

2010 Maryland State / East Coast Classic Bodybuilding,
Fitness, Figure and Bikini Championships.

(National Qualifier)

Location: Robert E. Parilla Performing Arts Center www.montgomerycollege.edu/PAC
Montgomery College [Get directions](#)
51 Mannakee Street
Rockville, MD 20850

Host Hotel: Courtyard Marriott Rockville 1-800-321-2211
2500 Research Boulevard 301-670-6700
Rockville, MD 20850
**Mention "Maryland NPC" for special rates by July 23rd.*

Times: Early Mail-In Registration **** (Must be post marked August 9th 2010) ****
Registrations after August 9th, will be \$100

Late Registration / Check In & Weigh In Friday, August 20th 5 p.m. – 8 p.m.
@ Courtyard Marriott Rockville (host hotel)

Final Registration / Check In & Weight In @ Saturday, August 21st 7:30a.m – 9:00 a.m.
Robert E. Parilla Performing Arts Center

ALL COMPETITORS MUST BE CHECKED IN BY 9:00 A.M.!!!!
Mandatory meeting to follow at 9:30 AM!

Pre-Judge: 10:30 A.M.
Finals: 6:00 P.M.

Eligibility: Competition open to all NPC registered athletes who meet the following:

1. Possess a current NPC card (cards may be purchased for \$90. at check in.)
2. Novice Bodybuilders that have NOT won any Class/Overall Titles.
3. Men's Masters who are over 40 or 50 years of age by August 21st, 2010.
4. MD State Bodybuilding & Figure athletes MUST provide proof of Maryland residence.
5. Athletes from Maryland may cross over to compete in East Coast Classic
6. Bikini – ***No crossovers!*** One division (two height classes) in the East Coast Classic only.

Entry Fee: Any one division (Registration) **\$85.00**.
One cross over is allowed for an additional **\$55.00**

**2010 NPC Maryland State/East Coast Classic Bodybuilding Fitness,
Figure & Bikini Championships**

Name: _____ Phone # _____

Address: _____ City: _____ State: _____ Zip: _____

Email _____ Age _____ Weight / Ht _____ Gym _____

Circle Class You Plan To Compete In:

**** You May Compete In ONE ADDITIONAL CLASS! \$55 fee for additional class.**

Maryland State:

Men's Novice

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Men's Open

Women's Open

Women's Figure

Women's Masters Figure

Women's Fitness

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East Coast Classic:

Men's Novice

Master's Men (over 40 yrs)

Master's Men (over 50 yrs)

Men's Open

Women's Open

Women's Figure

Women's Masters Figure

Women's Fitness

Women's Bikini

I understand that no entry will be accepted without completed entry form, proper payment and signature. I understand that this event is sanctioned by the National Physique Committee and shall be conducted in accordance with the rules and regulations of the NPC. In consideration of your acceptance of this entry form and fee, I hereby waive and release all rights and claims for damages against the NPC, Pro-Fitness Trainers, Richard Siegelman, Scott Engle, and Robert E. Parilla Performing Arts Center all sponsors of this event their heirs, associates, agents, representatives and officials of this event. I here by agree to and abide by all the decisions of the designated officials and declare that all the information contained herein is the best of my knowledge, true correct and complete. I have read and understand the completed context of this form.

Print Name _____ Signature _____ Date _____

*******Money Orders Or Cashiers Checks Only*****
Payable to: Pro-Fitness Trainers**

**Please Mail to:
Pro-Fitness Trainers
P.O. Box 2143 Rockville, MD 20847**

Weight Groups: Men's Open

Bantam Wt. - p to 143 1/4
Lt. Wt. - 143 1/2 to 154 1/4
Mid. Wt. - 154 1/2 to 176 1/4
Lt. Hvy. Wt. - 176 1/2 to 198 1/4
Hvy. Wt. - 198 1/2 to 225 1/4
Super Hvy. Wt. - over 225 1/4

Women's Open

Lt. Wt. - up to 125 1/4
Mid. Wt. - 125 1/2 to 140 1/4
Hvy. Wt. - over 140 1/4

Master's Figure 35+

One Class

Women's Bikini: No Crossovers!

Short Class - Up to 5'6", Tall Class - 5'6 1/4" and up

Men's Novice

Lt. Wt. - p to 176 1/4
Hvy. Wt. - over 176 1/4

Men's Masters

Over 40 years (one class)
Over 50 years (one class)

Women's Figure

Up to 5'2"
From 5'2 1/4" to 5'4"
Over 5'4 1/4"

Women's Fitness

One Class

Music:

CD's only! Each CD must contain only one song, pre-set, and must have athlete's name.
NO EXPLICIT LYRICS.

Contest Hair & Make-up available:

Contact Laurie St. Michael, (301) 613-9222, E-mail: lstm1976@hotmail.com
*Worked as a competitor's make-up artist for over 8 years; travels all over the U.S.
including the Olympia, Europa, Arnold Classic, and all National level contests.

Contest DVD ordering available:

Contact Mike Pulcinella, <http://www.mikepulcinella.com>
E-mail: mike@mikepulcinella.com

For More Information, Contact:

Richard Siegelman, Promoter/ NPC Chairman
(301) 603-1122
E-mail: richpft@aol.com