

2010 NPC KENTUCKY STATE BODYBUILDING CHAMPIONSHIPS

2010 Central KY Bodybuilding, Bikini & Figure Classic

A National Qualifying Event (10801)

DATE: Saturday, August 7, 2010 – Prejudging: 12:00 noon. – Evening Finals: 6:30 p.m.

LOCATION: Frankfort Convention Center, 405 Mero Street, Frankfort, KY 40601

DIRECTIONS: CALL Gene Goode: 1 (859) 516-4109. For internet directions go to: www.expedia.com/directions and type the **Frankfort Convention Center** address in the destination section.

HOST HOTEL: Capital Plaza Hotel: 405 Wilkinson Blvd. Frankfort, KY 40601 Phone: 502-227-5100

Special Contest rate - **\$79** per night if booked by July 31st 2010/ (while KSBFC block of rooms lasts).

CHECK-IN / WEIGH-IN / HEIGHT CHECK SCHEDULE: Friday, August 6 at Capital Plaza Hotel, Frankfort, KY.
(Bodybuilding competitors must wear competition posing suits at weigh-in.)

7:30: All Bodybuilding Divisions

8:15: Figure and Bikini

Final Weigh-in/Athlete Check-In: 8:30-8:45 p.m.

- **You must register by Tuesday, August 3; NO LATE entries will be accepted at weigh-in or check-in.**
- **ALL ATHLETES MUST CHECK-IN FRIDAY EVENING. There will be no late weigh-in on Saturday morning.**

Athlete Briefing: Saturday, August 7, 11:00 a.m. Official numbers will be assigned and CDs for your 90-second evening posing routine will be collected at this meeting.

ELIGIBILITY: This contest is open to all NPC registered athletes who meet the following requirements:

1. Possess a current 2010 NPC card (unregistered athletes may purchase cards for \$85 at check-in).
2. Contestants in the KY Men's Open and KY Women's Open must show proof of Kentucky residency. All other divisions are open to all NPC registered athletes who meet the division requirements stated below.
3. The KY Men's Open, KY Women's Open, Open Bikini and Open Figure are NPC national qualifying events.

CROSSOVERS: Crossovers are permitted in the following situations only.

1. Masters Figure competitors may crossover to the Open Figure division.
2. Men who are KY residents may crossover from the teenage, novice, or masters to the KY men's open division.
3. No other crossovers are permitted.

DIVISIONS/CLASSES:

TEENAGE: 1 class, 5 places. Contestants may not have reached their 20th birthday by the day of the show.

MASTERS FIGURE: 1 class, 5 places. Women who have reached 35 years of age by the day of the show.

NOVICE MEN: 3 classes, 5 places in each class and an overall. NOVICE competitors are eligible if they have never won the overall in an NPC sanctioned open, novice or masters division. LW – up to 165, MW – up to 187, HW – over 187.

MASTERS MEN: 1 class, 5 places. Men who have reached 40 years of age by the day of the show.

OPEN FIGURE: 4 classes, 5 places in each class and an overall. Class A – up to 5'2, Class B – up to 5'4, Class C – up to 5'6, Class D – over 5'6.

BIKINI: 2 classes, 5 places in each class and an overall. Short – up to 5'4, Tall – over 5'4.

KY WOMEN'S BB: 2 classes, 5 places in each class and an overall. LW – up to 125, HW – over 125. **KY residents only,** must show proof of residency.

KY MEN'S BB: 7 classes, 5 places in each class and an overall. BW – up to 143 ¼, LW – up to 154 ¼, WW – up to 165 ¼, MW – up to 176 ¼, LHW – up to 198 ¼, HW – up to 225¼, SHW – over 225 ¼. **KY residents only..**

AWARDS: Trophies will be presented to athletes 1st through 5th place in each weight group or class.

MUSIC: Each CD must contain only one track, must be pre-set, must be limited to 90 seconds, and must bear the contestant's name. **Vulgar music is grounds for disqualification.**

ENTRY FEE: Make check or money order for \$40.00 payable to Gene Goode. Crossovers \$40 per division (\$80 total). Send to **Gene Goode, P.O. Box 355 Stanford, KY 40484.**

DEADLINE: All entries must be received by Tuesday, August 3, 2010. **(No late entries accepted after August 3.)**

TICKETS: Evening Show: Reserve \$25.00 General Admission \$20.00 Pre-Judging \$10.00 at the door

TAN PRODUCTS: Sun tan products will not be allowed in the building. www.liquidsunrayz.com will be back stage.

CONTACT: For questions, ticket requests, or official entry form contact Gene Goode Call (859)-516-4109 or Precision Fitness Center at (606) 365-2002; fax (859) 365-0208 Attn. Gene, www.kystatebodybuilding.com or e-mail biggdog1@bellsouth.net.