

MIKE VRUGGINK PRESENTS THE 2011 NPC GRAND RAPIDS BODYBUILDING, FITNESS, FIGURE, BIKINI AND MEN'S PHYSIQUE CHAMPIONSHIPS (NATIONAL QUALIFIER)

DATES:

Friday, May 20 and Saturday, May 21, 2011

INTERNET DIRECTIONS: www.mapquest.com/directions

CONTEST VENUE:

Grandville High School Auditorium, 4700 Canal Avenue SW, Grandville, Michigan 49518

HOST HOTEL: WHEN BOOKING HOTEL PLEASE MENTION: GRBS

Residence Inn by Marriott, 3451 Rivertown Point Court SW, Grandville, Michigan 49418

Call 616.538.1100 or Fax 616.538.6390 or go to: <http://cwp.marriott.com/grrw/grbodybuilding>

All Suites have Full Modern Kitchens and are very close to Contest Venue, Restaurants and Cool Shopping. Studio Suites and One Bedroom Suites are \$109.00 plus tax before April 29, 2011. After April 29, 2011 rates increase to \$114.00! There are special accommodations for tanning, make-up and hair located in hotel. For room discount mention: GRBS

DATES/TIMES: Go to: www.mikevruiggink.com for Friday and Saturday's Schedule of Dates/Times. (Please print dates/times schedule for your convenience)

ENTRY FEES:

On Time Entry Fee is \$80.00 and must be sent, postmarked and received by **Saturday, May 7, 2011**. Late Entry Fee after Saturday, May 7, 2011 is \$100.00 and must be sent, postmarked and received by **Thursday, May 19, 2011**. After this date the Late Entry Fee is \$125.00 for Friday and Saturday, May 20 and 21, 2011. **CROSSOVER ENTRY FEE is \$25.00.** PLEASE MAIL CHECK, CASHIER CHECK, CASH OR MONEY ORDER TO: MIKE VRUGGINK, 3980 OLD ELM SE, KENTWOOD, MICHIGAN 49512

ELIGIBILITY:

1.) This event is a National Qualifier and is open to all athletes/applicants that live in the United States. He/She must have proof of citizenship (Example: Drivers License and/or Passport) **2.)** Each competitor must be an amateur and in good standing with the NPC. **3.)** Each competitor must be currently registered with the NPC and to meet this requirement, he/she must be present his/her current NPC card, current receipt or purchase a NPC card at this competition. NPC cards can be purchased at the early weigh in Friday 5pm - 9pm or the day of the show for \$100.00 (subject to change) with a check or money order made out to the "NPC of the USA" (Cash is not accepted) **4.)** Novice competitors for this event may have never finished 1st in their weight class in any NPC Teen, Novice, Masters or Open Championships.

AWARDS:

Very Cool Niels Andersen Bronze Physique Sculptures with timeless, powerful design. The top 5 competitors in each height or weight class will receive **BRONZE PHYSIQUE SCULPTURES**. All height or weight class winners will compete for the **OVERALL AWARD - WALNUT BASE, LARGER, BRONZE PHYSIQUE SCULPTURE**. Same Trophy that is given at the NPC USA and NPC NATIONALS. **BEST POSER AWARDS** for all Men's and Women's Bodybuilding (not each weight class) Divisions. Go to: www.nielsandersen.com to view.

MUSIC:

All bodybuilders and fitness athletes will provide your own high quality cool music on a **HIGH QUALITY CD (NO CASSETTES)** and they will be downloaded into the computer at the auditorium for ultimate sound quality and clarity. Please keep your CD's clean (do not touch with oil or pro-tan) and in a CD container with your name on it. Any music with foul or vulgar language will be replaced with selected house music.

PRE-JUDGING:

7 Qualified State and National Judges will be judging this show (60 second posing routine without music is subjected to change by promoter/head judge depending on the number of competitors). Fitness Women will have 2 minutes with music.

EVENING SHOW:

90 second time limit for bodybuilders with your entertaining posing routine and your choice of cool music. Have fun and give yourself (DVD Video) and the audience a great physique show! Best Poser Award in all Bodybuilding (not each class) Divisions. A great presentation is part of the judging process plus its very entertaining for the audience!

POSING SUITS AND NOTICE TO BIKINI AND MEN'S PHYSIQUE COMPETITORS REGARDING SUITS:

Posing trunks/suits must be worn at weigh-in/height check and are subject to approval by the Head Judges.

BIKINI SUIT DESCRIPTION - 1.) Two piece "off the rack" suit. **2.)** Suit should cover 50% of the gluteal area in good taste. **3.)** No thong type suits will be allowed. **4.)** Bring a second suit with a modest bottom if you have any questions. **MEN'S PHYSIQUE BOARD SHORT DESCRIPTION - 1.)** No big logo but can have a small logo or symbol. **2.)** One inch below belly button and knee length long. Official Board Short for the 2011 NPC Grand Rapids Men's Physique Championships contact Steve at 231.642.0440 or e-mail at: hopmichigan@gmail.com

TANNING PRODUCTS/OIL:

Tanning and oil products cannot be applied in the Main Auditorium, only backstage. Competitors are responsible for any stains and/or damage caused by tanning or oil products. Tanning or oil products can be purchased at any Warren Nutrition Stores in the greater Grand Rapids area or go on-line at www.warrennutrition.com or call 1.800.920.2334.

BACKSTAGE, DRESSING ROOMS AND PREP STATIONS:

Backstage has clean, large, ample space to stretch, pump up and practice posing. I provide plenty of Barbells, Dumbbells and Benches to get you pumped up. In addition, I provide healthy sandwiches, fresh fruit, fresh baked goods and bottled water. Large Male and Female dressing/prep rooms with intercom speaker system, bright lights and mirrors. Tanning/oil prep stations will be provided backstage for your convenience. We want all competitors to look their best on stage!

OFFICIAL MAKEUP & SPRAY TAN SERVICE BY:

Contact SANDRA AVELLI of SOLSKIN STUDIO at 612.840.7376 or SolSkin Studio@gmail.com or check website at: www.solskinstudio.com Call or e-mail Sandra for details.

OFFICIAL TANNING SALON - ELECTRIC BEACH OF GRAND RAPIDS:

Grand Rapids - 616.575.6530; Cascade 616.575.6530; Wyoming - 616.531.8034; Grandville - 616.261.0536 or check website at www.electricbeachgr.com

OFFICIAL VIDEO - TOM TYPINSKI OF DREAM VIDEO:

Videos may be ordered the day of the show or call 586.757.4156 or e-mail at: ttypinski11@mac.com All other video equipment is strictly prohibited!

OFFICIAL PHOTOGRAPHER - JEFFERY SYGO OF SYMI PHOTOGRAPHY AND RXMUSCLE:

Call 989.737.1525 or go to: www.symiphotography.com

*COLLECTOR PRE-JUDGING, EVENING SHOW TICKETS, FLIER, AND BIG POSTER/ENTRY BLANK:

Pre-Judging Tickets are for reserved and assigned seating and are \$15 and \$20 each and will be available the day of the show. Advance Pre-Judging and Evening Show Tickets will be available after Monday, April 4, 2011.

ALL TICKETS FOR THE EVENING SHOW ARE FOR RESERVED, ASSIGNED SEATING! Please order early to get your best seats, this show may sell out!

SPECIAL MAIN VIP (the first 10 rows) TICKETS:	\$40.00
VIP (the next 5 rows) TICKETS:	\$35.00
MAIN FLOOR (the next 5 rows) TICKETS:	\$30.00
BALCONY TICKETS:	\$25.00

LOCAL TICKET OUTLETS:

CHAMPION FITNESS - 616.827.0100 and/or **WARREN NUTRITION** (all 4 locations) see front of poster for contact information or contact **MIKE VRUGGINK 616.893.3368**

PROGRAM/SOUVENIR BOOK, BANNERS AND BOOTH SPACE: Go to www.mikevruiggink.com for more information regarding advertising.

MAIL ENTRY FORMS AND TO PURCHASE TICKETS SEND CASH, CHECK, OR MONEY ORDER TO:

QUESTIONS? MIKE VRUGGINK - 616.893.3368 or mvruggink@aol.com or www.mikevruiggink.com

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