indemnify and hold harmless the NPC and the promoter from and against any damages caused by me to Comfort Suites or damages to a guest room or rooms occupied or registered to me. Finally, I acknowledge that my failure to comply with any rule or regulation of Comfort Suites or damage to any quest room occupied by or registered to me may result in disciplinary action against me including, but not limited to, suspension as a member of the NPC and/or competing in contest sanctioned by the NPC.

**WARNING:** Use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenagers from growing to their full heights; they can cause heart disease, stroke, and damage liver function. Men and women using steroids may develop fertility problems, personality changes and acne. Men can also experience balding and development of breast tissue. These and other health hazards are in addition to the civil and criminal penalties for unauthorized sale, use, or exchange of anabolic steroids.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
\_\_\_\_\_  
(Signature of Parent/Guardian required for contestants under the age of 18) \_\_\_\_\_ Date \_\_\_\_\_

**ORDER  
BY  
JUNE 12  
SAVE \$\$\$**

**TICKET ORDER FORM**

Order tickets early as availability changes daily.  
Complete order form and return it with your fee payment as soon as possible.  
**Money orders or cashiers checks preferred • Personal checks accepted.**

*TICKET ORDERS POSTMARKED BY JUNE 12, 2010 - TICKETS WILL BE MAILED TO YOU  
TICKET ORDERS POSTMARKED AFTER JUNE 12, 2010 - TICKETS WILL BE HELD AT WILL CALL - MUST SHOW ID*

<u>TICKET PRICES</u>	<u>QUANTITY</u>	<u>TOTAL</u>	
\$35 Finals - Open Seating <i>*Save \$5, \$30, Early Ticket Orders Paid by June 12, 2010</i>	_____	\$ _____	
\$25 Pre-Judging - Open Seating	_____	\$ _____	
	<b>ENTRY FEE(S)***</b>	\$ _____	<b>****80 (PLUS \$80 PER ADDITIONAL CLASS ENTERED) (\$120 IF PAST DEADLINE )</b>
	<b>ENTRY DEADLINE: JUNE 19, 2010</b>		
	<b>TOTAL ENCLOSED</b>	\$ _____	

**NEW THIS YEAR! ENTER ON-LINE AND ORDER TICKETS WITH YOUR CREDIT CARD GO TO: [www.npcwestcoast.com](http://www.npcwestcoast.com)**

**To Order by Mail, Send Order Form with Full Payment:  
Payable To Lonnie Teper, 1613 Chelsea Road, #266, San Marino, California 91108**

OFFICIAL USE ONLY	DIVISION	CLASS	WEIGHT	NUMBER

# PLEASE READ THE ENTRY FORM CAREFULLY

**DATE** Saturday, June 26, 2010 - Prejudging: 11 AM - Finals: 6 PM

**LOCATION** El Monte High School Auditorium, 3040 Tyler Avenue, El Monte, CA

**DIRECTIONS** For directions go to: [www.npcwestcoast.com](http://www.npcwestcoast.com) and click under Directions.

**CAMERAS/VIDEO**

1. No video equipment is allowed in the auditorium.
2. No professional photography is allowed.
3. No soliciting of photo or video services is allowed.
4. No camera bags or equipment are allowed in the auditorium.
5. Spectators who have purchased a ticket are allowed access to the event with one (1) camera only.

**LODGING** **Comfort Suites Rosemead, 9488 Valley Blvd., Rosemead, CA (626) 228-0528. Mention WEST COAST CLASSIC for discount.** All rooms are Deluxe King or Deluxe Queen and have a refrigerator, microwave and a sitting area.

**CHECK-IN/WEIGH-IN** Competitor briefing at 8 AM. Check-in/weigh-in starts at 8:30 AM. **PLEASE BE ON TIME.**  
Another competitor briefing will be at 5 PM. **PLEASE BE ON TIME.**

**ELIGIBILITY** This competition is open to all NPC registered competitors who meet the following requirements:

1. Possess a current NPC card (unregistered competitors may purchase a NPC card for \$90 at the check-in, which is valid through December 31, 2010).
2. Novice - competitors who have not won any OVERALL TITLE (except Teenage).
3. Collegiate - open to any student enrolled in a US college, full or part-time, on any level, during the 2010 academic year. **Student must show proof of enrollment, via a copy of current or past semester schedule or other documentation that verifies enrollment.**
4. Masters Men - competitors who have reached 40 or 50 years of age by day of the contest.
5. Masters Figure & Bikini - competitors who have reached 35 or 45 years of age by day of the contest.
6. Teenage - competitors must not have reached their 20<sup>th</sup> birthday by day of the contest. **NOTE:** All competitors (except Teenage) must be 18 years or older on the day of the contest. Masters & Teens must show proof of age, i.e., driver's license, birth certificate.
7. No crossovers between figure division and bikini division are allowed. Crossovers are allowed within each category.

**NOTE:** Each competitor may enter more than one division at a cost of \$80 per class. Competitors may change divisions at the check-in, however changes must be made before the prejudging starts. Top five competitors in all divisions will receive awards.

## **ALL COMPETITORS WILL PERFORM AT THE EVENING FINALS. ALL COMPETITORS MUST PARTICIPATE.**

<b>WEIGHT GROUPS</b>	<b>Unlimited Men</b>	<b>Novice Men</b>	<b>Collegiate Men</b>	<b>Masters Men</b>
	Bantam Wt. Up to 143¼ Lt.Wt. Over 143¼ to 154¼ Mid.Wt. Over 154¼ to 176¼ Lt.Hvy.Wt. Over 176¼ to 198¼ Hvy.Wt. Over 198¼ to 225¼ Super Hvy.Wt. Over 225¼	Lt. Wt. Up to 154¼ Mid. Wt. Over 154¼ to 176¼ Lt. Hvy. Wt. Over 176¼ to 198¼ Hvy.Wt. Over 198¼	One Class	40+ One Class 50+ One Class
	<b>Women's Unlimited</b> One Class	<b>Figure Unlimited</b> Class A Up to 5'1" Class B Over 5'1" to 5'2½" Class C Over 5'2½" to 5'4" Class D Over 5'4" to 5'5½" Class E Over 5'5½" to 5'7" Class F Over 5'7"	<b>Teenage Men</b> One Class	<b>Masters Figure</b> 35+ Up to 5'4" 35+ Over 5'4" 45+ Up to 5'4" 45+ Over 5'4" 50+ One Class
				<b>Bikini Unlimited</b> Up to 5'4" Over 5'4" to 5'6" Over 5'6"  <b>Masters Bikini</b> One Class 35+

## **ADDITIONAL CLASSES MAY BE ADDED, DEPENDING ON NUMBER OF COMPETITORS**

**MUSIC** CD ONLY (no cassettes). Each CD must contain only one song (music mixing allowed) and must bear the competitor's name. Each competitor is responsible for picking up his/her music at the Evening Show. **Songs containing any foul language will not be allowed.** Lonnie Teper will not accept liability for music left behind.

**ADDITIONAL INFORMATION** All competitors must present valid photo I.D., i.e., driver's license, birth certificate, etc. All competitors should bring a towel. All competitors are expected to keep the pump-up rooms, dressing rooms and restrooms clean. Competitors interested in spray tanning prior to/at the competition, go to [www.npcwestcoast.com](http://www.npcwestcoast.com).

**AWARDS** Awards will be given to competitors placing 1<sup>st</sup> through 5<sup>th</sup> place in each weight group or class. Overall trophies will be presented if there is more than one weight or height group within a division. Trophies awarded to Overall winners.

**POSING INFORMATION** 60 seconds at the Prejudging and at the Evening Show. Competitors go to [www.npcwestcoast.com](http://www.npcwestcoast.com) and click on **Competition Guidelines** for complete rules and regulations.

**ENTRY FEE/DEADLINE** **\$80 (PLUS \$80 PER ADDITIONAL DIVISION) • LATE ENTRY FEE \$120 • ENTRY DEADLINE IS JUNE 19, 2010**  
**NO REFUNDS • NO EXCEPTIONS**

For questions, call Lonnie Teper at (626) 403-1232, Fax (626) 289-7949, or email to [tepernews@aol.com](mailto:tepernews@aol.com).

**FOR MORE DETAILS GO TO [www.npcwestcoast.com](http://www.npcwestcoast.com)**