

**2009 NPC Oregon State
Open Bodybuilding, Figure and Fitness Championships
July 11, 2009 @ Parkrose High School**

Qualifications

Entrants must be NPC registered athletes (you may purchase a NPC card for \$85 at check-in.) Novice competitors must have not placed first in a previous contest. Competitors in a specific age group must show proof of age (birth certificate or driver's license.)

National Qualifier

This show is a National Qualifier. The top two open men and women in each open weight class will qualify for NPC Nationals, NPC USA, Jr. Nationals and Jr. USA.

Entry Fee

Entry fee is \$65. No fee for mixed pairs if entered in another division. Double entry accepted for all divisions. Appropriate fee applied for each Division entered (with the exception of mixed pairs). Cashier's check or money order preferred made payable to Blue Sky Productions.

Deadline

Entry deadline is June 26, 2009. Entries received after the deadline will impose a late registration fee of an additional \$20, for a total entry fee of \$85 (no exceptions.)

Contest Hotel

Staybridge Suites
11936 NE Glenn Widing Dr
Portland, Oregon 97220
(503) 262-8888
(request the Oregon State Body Building Championship Guestroom rate)

Awards

The top five finalists in each division will be awarded. Open Men & Women Bodybuilding overall winners will receive Excalibur Swords.

Team Award

TBD

Guidelines

All competitors will follow NPC rules, guidelines and mandatory poses.

Music

Quality High Bias cassette tapes only. CD's are OK. Tapes and CD's must be free from distortion and blank, except for the one piece of music you will use for your routine. Tapes and CD's must be marked with competitor's name and division entered on the same side of the tape or CD, which contains the music. Tapes must be wound to the appropriate starting position, which should be at the beginning of the tape. Bodybuilding routines should be no longer than 60 seconds. Absolutely no music with obscene language accepted. Music will not be played if it does not meet these standards.

Check In/ Weigh In

Early check-in is 5:30pm until 8pm at the Staybridge Suites on Friday 7/10/2009. Competition day check-in will be at 8am at Parkrose High School.

Prejudging:

Prejudging will take place at 10:00 AM. In Order: Women's Fitness Routine, Women's Bikini, Junior Men, Novice Women (light, heavy), Novice Men (light, heavy), Women's Figure Two-Piece, Masters Women's Figure Two-Piece, Masters Women (over 35), Masters Men (over 40), Women's Fitness Two-Piece, Mixed Pairs, Open Women (light, middle, heavy), Open Men (bantam, light, middle, light-heavy, heavy, super-heavy.) For contest advertising, entry forms, tickets or further information, please contact: Andre Scott @ (503) 515-4616 or email at Bluesky@oregonbodybuilding.com

*Make checks payable to Blue Sky Productions
Mail checks to 2111 NE 121st Ave
Portland, OR 97220*

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First Name: _____ Last Name: _____ Age: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ Email: _____
 Occupation: _____ Gym/Team: _____

Title, Hobbies and/or Accomplishments:

Please check Division(s) competing (Double entry accepted. Entry fee for each division is \$65.):

MEN

- _____ Junior Men (20 yrs of age and younger)
- _____ Novice Men Light Wt. (under 154 lbs)
- _____ Novice Men Middle Wt. (under 176 lbs)
- _____ Novice Men Lt. Heavy Wt. (under 198 lbs)
- _____ Novice Men Heavy Wt. (over 198 ¼ lbs)
- _____ Open Men Bantam Wt. (143 ¼ lbs And under)
- _____ Open Men Light Wt. (up to 154 ¼ lbs)
- _____ Open Men Middle Wt. (up to 176 ¼ lbs)
- _____ Open Men Light Heavy Wt. (up to 198 ¼ lbs)
- _____ Open Men Heavy Wt. (up to 225 ¼ lbs)
- _____ Open Men Super Heavy Wt. (over 225 ¼ lbs))
- _____ Masters Men (40 yrs of age and older)
- _____ Masters Men (50 yrs of age and older)
- _____ Masters Men (60 yrs of age and older)
- _____ Men's Wheelchair

WOMEN

- _____ Novice Women Light Wt. (up to 125 ½ lbs)
- _____ Novice Women Heavy Wt. (over 125 ½ lbs)
- _____ Open Women Light Wt. (118 lbs and under)
- _____ Open Women Middle Wt. (up to 132 lbs)
- _____ Open Women Heavy Wt. (over 132 lbs)
- _____ Masters Women (35 yrs of age and older)
- _____ Mixed Pairs – Name of Partner _____
- _____ Fitness Women
- _____ Women's Figure: ___ 5'2" & under ___ over 5'2" to 5'4"
- _____ Women's Figure: ___ over 5'4" to 5'6" ___ over 5'6"
- _____ Masters Women's Figure (35 years of age & older)
- _____ Masters Women's Figure (40 years of age & older)
- _____ Masters Women's Figure (50 years of age & older)
- _____ Women's Wheelchair
- _____ Women's Bikini: ___ 5'2" & under ___ over 5'2" to 5'4"
- _____ Women's Bikini: ___ over 5'4" to 5'6" ___ over 5'6"

In consideration of accepting this application, I hereby intend to legally bound for myself, my heirs, executors and administrators, waiving any and all right to claim any damages I may have against Blue Sky Productions, the National Physique Committee (NPC) of the USA Inc., Parkrose High School, their agents and representatives for any and all injuries suffered in connection with the Oregon State Championships, and in traveling to and from them. Further, I agree to hold harmless and waive and release all photo rights for media including but not limited to TV, magazines and newspapers to oregonbodybuilding.com, musculereport.com and Blue Sky Productions for the purpose of promoting bodybuilding through the sale of video tapes and photos and any network, cable or local TV airing. I also understand that if time dictates, only then, the top five in each class will pose at the night show.

Contestant's Signature

Date

Guardian's Signature (if under 18)

Date:

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