



# Lehigh Valley

*Bodybuilding,  
Bikini, Figure & Physique  
Championships*  
A National Qualifier Event

**May 25, 2019– Allentown, PA**

**How to enter:** Mail your **Money Order Only (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 19, 2019.
- \* 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](http://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:** Wingate by Wyndham 4325 Hamilton Blvd, Allentown, PA 18103 (610) 366-1600 (Use Group Rate Code NP1)

**Athlete Schedule:** Friday only check-ins & Weigh ins, May 24, 2019, 4-8 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: Mandatory 3 pm meeting at contest venue,** Doors open for spectators at 3 PM, Finals Begin at 4pm.

**Kent Johnson Memorial Raffle:** Paid applications received by May 12, 2019 are entered to win 2 Free Prejudging Tickets & 2 Free Finals Tickets. Winner will be drawn on May 13, 2019. 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, & Men's Physique Contestants DO NOT Need to Bring Music.**

**AWARDS:** Top 5 in each class: Overall Swords-Bikini, Novice, Masters Men, Open Women, Open Men, Figure, Physique, 1 Best 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.