***2013 NPC Music City Muscle Entry Form***

**Name: Last**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **First**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **NPC Card #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Telephone**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Age:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Height:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Weight:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **D.O.B:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***PLEASE CHECK THE DIVISION(S)/CLASS IN WHICH YOU INTEND TO COMPETE IN***

**Men’s Open Bodybuilding**

\_\_\_\_\_Lightweight (up to and including 154 ¼ )

\_\_\_\_\_Middleweight(over154 ¼ & up to 176 ¼ )

\_\_\_\_\_Light heavy weight(over176 ¼ up tp & including 198 ¼)

\_\_\_\_\_Heavyweight (over 198 ¼ 4)

**Men’s Masters Bodybuilding**

\_\_\_\_\_40 & over \_\_\_\_\_50 &over

\_\_\_\_\_60 & over

**Teen Bodybuilding** (Male 16-19)

\_\_\_\_\_Teen (One class)

**Men’s Junior Bodybuilding**

\_\_\_\_\_ Lightweight(up to and including 162.25)

\_\_\_\_\_ Middleweight(over 165.25 lbs up to and including 187.25 lbs)

\_\_\_\_\_ Heavyweight(over 187.25 lbs)

**Men’s Novice Bodybuilding**(First-time Competitor)

\_\_\_\_\_ Lightweight (up to 162.25 lbs 1/4)

\_\_\_\_\_ Middleweight (over 165.25 lbs up to and including 187.25 lbs)

\_\_\_\_\_ Heavyweight (over 187.25 lbs)

**Men’s HERO Class(military, police or fire)**

\_\_\_\_\_ (one class)

**Women’s Bodybuilding**

\_\_\_\_\_ Open(one class)

\_\_\_\_\_ Masters (50+)

**Men’s Physique**

\_\_\_\_\_ Short (up to & including 5’7”)

\_\_\_\_\_ Middle(over 5’7”& up to &including 5’10”)

\_\_\_\_\_ Tall (over 5’10”)

\_\_\_\_\_ Masters (35 & over)

\_\_\_\_\_ Masters (50 & over)

\_\_\_\_\_ Teen (one class)

**Women’s Physique**

\_\_\_\_\_ Short (up to & including 5’6)

\_\_\_\_\_ Tall (over 5’6)

\_\_\_\_\_ Masters (35 & over)

\_\_\_\_\_ Masters (50 & over)

**Women’s Figure**

\_\_\_\_\_ Short (up to & including 5’4)

\_\_\_\_\_ Middle (over 5’4 & up to & including 5’6)

\_\_\_\_\_ Tall (over 5’6)

\_\_\_\_\_ Masters (35 & over)

\_\_\_\_\_ Masters (45 & over)

\_\_\_\_\_ Novice

**Women’s Bikini**

\_\_\_\_\_ Short (up to & including 5’4)

\_\_\_\_\_ Middle (over 5’4 & up to & including 5’6)

\_\_\_\_\_ Tall (over 5’6)

\_\_\_\_\_ Masters (35 & over)

\_\_\_\_\_ Masters (40 & over)

\_\_\_\_\_ Teen

\_\_\_\_\_ Novice

In consideration of accepting this entry, I hereby intend to be legally bound for myself, my heirs, executors or administrators, waive any and all right and claim for damages I may have against Brandy Leaver, Brandon Curry, the contest venue, Tennessee Performing Arts Center, the host hotel, Millenium Maxwell House, and their assignees, associates or representatives, and the National Physique Committee, and their agents representatives and assignees for any and all injuries suffered by me at said physique contest and in traveling to and from said contest. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the contest venue, Tennessee Performing Arts Center, and the host hotel, Millenium Maxwell House, including any rules or regulations prohibiting cooking or food preparation in the hotel rooms and/or any damages caused to hotel room linens. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the promoters from and against any damages caused by the undersigned to the contest venue, Tennessee Performing Arts Center, and/or the host hotel, Millenium Maxwell House damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contest sanctioned by the NPC.

**Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent/Guardian if minor \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

NPC cards are available at www.npcnewsonline.com or for your convenience at check-in/weigh-in on Friday, October 4th, ’13 **Sanction:** The National Physique Committee (NPC) sanctions this event. Competing athletes must be a member of the NPC to competeh 2013 NPC cards are $100.

**Eligibility:** This event is open to any NPC athlete in the United States that has NOT won an overall at a National Qualifying event in the event they choose to compete in and is a non-qualifier.

**CROSSOVERS**: *Teenage and Masters are the only athletes that may cross over into Open and Junior divisions. Masters may not cross over into another Masters division. Novice cannot crossover into Teen division. Fitness and figure may crossover, but women’s physique may not cross over into fitness and figure and fitness and figure may not cross into women’s physique. Bikini cannot cross over into any other division***.**

**ENTRY FEE: Entry Fee is $70 and an additional $50 for each crossover class.**

**Entry fee is payable by money order or check only & made payable to Music City Muscle. The deadline for entry fees without a late fee is Friday, September 20th, 2013** – *entries received after this date will be an additional $30 in the form of cashiers check or money order ONLY*. NO PERSONAL CHECKS ACCEPTED AFTER THE DEADLINE DATE ***Entries will not be accepted the day of the show.***

Entries WILL be accepted at the mandatory weigh-in/check-in, Friday, October 4th, 2013 in CASH or MONEY ORDER ONLY! Late fees will be added.

**MANADTORY Weigh-in/Check-in: Friday, October 4th, 2013 at the Millenium Maxwell House in Nashville, TN between 4:30PM – 7:30PM \*Athletes MUST attend in order to check-in for the competition. If the athlete does not attend, they will not be checked in to compete and will be disqualified.**

**MANDATORY athletes meeting at TPAC: Saturday, Oct. 5th at 8am \*Failure to attend will result in athlete disqualification. Doors will be open at 7:30am for athletes and meeting will proceed at 8am. No family or friends are allowed in the meeting but are welcome to wait in the lobby until doors open for general public.**

**SEND ALL ENTRIES AND FEES TO:**

**Music City Muscle**

**P.O. Box 330846**

**Murfreesboro, TN 37133** at 5:30pm (Athletes required to be back at 4:30pm)

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Music City Muscle

P.O