



Sanction # 3181

2019 NPC Muscle HEAT Information Sheet

September 14, 2019 – Greensboro, NC



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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 5'2
- ___ Class B - Over 5'2 - 5'4
- ___ Class C - Over 5'4 - 5'6
- ___ Class D - Over 5'6

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 5'6
- ___ Class B - Over 5'6 - 5'8
- ___ Class C - Over 5'8 - 5'10
- ___ Class D - Over 5'10

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 September 6, 2019 - \$100
- Post Marked after September 6, 2019 - \$125
- Crossovers - Add \$100

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 weigh-ins or online at www.NPCNewsOnline.com for \$125.
- Must show proof of purchase if purchase online.

SCHEDULE OF EVENTS

- Early Weigh-in: Friday, September 13, 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 August 10, 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 August 14, 2019
- Buy tickets on website: 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
- 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

To Contact Quincy Roberts: 336-987-4007 or email: QRElite@gmail.com



2019 NPC Muscle Heat Official Entry Form

September 14, 2019 – Greensboro, NC

For Information:
Call 336-987-4007 EliteFitness
www.QuincyRoberts.com

Name _____ Age at Time of Contest _____

Street Address _____ City _____ State _____ Zip Code _____

Phone _____ Email _____ Bodyweight _____

Gym Affiliation _____ Weight/Height Class _____ Coach's Name _____

MAIL ENTRY FORM TO:
Quincy Roberts, P.O. Box 77901
Greensboro, NC 27417-7901
No Personal Checks. Money Orders Only.
Make Payable to Quincy Roberts.

Please include money order with entry form.
Cost is \$100 before September 7, 2019 and
\$125 after September 7, 2019. Crossovers
available to compete in all divisions &
categories in which they qualify.

- Open Men's BB
- Jr. Men's BB
- True Novice Men's BB
- Teen Men's BB
- Masters Men's BB
35+ / 40+ / 50+ / 60+
Specify Division on Line____
- Men's Physique
- Men's Masters Physique
35+ / 40+ / 50+
Specify Division on Line____
- True Novice Men's Physique
- True Novice Classic Physique
- Junior Classic Physique
- Open Men's Classic Physique
- Masters Classic Physique 35+
- Women's Physique
- Women's Masters Physique 35+
- True Novice Women's Physique
- True Novice Figure
- Open Figure
- Junior Figure
- Masters Figure
35+ / 45+ / 50+
Specify Division on Line____
- Open Bikini
- True Novice Bikini
- Teen Bikini
- Masters Bikini
35+ / 40+ / 45+ / 50+
Specify Division on Line____
- Open Fitness

IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS ENTRY:

In consideration of being allowed to participate in any way in the 2019 Muscle Heat ("Event") promoted by **Quincy Roberts, Quincy Roberts Elite Fitness, Inc.** ("Promoter") and sanctioned by the National Physique Committee of the USA, Inc. ("NPC"), its related events and activities, I, {please print name} _____, the undersigned, acknowledge, appreciate and agree that: The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death. While particular skills, equipment and personal discipline may reduce this risk, the risk of serious injury does exist, and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR THE NPC or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation and bring such to the attention of the Promoter immediately; and, I, for myself on the behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE PROMOTER AND THE NPC and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the Drury Inn & Suites ("Hotel") including any rules or regulations prohibiting cooking or food preparation in the hotel rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the Promoter from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Hotel or 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 contests sanctioned by the NPC. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the NPC, Promoter and/or any other NPC-approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Promoter, and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the NPC, the Promoter and/or any NPC-approved video or entertainment organization are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Promoter and/or any other NPC-approved video or entertainment organization hereunder.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

SIGNATURE _____ AGE _____ DATE _____

PRINT NAME _____

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

SIGNATURE _____ AGE _____ DATE _____

PRINT NAME _____

PARTICIPANT'S SIGNATURE _____ AGE _____ DATE _____

PRINT NAME _____