



# IFBB International Bodybuilding, Fitness, Figure and Bikini Championships

Bob Lorimer 1215 Worthington Woods Blvd. 614.430.5962 ext.103

e-mail: bob@arnoldexpo.com website: arnoldamateur.com

NPC National Qualifier  
Sanction 11167



## ENTRY FORM

NOTE: Please Print (no script) all information.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

(International Competitors must register on the IFBB web site)

Phone No. \_\_\_\_\_ E-mail Address \_\_\_\_\_

### Men's Bodybuilding Classes:

- Lightweight: Up to and incl. 70 kg (154 lbs)
- Welterweight: Up to and incl. 75 kg (165 lbs)
- Light-Middleweight: Up to and incl. 80 kg (176 lbs)
- Middleweight: Up to and incl. 85 kg (187 lbs)
- Light-Heavyweight: Up to and incl. 90 kg (198 lbs)
- Heavyweight: Up to and incl. 100 kg (220 lbs)
- Super-Heavyweight: Over 100 kg (220 lbs)

### Men's CLASSIC Bodybuilding:

- A: Up to and including 168 cm (5'6")
- B: Up to and including 171 cm (5'7¼")
- C: Up to and including 175 cm (5'9")
- D: Up to and including 180 cm (5'11")
- E: Over 180 cm (over 5'11")

\*The weight/height limits tolerance of the Men's Classic has the following criteria:

Height	Bodyweight limit
Up to and incl 168 cm	Height -100
Over 168 cm Up to and incl 171 cm	(Height -100) + 2 kg
Over 171 cm Up to and incl 175 cm	(Height -100) + 4 kg
Over 175 cm Up to and incl 180 cm	(Height -100) + 6 kg
Over 180 cm Up to and incl 190 cm	(Height -100) + 8 kg
Over 190cm Up to and incl 198 cm	(Height -100) + 9 kg
Over 198 cm	(Height -100) + 10 kg

### Women's Bodybuilding Classes:

- Lightweight: Up to and including 55 kg (121 lbs)
- Heavyweight: Over 55 kg (121 lbs)

### Women's Fitness Classes:

- Short: Up to and including 163 cm (5'-4" )
- Tall: Over 163 cm (over 5'-4" )

### Women's Figure Masters Classes:

- Short: Up to and including 163 cm (5'4")
- Medium: Up to and including 168 cm (5'6")
- Tall: Over 168 cm (Over 5'6")

### Women's Figure Classes: (no crossovers)

- A: Up to and including 155 cm (5'1" )
- B: Up to and including 159 cm (5'2½" )
- C: Up to and including 163 cm (5'4" )
- D: Up to and including 167 cm (5'5½" )
- E: Up to and including 170 cm (5'7" )
- F: Over 170 cm (Over 5'7" )

### Women's Bikini Classes:

- A: Up to and including 155 cm (5'1" )
- B: Up to and including 159 cm (5'2½" )
- C: Up to and including 163 cm (5'4" )
- D: Up to and including 167 cm (5'5½" )
- E: Up to and including 170 cm (5'7" )
- F: Over 170 cm (Over 5'7" )

IFBB/NPC National Qualifying event you placed in top five: \_\_\_\_\_ Your Place: \_\_\_\_\_

District Chairman Name: \_\_\_\_\_

NPC Card No. \_\_\_\_\_ **2012 cards can be purchased at the show**

\$100.00 USD Entry Fee enclosed. Payments must be in US currency **received by January 31, 2012.**

Payment type:

**Cashiers Check**

**Money Order**

Make cashiers checks and money orders payable to **ARNOLD AMATEUR** and send to:

**METRO FITNESS**

attn Bob Lorimer

1215 Worthington Woods Blvd.

Worthington, OH 43085



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In consideration of your acceptance of this entry and fee, I waive and release all rights and claims for damages against the National Physique Committee, IFBB, Metro Fitness of Columbus, the Fitness Factory, Michael J. Davies, and their associates, officials, agents, and employees, or assign by reason of injury or damages which may occur while traveling to or from or participating in this contest. I have read and understand all information on this page. I further agree to abide by the decisions of the National Physique Committee, IFBB, the respective judges, Metro Fitness of Columbus, and Michael J. Davies. I declare that all information contained herein is, the best of my knowledge, true, correct, and complete.

Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Notice: No Refunds on Accepted Applications. There will only be refunds on Denied Applications.