

CROSSOVER

PAID _____ DATE _____

OFFICIAL ENTRY BLANK

2011 NPC GRAND RAPIDS BODYBUILDING, FITNESS,
FIGURE, BIKINI AND MEN'S PHYSIQUE CHAMPIONSHIPS
(ALL DIVISIONS AND CLASSES ARE NATIONAL QUALIFIERS)
SATURDAY, MAY 21, 2011

CHECK ONE BOX ONLY PER ENTRY BLANK!

IF YOU ARE CROSSING OVER COPY THIS PAGE OR PLEASE FILL OUT ANOTHER ENTRY BLANK.

TEEN BODYBUILDING MEN:	<input type="checkbox"/> Lightweight (up to 176.25)
	<input type="checkbox"/> Heavyweight (over 176.25)
OPEN (OVER 40-49) MASTERS BODYBUILDING MEN:	<input type="checkbox"/> Lightweight (up to 176.25)
	<input type="checkbox"/> Heavyweight (over 176.25)
OPEN (OVER 50-59) MASTERS BODYBUILDING MEN:	<input type="checkbox"/> Lightweight (up to 176.25)
	<input type="checkbox"/> Heavyweight (over 176.25)
OPEN (OVER 60) GRAND MASTERS BODYBUILDING MEN:	<input type="checkbox"/> Classes depending on number of entries
NOVICE BODYBUILDING MEN:	<input type="checkbox"/> Lightweight (up to 154.25)
	<input type="checkbox"/> Middleweight (over 154.25 - 176.25)
	<input type="checkbox"/> Light Heavyweight (176.25 - 198.25)
	<input type="checkbox"/> Heavyweight (over 198.25)
OPEN BODYBUILDING MEN:	<input type="checkbox"/> Bantamweight (up to 143.25)
	<input type="checkbox"/> Lightweight (over 154.25 - 154.25)
	<input type="checkbox"/> Welterweight (over 154.25 - 165.25)
	<input type="checkbox"/> Middleweight (over 165.25 - 176.25)
	<input type="checkbox"/> Light Heavyweight (176.25 - 198.25)
	<input type="checkbox"/> Heavyweight (198.25 - 225.25)
	<input type="checkbox"/> Super Heavyweight (over 225.25)
OPEN MEN'S PHYSIQUE:	<input type="checkbox"/> Short Class (up to 5'8")
	<input type="checkbox"/> Tall Class (over 5'8")
OPEN (OVER 35-44) MASTERS BODYBUILDING WOMEN:	<input type="checkbox"/> Classes depending on number of entries
OPEN (OVER 45) MASTERS BODYBUILDING WOMEN:	<input type="checkbox"/> Classes depending on number of entries
OPEN BODYBUILDING WOMEN:	<input type="checkbox"/> Lightweight (up to 125)
	<input type="checkbox"/> Middleweight (over 125.25 - 140)
	<input type="checkbox"/> Heavyweight (over 140.25)
OPEN (OVER 45) MASTERS FIGURE WOMEN:	<input type="checkbox"/> Classes depending on number of entries
OPEN (OVER 35 - 44) MASTERS FIGURE WOMEN:	<input type="checkbox"/> Short (up to 5'4") Masters Figure Class A
	<input type="checkbox"/> Medium (over 5'4" - 5'6") Masters Figure Class B
	<input type="checkbox"/> Tall (over 5'6") Masters Figure Class C
OPEN FIGURE WOMEN:	<input type="checkbox"/> Short (up to 5'4") Figure Class A
	<input type="checkbox"/> Medium (over 5'4" - 5'6") Figure Class B
	<input type="checkbox"/> Tall (over 5'6") Figure Class C
OPEN (OVER 35) MASTERS BIKINI WOMEN:	<input type="checkbox"/> Short (up to 5'4") Masters Bikini Class A
	<input type="checkbox"/> Medium (over 5'4" - 5'6") Masters Bikini Class B
	<input type="checkbox"/> Tall (over 5'6") Masters Bikini Class C
OPEN BIKINI WOMEN:	<input type="checkbox"/> Short (up to 5'4") Bikini Class A
	<input type="checkbox"/> Medium (over 5'4" - 5'6") Bikini Class B
	<input type="checkbox"/> Tall (over 5'6") Bikini Class C
OPEN FITNESS WOMEN:	<input type="checkbox"/> Classes depending on number of entries

COMPETITOR'S NUMBER
WEIGHT/HEIGHT

Mail this completed entry blank, entry
 fee(s) and ticket money to:
MIKE VRUGGINK
3980 OLD ELM SE
KENTWOOD, MICHIGAN 49512

Mail this completed entry blank, entry
 fee(s) and ticket money to:

MIKE VRUGGINK
3980 OLD ELM SE
KENTWOOD, MICHIGAN 49512

PLEASE PRINT CLEARLY!

Name: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell: _____ E-Mail: _____

NPC Card#: _____ Will buy NPC card at the show (check box)

Gym/Fitness/Athletic Club where you train: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ Bodybuilding/Physique/Fitness/Figure/Bikini/Other

Titles: _____

In consideration of acceptance of this non-refundable entry fee, I hereby, for myself, my heirs, executors and administrators and others, waive and release all my rights to sue any and all claims of losses, damages or physical injuries whatsoever incurred by me at this or any event that is connected with it, traveling to and from the event, or participating in the competition, against Mike Vrugink, Individual, Mike Vrugink Productions, sponsors, vendors, judges, the Michigan NPC District 28, the National Physique Committee of the USA, the "NPC", guest posers, photographers, videographers, hotels, restaurants, Grandville High School Auditorium, employees, its agents, representatives, successors or assigns. I certify that I am an amateur competitor and eligible under the rules of the competition from the Michigan and National Physique Committee of the USA. I further agree to abide by all the rules and decisions of the Michigan NPC and the National Committee of the USA and declare that all the information contained herein is to the best of my knowledge, true, correct and complete.

Competitor's Signature: _____ Date: _____

Parent or Legal Guardians Signature: _____ Date: _____

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