



# 2019 NPC ELITE Muscle Classic Information Sheet

November 9, 2019 – Greensboro, NC

## DIVISIONS

### OPEN MEN'S BB

1st - 5th & Overall

- \_\_\_Bantam Weight - Up to 143.25
- \_\_\_Light Weight - 143.5 - 154.25
- \_\_\_Middle Weight - 154.5 - 176.25
- \_\_\_Light Heavy - 176.5 - 198.25
- \_\_\_Heavy Weight - 198.5 - 225.25
- \_\_\_Super Heavy - 225.5 & Over

### JUNIOR MEN'S BB

\_\_\_One Class - 1st - 5th

### TRUE NOVICE MEN'S BB

\_\_\_One Class - 1st - 5th

### TEEN BB

\_\_\_One Class - 1st - 5th

### MASTERS MEN'S BB 35+

1st - 5th & Overall

- \_\_\_Light Weight - Up to 176.25
- \_\_\_Heavy Weight - 176.25 & Over

### MASTERS MEN'S BB 40+

\_\_\_One Class - 1st - 5th

### MASTERS MEN'S BB 50+

\_\_\_One Class - 1st - 5th

### MASTERS MEN'S BB 60+

\_\_\_One Class - 1st - 5th

### OPEN FIGURE

1st - 5th & Overall

- \_\_\_Class A - Up to & including 5'2
- \_\_\_Class B - Over 5'2 - 5'4
- \_\_\_Class C - Over 5'4 - 5'6
- \_\_\_Class D - Over 5'6

### JUNIOR FIGURE

\_\_\_One Class - 1st - 5th

### TRUE NOVICE FIGURE

\_\_\_One Class - 1st - 5th

### MASTERS FIGURE 35+

1st - 5th & Overall

- \_\_\_Class A - Up to 5'4
- \_\_\_Class B - Over 5'4

### MASTERS FIGURE 45+

\_\_\_One Class - 1st - 5th

### MASTERS FIGURE 50+

\_\_\_One Class - 1st - 5th

### OPEN BIKINI

1st - 5th & Overall

- \_\_\_Class A - Up to 5'1
- \_\_\_Class B - Over 5'1 - 5'2.5
- \_\_\_Class C - Over 5'2.5 - 5'4
- \_\_\_Class D - Over 5'4 - 5.5
- \_\_\_Class E - Over 5'5 - 5'7
- \_\_\_Class F - Over 5'7

### TRUE NOVICE BIKINI

1st - 5th & Overall

- \_\_\_Class A - Up to & including 5'4
- \_\_\_Class B - Over 5'4

### TEEN BIKINI

\_\_\_One Class - 1st - 5th

### MASTERS BIKINI 35+

1st - 5th & Overall

- \_\_\_Class A - Up to & including 5'4
- \_\_\_Class B - Over 5'4

### MASTERS BIKINI 40+

\_\_\_One Class - 1st - 5th

### MASTERS BIKINI 45+

\_\_\_One Class - 1st - 5th

### MASTERS BIKINI 50+

\_\_\_One Class - 1st - 5th

### OPEN MEN'S PHYSIQUE

1st - 5th & Overall

- \_\_\_Class A - Up to 5'7
- \_\_\_Class B - Over 5'7 - 5'8
- \_\_\_Class C - Over 5'8 - 5'9
- \_\_\_Class D - Over 5'9 - 5'11
- \_\_\_Class E - Over 5'11 - 6'
- \_\_\_Class F - Over 6'

### TRUE NOVICE MEN'S PHYSIQUE

1st - 5th & Overall

- \_\_\_Class A - Up to 5'8
- \_\_\_Class B - Over 5'8

### MASTERS MEN'S PHYSIQUE 35+

1st - 5th & Overall

- \_\_\_Class A - Up to & including 5'8
- \_\_\_Class B - Over 5'8

### MASTERS MEN'S PHYSIQUE 40+

\_\_\_One Class - 1st - 5th

### MASTERS MEN'S PHYSIQUE 50+

\_\_\_One Class - 1st - 5th

### TEEN MEN'S PHYSIQUE

\_\_\_One Class - 1st - 5th

### OPEN MEN'S CLASSIC PHYSIQUE

1st - 5th & Overall

- \_\_\_Class A - Up to 5'9
- \_\_\_Class B - Over 5'9

### TRUE NOVICE CLASSIC PHYSIQUE

\_\_\_One Class - 1st - 5th

### MASTERS CLASSIC PHYSIQUE 35+

\_\_\_One Class - 1st - 5th

### MASTERS CLASSIC PHYSIQUE 50+

\_\_\_One Class - 1st - 5th

### TEEN MENS CLASSIC PHYSIQUE

\_\_\_One Class - 1st - 5th

### OPEN WOMEN'S PHYSIQUE

1st - 5th & Overall

- \_\_\_Class A - Up to 5'6
- \_\_\_Class B - Over 5'6

### TRUE NOVICE WOMEN'S PHYSIQUE

\_\_\_One Class - 1st - 5th

### MASTERS WOMEN'S PHYSIQUE 35+

\_\_\_One Class - 1st - 5th

## ENTRY FEES & NPC CARDS

- Post Marked on or before November 1, 2019 - \$100
- Post Marked after November 1, 2019 - \$125
- Crossovers - Add \$100 per division

Make money order (only form of prepayment) payable to:

### Quincy Roberts

PO Box 77901

Greensboro, NC 27417

Only money orders or cash taken day of show

- Must have current NPC card to compete
- NPC Cards available for purchase at weight-ins or online at [www.NPCNewsOnline.com](http://www.NPCNewsOnline.com) for \$125.
- Must show proof of purchase if purchase online.

## SCHEDULE OF EVENTS

- Early Weigh-in: Friday, November 8, 2019  
5:00pm - 7:00pm at Drury Inn & Suites, 3220 W. Gate City Blvd., Greensboro, NC 27407
- All competitors must check-in on Friday from 5:00-7:00pm
- There is not a late check-in on Saturday morning of the show
- Athletes Meeting: 8:30am
- Prejudging Begins: 10:00am
- Evening Show: 6:00pm

## HOST HOTEL

Drury Inn & Suites Greensboro

3220 W. Gate City Blvd., Greensboro, NC 27407

Reservation & Info: (800) 325-0720 - Mention "Muscle Heat Group #2334421"

Reservation for group rate by November 2, 2019

Rate: \$130 + tax. \$100 on credit card charge in case of damages.

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

## CONTEST VENUE

Greensboro Coliseum, 921 W. Gate City Blvd., Greensboro, NC 27403

## TICKETS

- Go on sale October 9, 2019
- Buy tickets on website: [www.QuincyRoberts.com](http://www.QuincyRoberts.com)
- All reserved seating: \$50, \$40, \$30, \$25 + tax

- Prejudging: \$20 Open Seating. Tickets at the door for Open Seating
- Backstage passes for Prejudging Only: \$50
- Must purchase Prejudging ticket
- 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 Card. IFBB cards are not acceptable.

## 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](http://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

## ELIGIBILITY

- Must be or become an NPC member. Crossovers are available to compete in all divisions and categories in which 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 14, 2019
- **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

For More Info, Visit: [www.QuincyRoberts.com](http://www.QuincyRoberts.com)

To Contact Quincy Roberts: 336-987-4007 or email: [QRElite@gmail.com](mailto:QRElite@gmail.com)