

NPC ILLINOIS BODYBUILDING PRESENTS

# 2010 Midwest Ironman

Bodybuilding, Figure & Bikini  
*National Qualifier & Novice Division*

[www.npcillinoisbodybuilding.com](http://www.npcillinoisbodybuilding.com)

Sanction # 9143



Sponsored by...



Saturday November 6<sup>th</sup>, 2010

**Copernicus Foundation**  
(The Gateway Theatre)  
5216 W. Lawrence Avenue  
Chicago, IL

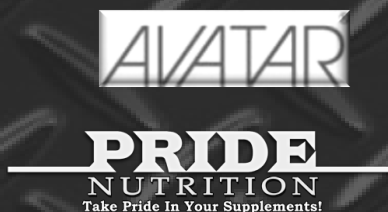
**Guest Poser: Mark Alvisi, IFBB Pro**  
**2009 USA Overall Champion**

### Awards and Divisions

- Awards for Most Muscular for Men and Men's Open 6 Weight Classes
- Women's Open 3 Weight Classes
- Master's Men Over 40, 50, 60 & 70
- Figure 3 Height Classes
- Master's Women 1 Class
- Masters Figure Over 35
- Bikini 2 Height Classes
- Teen Men 2 Classes
- Novice Men 4 Weight Classes
- Novice Women 1 Class



Additional Sponsors



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## OFFICIAL ENTRY FORM

ENTRY FORM INSTRUCTIONS: Please complete this form and mail **MONEY ORDERS ONLY** for \$75.00 per division entered to P.O. Box 1571, Bridgeview, IL 60455. Entries must be postmarked by Saturday October 23<sup>rd</sup>, 2010 to avoid a late fee of \$50.00. **ABSOLUTELY NO PERSONAL CHECKS ACCEPTED. CASH OR MONEY ORDERS ONLY.** Make money orders payable to Ronnie Altieri or Chuck Sanow.

NAME: \_\_\_\_\_ NPC CARD # \_\_\_\_\_  
FIRST MIDDLE INITIAL LAST

STREET ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE: \_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: ( \_\_\_\_\_ ) \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ AGE UPON DATE OF EVENT: \_\_\_\_ YOUR GYM: \_\_\_\_\_

I AM COMPETING IN (CHECK ALL DIVISION(S) ENTERED) **A \$75.00 FEE IS REQUIRED FOR EACH DIVISION ENTERED.**

### WOMEN'S OPEN

- LIGHT
- MIDDLE
- HEAVY

### MEN'S OPEN

- BANTAM
- LIGHT
- MIDDLE
- LIGHT HEAVY
- HEAVY
- SUPER HEAVY

### MASTER'S MEN

- 35 – 39
- 40 – 49
- 50 – 59
- 60 – 69
- 70 – Over

### WOMEN'S NOVICE

- LIGHT
- HEAVY

### MEN'S NOVICE

- LIGHT
- MIDDLE
- LIGHT HEAVY
- HEAVY

### TEEN MEN

- LIGHT
- HEAVY

### MASTER'S WOMEN

- 35 & OVER

### MASTER'S FIGURE

- 35 & OVER

### FIGURE

- A
- B
- C

### BIKINI

- SHORT
- TALL

TOTAL DIVISIONS ENTERED: \_\_\_\_ X \$75.00 = TOTAL ENCLOSED: \_\_\_\_\_

By completing and submitting this entry, I hereby agree to hold harmless and waive any and all rights and claims of damages or liabilities of any kind against the organizers Chuck Sanow, Ronnie Altieri, the National Physique Committee of the USA, Inc (the NPC), The Copernicus Theater, or any agents, employees, representatives of assignees of the foregoing persons or entities for any and all injuries or damages I may incur while traveling to or from or participating in this competition. I certify and duly swear that I am an amateur competitor as defined by the rules of the NPC and am therefore eligible to compete in this competition in the Division(s) in which I have entered. I further agree to abide by all decisions of the NPC and show organizers and declare that all information contained herein is to the best of my knowledge, true, accurate and complete.

## Pre-Show Check-In

**Pre-Show Check-In Friday November 5<sup>th</sup>, 2010. ALL COMPETITORS must check-in between the hours of 12 noon - 8 PM at USA Gym, 7621 W. 100th Place, Bridgeview, IL 60455 the day before the show. NO EXCEPTIONS. You MUST bring the required items listed below in order to check-in AND ON THE DAY OF THE SHOW. IF YOU DO NOT HAVE THEM, YOU WILL NOT BE ALLOWED TO COMPETE.**

- Music - Your single selected cut on an otherwise clean CD
- Valid NPC Membership Card or cash to purchase membership. (approximately \$90.00)
- Posing trunks/suit

## Show Schedule

**MANDATORY COMPETITORS MEETING AT 8:30 AM ON SATURDAY NOVEMBER 6, 2010**

Pre-judging 10 AM

Evening show at 6 PM

## Eligibility

1. Each competitor must be registered with the NPC and must present a current NPC membership card, current NPC membership payment receipt or purchase an NPC card at this competition.
2. Each competitor: A) Must have reached their 35<sup>th</sup>/40<sup>th</sup>/50<sup>th</sup>/60<sup>th</sup> or 70<sup>th</sup> birthday by date of show. B) Must provide proof of age with a birth certificate, driver's license or state ID.

## Divisions

**Teen Men:** Must have reached his 13<sup>th</sup> birthday, but not his 20<sup>th</sup> birthday by date of show. **Novice Men:** Cannot have won their class at a NPC contest; **Masters Women:** 1 Class; **Novice Women:** 2 Classes; **Novice Men:** Lightweight, Middleweight, Light Heavy, Heavyweight Bantam Weight = 143 ¼ and under, Lightweight = over 143 ¼ and up to and including 154 ¼, Middleweight = over 154 ¼ and up to and including 176 ¼, Light Heavy = over 176 ¼ and up to and including 198 ¼, Heavyweight = over 198 ¼ and up to and including 225 ¼, Super Heavyweight = 225 ¼ and over. **Women:** Lightweight = 118 ½ and under, Middleweight = over 118 ½ and up to and including 132, Heavyweight = over 132, **Masters Men:** 5 classes, 35-39, 40-49, 50-59, 60-69, 70 and over. **Teen Men:** 2 classes to be determined at the show. **Women's Figure:** 3 classes, A, B, C **Women's Masters/Figure:** 1 class 35 and over.

## Show

**Prejudging:** No free posing in the morning.

**Posing/Music:** Evening show: 60 seconds posing with music. At check-in, each competitor must provide 1 CD with your selected music cut on an otherwise clean CD. All competitors will be presented at the evening show. In case of failed CD, house music will be provided for your routine. Music must not contain any profanity.

**Awards:** Trophies awarded to the top 5 places in each weight or age class and to the overall winners of the Men's and Women's divisions. First and second place winners in the Men's and Women's divisions qualify for national-level competitions.

**Rules and Entry Fees:** Light oil allowed. Athletes who compete in pre-judging must participate in evening show. Solid color posing suits only. No T-back suits permitted. No jewelry is permitted (except wedding rings). Athletes must exhibit good sportsmanship at all times. Only competitors and officials are allowed backstage or in the pump-up room. Current NPC rules apply. No Hot Stuff or Analgesic sprays are allowed (no exceptions). No bottled tanning lotion allowed in building. Please have your tanning preparation done before you arrive. You will be disqualified for putting tanning oil on in the building.

**Entry Fees:** **A \$75.00 check or money order is required for each division entered and must be accompanied by a completed entry form. Entry fees are non-refundable.** All entries submitted by mail must be postmarked by Saturday October 23<sup>rd</sup> or a late fee of \$50.00 will be charged. **NO ENTRIES ALLOWED OR ACCEPTED THE DAY OF THE SHOW. LAST CHANCE TO ENTER IS THE DAY BEFORE THE SHOW AND IN PERSON AT USA GYM, 7621 W. 100<sup>th</sup> PLACE, BRIDGEVIEW, IL 60455.**

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## OFFICIAL TICKET ORDER FORM

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FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE: \_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

Pre Judging	\$20.00 General Admission	QTY: _____ X \$20.00 = _____	
Evening Show	\$30.00 Reserved Seating	QTY: _____ x \$30.00 = _____	
	\$30.00 Reserved Seating Balcony	QTY: _____ x \$30.00 = _____	TOTAL ENCLOSED: \$ _____



7621 W. 100<sup>TH</sup> PLACE

BRIDGEVIEW, IL 60455

<http://www.usagyminc.com>