

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

FRIDAY, MAY 20, 2011 at RESIDENCE INN by MARRIOTT - 616.538.1100

5:00 pm to 9:00 pm - OPTIONAL FOR ALL COMPETITORS WHO NEED TO DO THE FOLLOWING:

CHECK-IN FOR LATE REGISTRATION/ENTRY, WEIGH-IN FOR BODYBUILDERS, AND NPC CARD REGISTRATION:

Located in the lobby of the Host Hotel - Residence Inn by Marriott, 3451 Rivertown Point SW, Grandville, Michigan 49418

NOTE: Height check for All Fitness, Figure and Bikini Women and Men's Physique will be Saturday at 10:00 AM at Grandville High School Auditorium. Call or text Mike Vrugink at 616.893.3368 if you have any questions.

SATURDAY, MAY 21, 2011 at GRANDVILLE HIGH SCHOOL AUDITORIUM

8:00 am - Box Office opens for Pre-Judging and Evening Show Ticket Sales.

IMPORTANT NOTE: All competitors in the show must pick up their **ID LANYARDS** at the **ID TABLE** in the hallway/lobby. In addition, all Judges, Exhibitor Personnel, Security and Mike Vrugink Production Staff must pick up their **ID LANYARDS** at the ID Table. You must have an ID Lanyard or Pre-Judging Ticket Stub (between 8:00am - 5:00pm) or Evening Show Ticket Stub (between 5:00pm - until the end of the show) for entry into the auditorium. This includes Trainers and Helpers.

SPECIAL NOTE: All competitors can have one trainer or helper backstage to assist you, but what is recommended by the Promoter and the National Physique Committee (NPC) is that your trainer or helper have an existing NPC card for this year of 2011 or register for your NPC card at the early check in or the day of the show. Prep Stations are available to all competitors.

8:30 AM - 10:00 AM - Optional Early Check-in for All Competitors for Late Registration, Weigh-in for Bodybuilders and NPC Card Registration. Recommended for all competitors who have not Registered for the show, NPC Card Registration or Bodybuilders who need to make their weight class.

10:00 am SHARP! - ALL COMPETITORS to the Grandville High School Auditorium for late registration, NPC cards, height check for all Fitness, Bikini and Figure, all Bodybuilders weigh-in, all competitors numbers will be issued and music will be collected from all Bodybuilders and Fitness Competitors.

11:30 am - 11:45 am - All competitors meeting (**all competitors must be present**) If you have any questions, please ask!

12 NOON - Pre-Judging Starts.

IMPORTANT: Please pay attention to the Head Judge and the Head Backstage Expeditor and the Assistant Expeditors for when your Division and/or Class will be called backstage for Pre-Judging! Please make sure you check your posing suit, physique, hair, make-up, tan, presentation/posing oil, etc. at the many prep stations backstage before you go on stage! We want to make sure you look your absolute best in front of the judges!

5:00 pm - Auditorium and Box Office will be Open for Ticket Sales. Cash, check or Credit Cards will be accepted.

NOTE: Brann's Sizzling Steakhouse Restaurant and Sports Grill will be in the Cafeteria by the Auditorium for Lunch (11:00AM - 2:00PM) and Dinner (5PM - 9:00 PM) to purchase healthy nutritious food items. Some of the food items for purchase will be Sizzler Steak Sandwich, BBQ Chicken Sandwich, Sizzler Steak and BBQ Chicken Tips, Rice Pilaf and Chips. Visit www.branns.com for more info.

5:00 - 6:15 pm - All competitors back to the Auditorium for the Evening Show.

"PRECEDURE FOR "THE BIG GRAND OPENING"

6:15 pm - Optional meeting for all competitors in Choir Room back stage who want to participate in the "Big Grand Opening" before the 7:00 pm show.

6:45 pm - All competitors who want to participate in "The Big Grand Opening" will line up on stage.

- 1.) Everyone is on stage in horizontal lines from right to left and probably about 6-9 rows deep with the curtain closed.
- 2.) When everyone is ready at 7:00 pm, the music will play and the curtain will open. This opening is fun, spectacular and very cool for the competitor and the audience!
- 3.) The first front line will show two poses and then split in the middle of the line and exit off to the wings of the stage.
- 4.) The second, third, fourth, fifth, sixth, line etc. will do the same as above until all competitors are off stage. This should take about 7-8 minutes to complete depending on the number of competitors who participate.
- 5.) Mike Vrugink will come on and talk briefly about the show.

7:00 pm - Evening Show Begins! Have fun with this show and do your best!

INTERMISSION: 20 minutes. Please visit the many Exhibitor and Food Booths and the Guest Posers in the Auditorium Lobby.

GUEST POSERS: 2011 ARNOLD CLASSIC WINNER - **IFBB PRO BRANCH WARREN** and 2010 NPC GRAND RAPIDS WOMEN'S OVERALL BODYBUILDING CHAMPION - **JAIMI JOHNSON**

AFTER PARTY/LATE DINNER: TBA

QUESTIONS: MIKE VRUGGINK 616.893.3368 or mvruggink@aol.com

FOR PROFESSIONAL SPRAY TAN SERVICE AT THE SHOW PLEASE CONTACT FOR APPOINTMENT:

AIRBRONZE SPRAY TAN

586.615.5448 or bstiltner@sbcglobal.net

Brandon and Rochelle Stiltner