

# NPC Grand Prix Natural • May 14, 2016

Bodybuilding, Figure, Physique, Classic Physique & Bikini Championships™

PLACE  
STAMP  
HERE

Who will  
win the

Kevin Noble  
381 Cherokee Road  
Lyons, CO 80540



**HARD AS A  
ROCK AWARD?**



*Presents*

**2016 NPC Grand Prix Natural  
Bodybuilding, Figure, Physique,**

**Classic Physique & Bikini Championships™**

**NPC National Qualifier for 2016 & 2017**

Show Theme -

# "VICTORY"

**SATURDAY, MAY 14, 2016**

**Jefferson High School Theater**

**4145 Samuelson Road, Rockford, IL 61109**

**JUDGING 10:00AM • \$25.00 at the Door Only**

**EVENING SHOW • 5:30PM • \$45.00 all Seats Reserved**

**ALWAYS A SELL-OUT • ORDER EARLY**

**For information Contact:**

**Kevin Noble**

**kevinthenoble@aol.com**

**www.kevinnoble.com**

**815-670-8008**

# NEW...

**Open Classic Physique  
3 Height Classes  
and  
Master Physique 40+**

### **Overall Winners Receive:**

- ★ Grand Prix Natural Title Hoodie
- ★ Niels Andersen Sculptured Statue
- ★ Trophies 1st-5th in all classes
- ★ Every Competitor Gets A Grand Prix Natural T-Shirt
- ★ Massive 6 ft. Team Trophy from Adams Awards
- ★ Best Poser Award - Mens Bodybuilding
- ★ Best Poser Award - Womens Physique
- ★ Hard As A Rock Award - Mens Bodybuilding
- ★ Best Guns & Best Wheels - Mens Bodybuilding

Photo coverage by:

**Foss**  
IMAGERY

[www.fossimagery.com](http://www.fossimagery.com)

# NPC Grand Prix Natural • May 14, 2016



## Schedule of Events

### Friday - May 13, 2016

**Location:** Holiday Inn-Host Hotel - (lower level)  
7550 E. State Street (Bus. 20)  
Rockford, IL 61108  
*(see page 4 for additional hotel information and map)*

- 5:00-7:30pm MANDATORY CHECK-IN/WEIGH-IN**
1. Present 2016 NPC card (**purchase in advance online at [npcnewsonline.com](http://npcnewsonline.com) or at check-in for \$125**)
  2. Check-In **dressed** in your **POSING SUIT ONLY** (changing rooms adjacent to meeting room)
  3. **Turn in your music/cd** (Bodybuilders, Womens Physique & Mens Classic Physique)
  4. **Show proof of age - ID required** (Masters), (Bikini competitors **MUST** be 18+)
  5. **YOU MUST check in at your scheduled time. Please plan ahead and be there at your scheduled time. NO EXCEPTIONS!**

**5:00pm** Teen BodyBuilding, Grand Master BodyBuilding, Mens Master BodyBuilding, Mens Open BodyBuilding

**5:30pm** Womens & Mens Master, Open Physique & Classic Physique

**6:15pm** Master & Open Figure

**6:45pm** Master & Open Bikini

**7:30 pm** **Check In Closed**

**If you have not checked in by 7:30pm, Friday 05-13-16 you will not be competing on Saturday 05-14-16. NO EXCEPTIONS**

### Saturday - May 14, 2016

**Location:** Jefferson High School  
4145 Samuelson Road  
Rockford, IL 61109

**8:45am SHARP MANDATORY ROLL CALL & RULES MEETING**  
*(All Competitors, Judges & Staff in Pump Up Room)*

**9:00am** Ticket Booth Opens in Lobby

**10:00am Judging in Order**

1. Teen BodyBuilding
2. GrandMaster BodyBuilding
3. Master Men BodyBuilding
4. Open Mens BodyBuilding
5. Master Womens Physique
6. Womens Physique
7. Master Mens Physique
8. Mens Physique
9. Master Classic Physique
10. Open Mens Classic Physique
11. Master Figure
12. Open Figure
13. Masters Bikini
14. Open Bikini

**4:30pm** Building Opens

**4:45pm** Competitors Roll Call In Weight Room

Ticket Booth Opens

**5:30pm** **EVENING SHOW (SHOW ORDER SAME AS ABOVE)**

**Coaches Pass \$75.00 cash**  
**Buy in person in Pump Up room.**  
**Pass is good for Pump Up room ONLY**  
**not backstage or theater.**  
**You must buy a ticket to see the show.**

**Kevin Noble - Promoter**  
**[www.kevinnoble.com](http://www.kevinnoble.com)**  
**email: [kevinthenoble@aol.com](mailto:kevinthenoble@aol.com)**

**Team Trophy Competition**  
**Open to All Gyms &**  
**Personal Training Companies**

**YOU MUST HAVE A MINIMUM OF 8**  
**COMPETITORS IN SHOW TO BE IN**  
**TEAM TROPHY COMPETITION.**

Team leader must contact Kevin Noble via Email ([kevinthenoble@aol.com](mailto:kevinthenoble@aol.com)) prior to 04-26-16. Team Leader must submit entire Team Roster, listing name, division and class. All Team Members must have their individual entry submitted and confirmed by 04-26-16 to be considered part of the Team. (No Extra Fees!) - **NO EXCEPTIONS!!!**



**2015 NPC Natural Muscle Classic XXVIII**  
**Team Trophy Winner**  
**"Team Synergy" of Zion, IL.**

Left to Right: Brenda Watkins, Angela Everett, Daisy Blanchard, Bertha Reyes, Dolores Galarza, Charo Neal, Lois Hirsham, Rochelle Dukas, Sharice Harris, Zabian Davis. (Not pictured - Darnell Jones (coach), Alex Hugo, Maria Lopez, John Slater and LaTonia Tolbert)

**ELIGIBILITY ALL COMPETITORS:** (1) Each competitor must be currently registered with the NPC and to meet this requirement, he/she must present his/her current NPC card, current NPC receipt, or purchase an NPC card in advance at [npcnewsonline.com](http://npcnewsonline.com) or at Friday night check-in (\$125). (2) Each competitor **must be an amateur** in good standing with the NPC. (3) Any competitor who has won a National level overall title is not eligible to compete in this competition. (4) **Any competitor who has accepted a "Pro Card" from any organization is no longer an amateur and is not eligible for NPC competition.** (5) Any competitor who is selected for polygraph testing and who does not report for the test as instructed by the Director or who does not pass such test is not eligible to compete in this competition and will be disqualified from receiving any place, title, trophy or other award.

**POLYGRAPH TESTING:** A professional polygraph tester will conduct the testing using the polygraph system. **Competitors to be tested will be notified at morning athletes meeting.** Failure to take test at scheduled time will result in disqualification from evening show. **Testing will be based on anabolic steroids, HGH, or any testosterone creams, pills or shots used to enhance bodybuilding and/or physical performance for 36 months prior to competition. Over the counter supplements Will Not be tested for.** Failure to pass polygraph test would eliminate competitor from the competition. **No refunds on entry fees and/or any tickets purchased for any competitor eliminated.**

## Bodybuilding & Physique

### DIVISIONS

<b>Teen BB:</b>	1 class	
<b>GrandMasters BB:</b>	2 classes	70+ years 60-69 years
<b>Mens Masters BB:</b>	2 classes	45+ years 35-44 years
<b>Mens Open BB:</b>	5 classes	Bantamweight under 143 1/4 lbs. Lightweight 143 1/4 lbs. to 154 1/4 lbs. Middle 154 1/4 lbs. to 176 1/4 lbs. Light Heavy 176 1/4 lbs. to 198 1/4 lbs. Heavy 198 1/4 lbs. & over
<b>Womens Master Physique:</b>	1 class	40+ years
<b>Womens Open Physique:</b>	2 classes	A - under 5'6" B - 5'6" and over
<b>Mens Masters Physique:</b>	2 classes	45+ years 35-44 years
<b>Mens Open Physique:</b>	3 classes	A - under 5'7" B - 5'7" and up to 5'10" C - 5'10" and over
<b>Mens Masters Classic Physique:</b>	1 class	40+ years
<b>(must meet height and weight requirements)</b>		
<b>Mens Open Classic Physique:</b>	3 classes	A - ( up to 5'-7") up to 5'4"/ up to 155 lbs : over 5'4" to 5'5"/up to 160 lbs: over 5'5" to 5'6" / up to 165 lbs : over 5'6" to 5'7"/up to 170 lbs B - (over 5'7"to 5'10") over 5'7" to 5'8" / up to 177 lbs : over 5'8" to 5'9" / up to 185 lbs. : over 5'9" to 5'10" up to 192 Lbs C - (over 5'10") over 5'10" to 5'11" / up to 200 lbs : over 5'11" to 6'0" / up to 207 lbs : over 6'0" to 6'1" / up to 215 lbs: over 6'1" to 6'2" / up to 225 lbs : over 6'2" to 6'3" / up to 232 lbs <b>(see full NPC Classic Physique info chart for more info)</b>

**ALL JUDGING** - Class lineups, 1/4 turns and mandatory poses.

**EVENING SHOW** - 60 second posing routine to **your** music.

**POSING & MUSIC:** Competitor must provide a **CD in a case**, (case and CD should be labeled with your name) for evening posing routine - 60 seconds of music (turn in at Friday check-in). You must cue the CD close to beginning and have your name on the CD and the case. (One song on the CD only). **CD's of poor quality, with more than one song and/or CD's with obscene lyrics or racial slurs will not be played and will be replaced by house music.**

### Womens Masters & Open Physique:

(2 piece suit) - **NO THONGS ALLOWED!!!**

**Judging** - Class lineup, 1/4 turns and mandatory poses.

**Evening Show** - 60 second posing routine to **your** music.

See NPC website for poses. [www.npcnewsonline.com](http://www.npcnewsonline.com)

### Mens Masters & Open Physique:

(board shorts)

**Judging** - Class lineup and comparison.

**Evening Show** - Individual intro, walk to center stage and perform mandatory mens physique poses to house music.

See NPC website for poses. [www.npcnewsonline.com](http://www.npcnewsonline.com)

### Mens Masters & Open Classic Physique:

(classic physique shorts - go to [npc-wear.com](http://npc-wear.com) to purchase)

**Judging** - Class lineup, 1/4 turns, 4 mandatory poses and your favorite classic pose.

**Evening Show** - 60 second posing routine to **your** music.

See NPC website for poses. [www.npcnewsonline.com](http://www.npcnewsonline.com)

### Figure

#### DIVISIONS

<b>Masters:</b>	2 classes	45+ years 35-44 years
<b>Open:</b>	3 classes	A - up to 5'4" B - 5'4" to 5'6" C - 5'6" & over

**FIGURE: (2 piece suit and heels) - NO THONGS ALLOWED!!!**

**Judging** - Class lineup and 1/4 turns.

**Evening Show** - Individual intro, walk to center stage and perform 3 model poses, walk to curtain and form a lineup. House music will be played.

### Bikini

#### DIVISIONS

<b>Masters:</b>	2 classes	45+ years 35-44 years
<b>Open:</b>	4 classes	A - up to 5'2" B - 5'2" to 5'4" C - 5'4" to 5'6" D - 5'6" & over

**BIKINI: (2 piece suit and heels) - NO THONGS ALLOWED!!!**

**Judging** - Class lineup, front and back poses, comparisons.

**Evening Show** - Individual intro, perform front and back poses, walk to curtain and form lineup. House music will be played.

**Must be 18 or older - Must show photo ID.**

### Rules and Criteria

- Must wear NPC approved posing suit
- No analgesics allowed
- No trainers/coaches allowed in pump room without a coaches pass

**Please go to [www.npcnewsonline.com](http://www.npcnewsonline.com) for more details on judging, criteria, suits, rules and national qualifications.**

# Directions and Map

**HOST HOTEL**  
**Holiday Inn**  
 7550 E. State St.  
 Rockford, IL 61108  
 815-398-2200



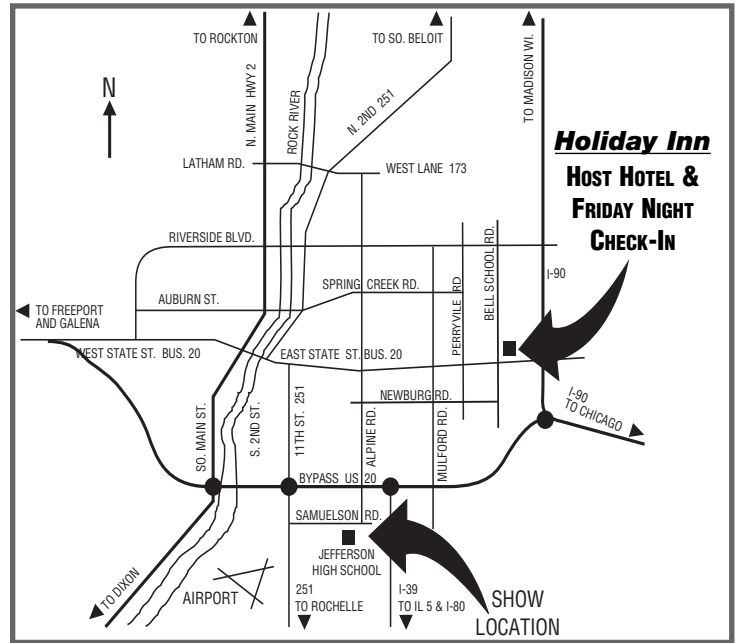
**Stay where the Judges stay. Call early for reservations.**  
 Ask for the "Grand Prix Natural" discount.

**SPECIAL RATE \$89.95 + tax for double.**  
**Deadline for Special Rate 04-26-16.**

**All rooms include refrigerator & microwave.**

**Directions to Host Hotel-Holiday Inn, 7550 E. State St., Rockford, IL 61108:** Exit off HWY 90 W @ Bus. 20 (by Clock Tower Inn) turn right, west on E. State St. (Bus. 20) go 3-4 blocks to Bell School Road, turn right (Host Hotel is on the right).

**Directions to Jefferson High School:** Coming in on either HWY. 90 or HWY. 39, exit onto Bypass U.S. 20 (West). Exit onto Alpine Road. Go south 6-7 blocks until Alpine dead ends at Samuelson Road. Turn right (west) go 2 blocks. Jefferson High School is on the left side of the road (4145 Samuelson Road).



**SHOW PARKING:** Competitors; please park in the back lot - south of school. Free parking in lot adjacent to front of school. Additional parking at rear of building. (Must go around the block for rear lot - south of school).

**OFFICIAL PHOTOGRAPHER:** Chris & Amber Foss • 608-850-9295 or 608-335-5653 mobile  
 Email - [chris@fossimagery.com](mailto:chris@fossimagery.com) • [www.fossimagery.com](http://www.fossimagery.com)

**OFFICIAL AIRBRUSH TANNING, HAIR & MAKE-UP PROFESSIONALS:**  
 Shawn & Rachel of FITWORLD • Contact them 248-292-1069 or [fitworldsales@gmail.com](mailto:fitworldsales@gmail.com)  
 All done at the Host Hotel - Holiday Inn  
[www.fitworld.org](http://www.fitworld.org) • Book your appointment early!!!

## Sponsors



The Myo Store



**KOFOID  
 CHIROPRACTIC**



Please Print Bold & Neat

NAME \_\_\_\_\_ CELL PHONE \_\_\_\_\_
ADDRESS \_\_\_\_\_ APT # \_\_\_\_\_
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_
E-MAIL (Bold & Neat) \_\_\_\_\_
AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ GYM \_\_\_\_\_

Official Weight \_\_\_\_\_ Exp. \_\_\_\_\_
Division \_\_\_\_\_
Class \_\_\_\_\_ # \_\_\_\_\_

Only fill out TEAM & CITY (below) if you have an official team competing, minimum 8 team members (see page 2 of entry flyer for more information)

TEAM \_\_\_\_\_ CITY \_\_\_\_\_

I will e-mail you a confirmation of your entry. Please be sure that your e-mail address is legible. Thank you

- Entry Fee \$100.00 per division entered (money order payable to Kevin Noble).
- Must show current 2016 NPC card at Friday May 13 check-in.
(may purchase at check-in for \$125.00 - cash or make checks payable to NPC)

Entry Deadline 4-26-16. All entries must be signed & postmarked by 4-26-16.

- No Late Entries will be Accepted! DO NOT MAIL ENTRY AFTER 4-26-16.
- Crossovers permitted within your division only.
- NO CROSSOVERS permitted between divisions.

Check Divisions Entered
Mens
[ ] Teen BB
[ ] GrandMaster BB
[ ] Master Bodybuilding
[ ] Open Bodybuilding
[ ] Master Physique
[ ] Open Physique
[ ] Master Classic Physique
[ ] Open Classic Physique

Womens
[ ] Master Physique
[ ] Open Physique
[ ] Master Figure
[ ] Open Figure
[ ] Masters Bikini
[ ] Open Bikini (18 yrs +)

SUSPENDED

UPDATE!
CROSSOVERS ALLOWED
Between Classic Physique, Physiqu & Mens BB

T-Shirt size S M L XL XXL (circle one)
Height Class A B C D (circle one)
Weight Class \_\_\_\_\_
Age Class \_\_\_\_\_ Total Entry Fees Enclosed \$ \_\_\_\_\_

In consideration of your acceptance of this entry, I hereby intending to be legally bound for myself, executors, administrators, and my heirs waive any and all rights and claims for damages I may have against Kevin Noble, Jefferson High School, Rockford Public Schools District #205. The National Physique Committee of the USA Inc. ("NPC") or the officials, agents, employees, representatives or assigns by reasons of injury or damage I might incur at traveling to or from or participating in this competition. I certify that I am an AMATEUR in good standing and eligible to compete in this event. I further agree to abide by all the decisions of the competition director and NPC and declare that all the information contained herein is to the best of my knowledge true, correct, and complete.

I hereby state that I have not at any time during the preceding 36 (thirty six) calendar months used human growth hormone, anabolic steroids or testosterone creams, pills or shots to enhance my physique and physical performance in any form whatsoever.

If I should fail to pass the polygraph test administered at this competition, I agree to forfeit any trophy or title which I would have otherwise won and understand that I will be suspended from this NPC event, I understand that I will not receive a refund for any entry fee & or tickets paid for in advance for this competition (May 13 & 14, 2016).

With my signature below I agree with the above waiver and I certify that I am not a card holding pro of any organization.

X
Signature (required)
Date
(if under 18) Parent/Guardian Signature required

NO PERSONAL CHECKS ACCEPTED
MONEY ORDERS ONLY
MADE PAYABLE TO KEVIN NOBLE

Mail Money Order by 4-26-16
To: Kevin Noble
381 Cherokee Road
Lyons, CO 80540

NPC Grand Prix Natural • May 14, 2016 • Ticket Order Form

ALWAYS A SELL-OUT • ORDER TICKETS EARLY

Mail Money Order made payable to: Kevin Noble
381 Cherokee Road
Lyons, CO 80540
815-670-8008

NO PHONE OR CREDIT CARD ORDERS
NO PERSONAL CHECKS ACCEPTED
YOU MUST MAIL IN FORM WITH A MONEY ORDER

NO REFUNDS/NO REPLACEMENTS

TICKETS REQUESTED

Judging 10:00 AM
\$25.00 General Admission
(SOLD AT THE DOOR ONLY)

Evening Show 5:30 PM
"ALL SEATS RESERVED"

\*All orders will be processed & mailed within 24 hours of receiving your money order.

Do not mail ticket order after April 26, 2016.

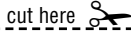
Remaining tickets will be sold at the door Saturday May 14, 2016.

Standing Room will be available in the case of a sellout.

SEND TO: (Please Print Clearly)

NAME \_\_\_\_\_
ADDRESS \_\_\_\_\_
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_
HOME PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_
E-MAIL \_\_\_\_\_

Adult @ \$45.00 = \$
Kids 10 & under @ \$20.00 = \$
TOTAL TICKETS @ \$



# NPC CLASSIC PHYSIQUE UPDATE

The National Physique Committee announces the creation of a new division called Classic Physique. Competition will take place in the following categories:

## DIVISION "A" (UP TO AND INCLUDING 5' 7")

- |   |                             |
|---|-----------------------------|
| • Up to and including 5' 4"             | Up to and Including 155 lbs |
| • Over 5' 4", up to and including 5' 5" | Up to and Including 160 lbs |
| • Over 5' 5", up to and including 5' 6" | Up to and Including 165 lbs |
| • Over 5' 6", up to and including 5' 7" | Up to and Including 170 lbs |

## DIVISION "B" (OVER 5' 7", UP TO AND INCLUDING 5' 10")

- |  |                             |
|--|-----------------------------|
| • Over 5' 7", up to and including 5' 8"  | Up to and Including 177 lbs |
| • Over 5' 8", up to and including 5' 9"  | Up to and Including 185 lbs |
| • Over 5' 9", up to and including 5' 10" | Up to and Including 192 lbs |

## DIVISION "C" (OVER 5' 10")

- |   |                                     |
|---|-------------------------------------|
| • Over 5' 10", up to and including 5' 11" | Up to and Including 200 lbs         |
| • Over 5' 11", up to and including 6' 0"  | Up to and Including 207 lbs         |
| • Over 6' 0", up to and including 6' 1"   | Up to and Including 215 lbs         |
| • Over 6' 1", up to and including 6' 2"   | Up to and Including 225 lbs         |
| • Over 6' 2", up to and including 6' 3"   | Up to and Including 232 lbs         |
| • Over 6' 3", up to and including 6' 4"   | Up to and Including 240 lbs         |
| • Over 6' 4", up to and including 6' 5"   | Up to and including 247 lbs         |
| • Over 6' 5", up to and including 6' 6"   | Up to and including 255 lbs         |
| • Over 6' 6", up to and including 6' 7"   | Up to and including 262 lbs         |
| • Over 6' 7"                              | Up to and including 270 lbs         |
| •   |                                     |
| • For contests with 2 classes only        |                                     |
| • Up to and including 5' 7"               | Must make weight as indicated above |
| • Over 5' 7"                              | Must make weight as indicated above |

The Judging is scored 100% and will consist of comparisons of the quarter turns and the following four mandatory poses:

- 
- Front Double Biceps
  - Side Chest
  - Back Double Biceps
  - Abdominals and Thighs
  - Favorite Classic Pose (No Most Muscular)

The Finals will consist of:

- 
- Posing routine (Up to maximum of 60 seconds. Bring your posing music cd to Friday check-in.)
  - Confirmation round (if necessary)
  - Posedown (overall title only)

## **UPDATE ! For 2016 CROSSOVERS ARE ALLOWED between Classic Physique / Physique / Mens Bodybuilding.**

If an athlete does not make weight, there will be **NO Refunds**, however they have the option of competing in bodybuilding or men's physique with the proper attire for the division – trunks for bodybuilding and board shorts for men's physique.

In order to compete at a National contest in 2016, athlete must have competed in a NPC Classic Physique event, no other qualification is required.

★ **All Classic Physique competitors must wear classic physique shorts.**

**Go to [npc-wear.com](http://npc-wear.com) to purchase.**

★ **Masters Classic Physique 40 years+**

**You must also meet the height/weight requirements listed above.**