

2017 NPC NORTHCOAST CHAMPIONSHIPS CONTEST INFORMATION

****NOTICE: AEROSOL COOKING SPRAYS, ie., "PAM", ETC. ARE PROHIBITED INSIDE THE MAC CENTER****

EVENT DATE: Saturday, May 27, 2017 / **NATIONAL QUALIFIER**

Promoters: Dean & Monica Caputo (330.697.5678) / Gregg & Michelle Krause (440.554.5692) Contact: info@northcoastchamps.com

Contest Venue: All meetings, weigh-ins and competition will take place at the KSU MAC Center 1025 Risman Dr. Kent, Ohio 44242.

NPC Membership: All contestants must be a member of the NPC National Physique Committee. Competitors may register for an NPC card on Friday at the Check-In / Weigh-In (price is \$125.00).

Friday, May 26: MANDATORY WEIGH-IN/CHECK-IN for ALL Competitors! No Weigh-Ins / Check-Ins on Saturday, May 27.

4:00 pm to 7:00 pm: MANDATORY Weigh-Ins/Check-Ins for ALL Competitors!

Bodybuilders, Classic Physique and Bikini competitors **MUST** wear posing suits to the weigh-ins. All other divisions must bring suits.

Saturday, May 27: PREJUDGING – ALL DIVISIONS - 8:00 am: Meeting for ALL NPC competitors in the MAC Center / 9:00 am:

Prejudging begins.

Saturday, May 27: FINALS – ALL DIVISIONS - 5:15 PM: Meeting for ALL NPC competitors in the MAC Center / 6:00 pm: Finals begin.

COMPETITION DIVISIONS: Dumbbells / Weights are NOT permitted backstage – BRING EXERCISE BANDS

Men's Bodybuilding: 7 Classes, 5 Places and 1 Overall – (Up to 143 ¼, Over 143 ¼ to 154 ¼, Over 154 ¼ to 165 ¼, Over 165 ¼ to 176 ¼, Over 176 ¼ to 198 ¼, Over 198 ¼ to 225 ¼, Over 225 ¼)

Men's Bodybuilding Novice: 1 Class, 5 Places – A NOVICE is an athlete that has never won an overall NPC event.

Men's Bodybuilding Masters: 1 Class, 5 Places – (40 years and over)

Men's Bodybuilding Masters: 1 Class, 5 Places - (50 years and over)

Figure: 4 Classes, 5 Places and 1 Overall – (Up to 5'2", Over 5'2" to 5'4", Over 5'4" to 5'6", Over 5'6")

Figure Masters: 1 Class, 5 Places – (35 years and over)

Bikini: 4 Classes, 5 Places and 1 Overall - (Up to 5'2", Over 5'2" to 5'4", Over 5'4" to 5'6", Over 5'6")

Bikini Novice: 3 Classes, 5 Places – A Novice is an athlete that has never won an overall NPC event.

Bikini Masters: 1 Class, 5 Places – (35 years and over).

Bikini Collegiate: 1 Class, 5 Places – Must be a full or part time student in 2016 at a college or university. Age is limited up to and including 25 years old.

Men's Classic Physique: 3 Classes, 5 Places and 1 Overall – **Must make weight to compete.** Height & Weight information is on the Northcoast Championships website / click "Competitor Info" tab.

Men's Classic Physique Masters – 1 Class, 5 Places – (35 years and over).

Men's Physique: 3 Classes, 5 Places and 1 Overall – Heights will be set to balance the classes at check-in.

Men's Physique Masters: 1 Class, 5 Places - (35 years and over).

Men's Physique Collegiate: 1 Class, 5 Places – Must be a full or part time student in 2016 at a college or university. Age is limited up to and including 25 years old.

Women's Physique: 2 Classes, 5 Places and 1 Overall – Heights will be set to balance the classes at check-in.

Women's Physique Masters: 1 Class, 5 Places - (35 years and over).

Bodybuilding, Classic Physique and Women's Physique Individual Routines

Prejudging: There will be no posing routines at the prejudging.

Finals: ALL Bodybuilding and Women's Physique competitors will perform their routines at the Finals.

NATIONAL QUALIFIER: THIS CONTEST IS A NPC NATIONAL QUALIFIER.

The following Placings become Nationally Qualified:

- **Bodybuilding:** Top 3 in each class.
- **Figure & Bikini:** Top 3 in each class qualify for any national event. Top 5 in each class qualify for Jr. USA, Jr. Nationals and North America.
- **Men's & Women's Physique:** Top 5 in each class qualify for all national level events.

Music: CD's ONLY – ALL music for Bodybuilders and Women's Physique will be collected at the Check-in/Weigh-in. Contestants must supply their own music – no more than 70 seconds. Posing music **MUST BE THE ONLY** music on the CD. No Vulgar music is permitted. ALL Bodybuilding and Women's Physique music will begin when the competitor's name is announced.

Tickets (Absolutely NO Refunds):

Prejudging: \$20.00 / Includes ALL NPC Events, Model Search, Arm Wrestling & Expo / CASH ONLY at Door (general seating)

Finals: V.I.P. \$50.00 (includes Buffet Dinner) / Reserved Seating: \$30.00 / General Seating: \$25.00 / CASH ONLY at Door

Reserved Tickets Contact: Monica Caputo at monicacaputo@northcoastchamps.com / Phone: 330.472.3578

Check or MONEY ORDER: Payable to: **Dean Caputo / Mail to: 226 Ruby Lane, Streetsboro, Ohio 44241**

***All Ticket Orders will be held at Will Call and may be picked up at the Friday Weigh-ins or at the Door on Saturday.**

Host Hotel: Holiday Inn Express, 1215 Sanctuary View Dr. Kent, Ohio 44240 / Ph: 330.673.9200 and ask for the "Northcoast Championships" contest rate / Website: www.holidayinnexpress.com/kentoh. **Please bring your own bed sheets, pillow cases, bathing towels, etc. to avoid staining (tanning products) hotel property. Staining hotel property may result in extra room charges.**

Spray Tanning: Olympia Tan - For scheduling e-mail Mike Kamdar at kamdar2@comcast.net / Ph: 412.298.5052.

2017 NPC NORTHCOAST CHAMPIONSHIPS OFFICIAL ENTRY FORM

Please send this portion of Entry Form to Dean Caputo at 226 Ruby Lane, Streetsboro, Ohio 44241

Entry Fee: Includes Official FREE Competitor Shirt and MuscleFoods USA Swag Bag

An ENTRY FEE of \$100.00 (Absolutely NO Refunds) for one division. An additional \$50.00 will be charged for each additional division. The entry fee must be sent with your application. **Late Fee: A \$25.00 additional late fee after postmark May 19, 2017.**

Check or Money Order: payable to: **Dean Caputo** / Mail to: 226 Ruby Lane, Streetsboro, Ohio 44241.

One Trainer's Pass per competitor (Absolutely No Refunds) – \$50.00 (Purchase at Check-in/Weigh-in - cash only)

Please enter me in the following NPC Northcoast Championships Divisions:

Men's Bodybuilding: ___ Men's Bodybuilding Novice: ___ Men's Bodybuilding Masters*: ___
Figure: ___ Figure Masters*: ___ Bikini: ___ Bikini Novice: ___ Bikini Masters*: ___ Bikini Collegiate*: ___
Men's Physique: ___ Men's Physique Masters*: ___ Men's Physique Collegiate*: ___ Men's Classic Physique: ___
Men's Classic Physique Master*: ___ Women's Physique: ___ Women's Physique Masters*: ___

***Must send proof of age with application / College students must show proof of school and age / Crossovers not restricted.**

Print Name: _____ Phone: _____ Shirt Size: _____

Address: _____ City: _____ State: _____ Zip: _____ Gym _____ Age: _____

Height: ___' ___" Weight: ___ lbs College/University _____ Do you wish to receive an e-mail confirmation from us? _____

Enter e-mail below if you wish to receive an e-mail confirmation from Northcoastchamps.com and their trusted partners about the event. **Yes, I wish to receive e-mails:** Enter e-mail address here: _____.

In consideration of being allowed to participate in any way in the **NPC Northcoast Championships** ("Event") promoted by Dean Caputo & Gregg Krause ("Promoters") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, (name of participant - please print name) _____, the undersigned, acknowledge, appreciate and agree that: **1.** The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, **2.** I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, **3.** I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoters immediately; and, **4.** I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE Promoter and the NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity (collectively, the "Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. **The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the Hotel ("Hotel") including any rules or regulations prohibiting cooking, food preparation, stained bed sheets(tanning lotion), stained pillow cases (tanning lotion), stained towels (tanning lotion), etc.. in the hotel rooms.** The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the Promoters from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoters and/or any other NPC-approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____ Age: _____ Date Signed: _____

Participants Signature

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE OF 18 AT TIME OF REGISTRATION) This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____ Age: _____ Date Signed: _____

Participants Signature

