



Lehigh Valley

Bodybuilding, Bikini, Figure & Physique Championships

A National Qualifier Event

May 23, 2020– Allentown, PA

How to enter: Mail your **Money Order, or Cashiers Check (NO CHECKS)**, made payable to: ISI Productions
1803 Stratford Court, Allentown, PA 18103 For more information Call Craig@(484)239-4117

- * Entry Fee \$80, Crossover Fee \$80. each additional class ALL Entry fees are NON REFUNDABLE
- * Late Entry Fee of \$40 applied after May 17, 2020.
- * A Fee of \$40 applied also to all walk-in entries.
- * If you decide to add a class after submitting your form, please email Johnson.craig@hotmail.com. You can also add a class at check-ins (cash only)

Eligibility: The Lehigh Valley Championships are open to all competitors. All competitors MUST have a CURRENT NPC card. Cost is \$125.00 go to www.NPCnewsOnline.com (Juniors, Teenage, & Masters must show a drivers license or birth certificate.)

Divisions:

- * Open: Eligible for all competitors of any age or experience.
- * Novice: If an athlete has never placed first in any class or age group in any NPC sanctioned contest then he/she is eligible to compete as a “novice”
- * True Novice: First time competitor in any NPC Sanction contest.
- * Junior: The competitor must be age 23 or under on the day of the contest.
- * Masters: The competitor must be at least the minimum age of the division on the day of the contest.

Crossovers: You may compete in multiple classes (if eligible). This can be any combination of open, novice, masters, true novice. Don't miss this opportunity for a real stage-experience!

Contest Venue: Scottish Rite Cathedral, 1533 Hamilton St., Allentown, PA 18102

Host Hotel: Holiday Inn 4325 Hamilton Blvd, Allentown, PA 18103 (610) 366-1600 (Use Group Rate Code NP1)

Athlete Schedule: Friday only check-ins & Weigh ins, May 22, 2020, 5-8 pm at the show venue.

- * All Bodybuilders must be in competition suits to weigh in.
- * All Competitors must have competition suits with them for inspection.

Pre-Judging: Mandatory 8 am meeting at contest venue, Doors open for spectators at 8 am, Prejudging begins at 9 am.

Finals: Doors open for spectators at 4PM, Finals Begin at 5pm.

Kent Johnson Memorial Raffle: Paid applications received by May 11, 2020 are entered to win 2 Free Prejudging Tickets & 2 Free Finals Tickets. Winner will be drawn on May 12, 2020. The Winner Will Be Notified by Phone.

Posing & Awards: POSING: Bodybuilders, Women's Physique and Men's Classic Physique: 70 Second Routine (No Music for Prejudging; Music For Finals only)

*(Pre-judging based on Mandatory Poses and Quarter Turns) **Men's Classic Physique:** Solid Compression Shorts, Judging on Muscular Size, Symmetry, Balance, & Proportion with an emphasis on Definition & Condition. **Mens Physique:** Board Shorts, Judging on Physical Shape & Overall Presentation. **Figure:** 2 Piece only (Judging Muscle Tone, Definition, Symmetry, Overall Presentation). **Bikini:** 2 Piece (Physical Shape & Overall Presentation).

POSING MUSIC: Posing music will be collected on the Friday check-ins/weigh-ins. Please have 70 seconds of music on a CD. NO EXPLICIT OR PROFANE LYRICS! Put your name on the CD. (Music will start when your name is announced.)

Figure, Bikini, Woman's Wellness & Men's Physique Contestants DO NOT Need to Bring Music.

AWARDS: Top 5 in each class: Overall Swords, 1Best of Show Title Belt (1 male, 1 female winner)

Tickets: Pre-Judging-\$25 Assigned Seating Only. Finals \$35. Assigned Seating Only. Tickets will be available at the door and will be CASH ONLY.

Backstage & Trainer Passes: Pump Up Equipment Provided (cable crossover, benches, curl bars, vertical knee raise/dip/chin, dumbbells, resistance bands.) TV Monitors to watch the action on stage. Fruit and Gatorade provided for all competitors backstage.

- * Trainers Passes are available on sale Friday night at check-ins/weigh-ins. The fee is \$100, This is an All Day All Access Pass.

Tanning/Hair/Makeup: Olympia Tan, Contact Mike Kamdar 412-298-5052 www.olympiatan.com

Official Competition Suits: Bodybuilding, Women's Physique, Figure, & Bikini suits are available through Top Physique.
Contact Chrissy at 610 740-0352

T-Shirt/Goodie Bag: T-shirts and Goodie bags will only be guaranteed to competitors who are pre-registered.