



2018 NPC Muscle Heat Information Sheet



DIVISIONS:

OPEN MEN BB	6 Classes 1st- 5th & Overall	
	Bantam Weight	Up to - 143.25
	Light Weight	143.5 - 154.25
	Middle Weight	154.5 - 176.25
	Light Heavy Weight	176.5 - 198.25
	Heavy Weight	198.5 - 225.25
	Super Heavy Weight	225.5 - Over
JUNIOR MEN BB	2 Classes 1st - 3rd & Overall	
	Light Weight	Up to 176.25
	HeavyWeight	176.25 - Over
TRUE NOVICE MEN BB	2 Classes 1st - 3rd & Overall	
	LightWeight	up to 176.25
	HeavyWeight	176.25 - Over
TEEN BB	1 Class 1st- 5th	
MASTERS MEN BB 35+	2 Classes 1st - 3rd & Overall	
	Light Weight	Up to 176.25
	HeavyWeight	176.25 - Over
MASTERS MEN BB 40+	2 Classes 1st - 3rd & Overall	
	Light Weight	Up to 176
	HeavyWeight	176 - Over
MASTERS MEN BB 50+	1 Class 1st -3rd	
MASTERS MEN BB 60+	1 Classes 1st - 3rd	
OPEN FIGURE	4 Class 1st - 5th & Overall	
	A	Up to & including 5'2"
	B	Over 5'2" - 5'4"
	C	Over 5'4" - 5'6"
	D	Over 5'6"
JUNIOR FIGURE	1 Class 1st - 5th	
TRUE NOVICE FIGURE	2 Classes 1st - 3rd	
	A	Up to 5'4"
	B	Over 5'4"
MASTERS FIGURE 35+	2 Classes 1st - 3rd	
	A	Up to 5'4"
	B	Over 5'4"
MASTERS FIGURE 45+	1 Class 1st - 5th	
MASTERS FIGURE 50+	1 Class 1st - 3rd	
OPEN FITNESS	1 Class 1st - 5th	
OPEN BIKINI	4 Classes 1st - 5th	
	A	Up to & including 5'2"
	B	Over 5'2" - 5'4"
	C	Over 5'4"- 5'6"
	D	Over 5'6"
TRUE NOVICE BIKINI	2 Classes 1st - 5th & Overall	
	A	Up to & including 5'4"
	B	Over 5'4"
MASTER BIKINI 35+	2 Classes 1st - 5th	
	A	Up to & including 5'4"
	B	Over 5'4"
MASTER BIKINI 40+	1 Class 1st - 3rd	
MASTER BIKINI 45+	1 Class 1st - 3rd	
OPEN MENS PHYSIQUE	4 Classes 1st - 5th & Overall	
	A	Up to 5'6"
	B	Over 5'6" to 5'8"
	C	Over 5'8"-10"
	D	Over 5'10"
MASTERS MEN PHYSIQUE 35+	2 Classes 1st - 5th & Overall	
	A	Up to 5'8"
	B	Over 5'8"
MASTERS MEN PHYSIQUE 40+	2 Classes 1st - 3rd & Overall	
	A	Up to 5'8"
	B	Over 5'8"
MASTERS MEN PHYSIQUE 50+	1 Class 1st - 3rd	
TRUE NOVICE MEN PHYSIQUE	2 Classes 1st - 5th & Overall	
	A	Up to 5'8"
	B	Over 5'8"
OPEN MEN'S CLASSIC PHYSIQUE	2 Classes 1st - 5th & Overall	
	A	Up to 5'9"
	B	Over 5'9"
TRUE NOVICE CLASSIC PHYSIQUE	1 Class 1st - 5th	
MASTERS CLASSIC PHYSIQUE 35+	1 Class 1st - 5th	
WOMENS PHYSIQUE	2 Classes 1st - 5th	
	A	Up to 5'6"
	B	Over 5'6"
MASTERS WOMEN PHYSIQUE 35+	1 Class 1st - 5th	
TRUE NOVICE WOMENS PHYSIQUE	1 Class 1st - 3rd	

* For more info on classic men's physique height and weight, look under the rules section.

ENTRY FEE & NPC CARDS

ENTRY FEE: \$100 by Sept. 8, 2018 After Sept. 8, additional \$25 late fee. Crossovers available to compete in all divisions & categories in which they qualify. You must add extra \$100 fee for each division you choose to enter.

NPC CARDS: Sold by NPC Officials at Weigh-in or online at www.NPCNewsOnline.com for \$125. Cash and checks only. **Must have an NPC card to compete and proof if purchased online.**

SCHEDULE OF EVENTS

Early Weigh-Ins: Friday September 14, 2018, 5:30pm - 8:30pm
At Drury Inn & Suites, 3220 W. Gate City Blvd., Greensboro NC 27407
Competition Suit Must Be Worn for Weigh-ins
SATURDAY, SEPTEMBER 15, 2018 TIME TABLE
7:15 am - 8:30 am.....Athlete Check In & Weigh In At Greensboro Coliseum
8:30 am.....Athlete Meeting 921 W. Gate City Blvd.
10:00 am.....Prejudging West Wing B&A
6:00 pm.....Evening Show

HOST HOTEL

DRURY INN & SUITES GREENSBORO

3220 W. Gate City Blvd., Greensboro NC 27407

Reservation & Info: (800)-325-0720

Mention: Muscle Heat Group #2334421

Reservations for group rate by August 13, 2018

Rate: 1 King bed \$109.00 + tax 2 Queen beds \$119.99 + tax

There will be \$100 on credit card charge incase of damages.

No spray tanning allowed in guest room. Guest in room will be charged

ELIGIBILITY

Must Be or Become an NPC Member. Crossovers Are Available to Compete in All Divisions and Categories Inwhich a Competitor Qualifies.

OPEN – To Any NPC Member

JUNIOR – Open To Any Competitor Who Has Not Won His Or Her Class In An Open Division And Who Has Not Won Overall In Junior Division

MASTERS – Must Be At Least 35, 40, 45, 50 or 60 Years of Age or Older As Of September 15, 2018

TRUE NOVICE – For First Time NPC Competitors Only

TEEN – Eligible From 16 Years Old Until The Day Prior To 20th Birthday Must Be At Least 16 Years Old To Compete

RULES

- All Contestants Must Supply Their Own Music: **BB, Women Physique, Fitness, Classic Physique**
- **Posing Music Must Be CD**
- Posing Music For Finals Must Be No Longer Than 60 Seconds (60 Second Limit Allows All Competitors To Pose.)
- Music Must Be At The Beginning Of CD & No Vulgarity
- Bodybuilding Contestants Will Not Use Music Prejudging Bodybuilding
- Men's Classic Physique: Height and weight limits are listed on the NPC national website www.NPCNewsOnline.com/classic-physique
- **Competition Suits Must Be Worn At Weigh-In**
- **No "T" Back Suits**
- **Bikini Suits Must Be In Good Taste. Minimum 50% Glute Coverage**
- **Bikini Competitors – Recommended You Bring 2 Suits**

TICKETS — GO ON SALE AUGUST 23, 2018

Buy Tickets On Website: www.QuincyRoberts.com

PREJUDGING - \$20 Open Seating
Tickets At The Door Open Seating

NIGHT SHOW – All Reserved Seating: \$50, \$40, \$30, \$25 (plus sales tax)
BACKSTAGE PASSES – For Prejudging Only - Cost \$50 - Must purchase Pre-Judging Ticket. Also, must buy ticket for Night Show. Will not be allowed backstage at night: trainers, friends, & family members. The NPC made it mandatory that in order to buy a backstage pass, you have to have a current NPC or IFBB Card.

FOR MORE INFORMATION

Go To: www.QuincyRoberts.com or Contact Quincy Roberts at 336-987-4007
Email: QRElite@gmail.com

Send Entry Form With Money Order Made Out To:
QUINCY ROBERTS
PO Box 77901
Greensboro, NC 27417