

2004 GAINESVILLE BODYBUILDING CHAMPIONSHIPS

GENERAL INFORMATION

DATE OF SHOW: Saturday November 6, 2004

SCHEDULE: Check in for competitors is 10:30 a.m.
Prejudging begins at 12:00 Noon
Evening show begins at 7:00 pm.

LOCATION: Lincoln Middle School Auditorium
1001 Se 12th street, Gainesville Florida

CONTESTS: There will be 5 contests--

Men's Contest

Lightweight (under 154.25)	1st-5th places
Middleweight (154.25--176.25)	1st-5th places
Lighthweight (176.25--198.25)	1st-5th places
Heavyweight (over 198.25)	1st-5th places

Women's Contest

Lightweight (under 125)	1st-5th places
Middleweight (125 to 140)	1st-5th places
Heavyweight (over 140)	1st-5th places

Novice men

Lightweight (under 165.25)	1st-3rd places
Middleweight (165.25--187.25)	1st-3rd places
Heavyweight (over 187.25)	1st-3rd places

Men over 35

One Class-----1st-5th places

Women's Figure

One Class-----1st-5th places

ELIGIBILITY: All contestants must reside in Alachua, Marion, Columbia, Levy, Putnam County. The Novice contest will be restricted to men who have never entered or placed in a previous contest. Entrants in the Mens over 35 event must be 35 years of age or older on or after November 6, 2004. Proof of age by state ID card (Driver's License) will be required.



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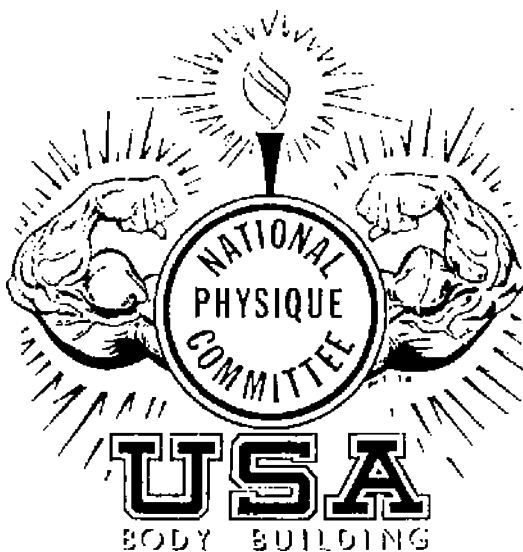
- NPC CARDS:** This contest is sanctioned by the National Physique Committee (Sanction (6468). This requires all the athletes to register with the NPC by purchasing a NPC card. The price for NPC cards is \$60.00. NPC cards may be purchased at the prejudging.
- AWARDS:** Three places in each class, plus overall winner. Over 40 trophies and prizes will be awarded.
- MUSIC:** All contestants are to bring their own music on taped cassette. Music will not be used during prejudging. Tapes should be turned in a 'ready to play condition' at the time of weighing. Please record music with good quality equipment to avoid music failure. Posing time will not be longer than 75 seconds. Check with promoter if you need assistance.
- COMPETITOR MEETING:** There will be a meeting with all competitors & the head judge before prejudging begins.
- ORDER OF EVENTS:** The following order will be used for both prejudging and the evening show.
1. Novice Men
 2. Over 35 Men
 3. Womens figure 1st round
 4. Women's Gainesville
 5. Womens Figure 2nd round
 6. Men's Gainesville
- ENTRIES:** No athlete may enter more than 1 event. Entry forms should be completed and sent to Gainesville Gym, 201 Nw 6th street, Gainesville FL, 32601, on or before November 1, 2004.
- Entry Fee:** \$20.00 per contest
\$5.00 Additional per person for those competing in other events and mixed pairs.
- LATE FEE:** \$5.00 Late Fee will be charged to all entries received after Nov 1, 2004.
- Make checks payable to Gainesville Gym.
- TICKETS:** Tickets on sale at the Gainesville Gym, V.I.P Reserved numbered seating, \$15.00. Reserved numbered seating \$11.00. General Admission; \$9.00 Day of Show; All Seats are \$15.00. Buy early for best seats. Prejudging \$5.00 at the door.
- VIDEO TAPES:** No camcorders or other motion photography equipment will be allowed in the auditorium. The Gainesville Bodybuilding Championships will be professionally video taped. Copies of show will be for sale to competitors & the general public at a very reasonable price.

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- SPECIAL NOTES:** All contests will be conducted in accordance with NPC rules. No props or costumes will be allowed without prior permission of the head judge presiding.
- POSING ATTIRE:** Posing outfits should be of the 'V' form and not a 'T' or 'G' string. This will be checked at prejudging weigh-in. If your posing attire is not up to standards, it could mean your disqualification. Your suit must be in solid color.
- BANNED POSES:** The following poses are unacceptable by the N.P.C. The "moon pose" where the contestant turns their back to the audience and bends over to touch their toes.
- FOOD & DRINKS:** Eating and drinking are not permitted in the main auditorium. Contestants must be careful regarding the oil on their body and clothes when in the auditorium. **Alcoholic beverages will not be allowed anytime during the contest.** Any person found consuming alcohol on the contest premises will be immediately disqualified.
- NUMBERS:** Contestant numbers must be worn on the right side front. Not on the hip.

Entry Deadline: Nov 1st, 2004





GAINESVILLE BODYBUILDING CHAMPIONSHIPS

ENTRY BLANK

- () MEN'S GAINESVILLE
 - () LIGHTWEIGHT
 - () MIDDLEWEIGHT
 - () LIGHT HEAVYWEIGHT
 - () HEAVYWEIGHT

REGISTRATION FEE:
 \$20.00 per contest
 \$5.00 Late Fee

- () WOMEN'S GAINESVILLE
 - () LIGHTWEIGHT
 - () MIDDLEWEIGHT
 - () HEAVYWEIGHT

ENTRY DEADLINE
 Nov 1, 2004

- () NOVICE MEN GAINESVILLE
 - () LIGHTWEIGHT
 - () MIDDLEWEIGHT
 - () HEAVYWEIGHT

- () OVER 35 MR.GAINESVILLE

- () WOMEN'S FIGURE

I agree to waive and release any rights and claims for damages arising from the aforementioned contests in consideration for my acceptance of this entry. The waiver and release extends to the National Physique Committee, Gainesville Gym, the leaders and officials of the contest.

NAME: _____

ADDRESS: _____

PHONE: _____ AGE: _____ WEIGHT: _____ NPC# _____

PREVIOUS CONTEST RECORD: _____

SIGNATURE: _____ LEGAL GUARDIAN: _____
 if under 18

FOR ADDITIONAL INFORMATION CALL JOHN AT 376-8400.

Entry Deadline: Nov 1st, 2003

M. C. Information Form

Number _____ Contest _____ Weight Class _____

(what is said about you before you pose at night show)

Name: _____ Age ____ Years of training _____

Club Affiliation _____ Occupation _____

Name of posing
song _____

Any other things that you would like to be said about you? _____
