

# **2010 ALR NPC JR USA FITNESS CHAMPIONSHIPS OFFICIAL FITNESS ENTRY FORM**

**ENTRY FEE: \$90. ENTRY DEADLINE IS FRIDAY AUGUST 6, 2010. ENTRIES POSTMARKED AFTER AUGUST 6 BUT BEFORE AUGUST 10, ENTRY FEE IS DOUBLED TO \$180. ABSOLUTELY NO ENTRIES WILL BE ACCEPTED IF POSTMARKED AFTER AUGUST 10, 2010.**

Name \_\_\_\_\_ NPC Card # \_\_\_\_\_  
Address \_\_\_\_\_ Apt #: \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Age \_\_\_\_\_ Email \_\_\_\_\_  
Height \_\_\_\_\_

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Contest Name (Where Eligibility Attained) \_\_\_\_\_ Location \_\_\_\_\_  
Placing in Contest \_\_\_\_\_ Date of Event \_\_\_\_\_  
Promoter's Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_  
Name of your NPC District Chairman \_\_\_\_\_ Phone # \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Have you entered a National Contest Before? \_\_\_ Yes \_\_\_ No Date of Contest \_\_\_\_\_  
Name of Contest \_\_\_\_\_ Location \_\_\_\_\_

**Competition Rounds and Rules** (Fitness competitors must have competed in and qualified in an NPC-sanctioned fitness contest):

**Round 1/Swimsuit:** The contestants will present quarter turns with other contestants, wearing high heels and a 2-piece swimsuit of their choice, provided that no thong suits will be permitted. Jewelry may be worn in this round. No oil may be worn. Elimination rounds may be necessary in the round, depending on the number of contestants.

**Round 2/Fitness:** The contestants will perform routines to music, no longer than two (2) minutes. Routines may include aerobics, dance, gymnastics or other demonstrations of athletic talent. Contestants will wear tennis athletic shoes and a fitness outfit of their choice. No jewelry or oil may be worn. Props carried on stage by the athlete and approved by TRES B. in advance are permitted. The working area for these fitness routines will be 40 feet long by at least 12 feet wide.

**Final Assessment/Finals:** The top 15 contestants in each height class will be introduced wearing their 2-piece swimsuits and high heels. The top 5 finalists in each height class will perform their fitness routines and will be rejudged in their 2-piece swimsuits.

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages I may have against the National Physique Committee of the USA, Solid Attitude Entertainment Inc., Tres Bennett, The Stafford Convention Centre, The Residence Inn by Marriott,, any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with these championships and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the 2010 ALR NPC Jr. USA Championships and its related events, I hereby grant the NPC and/or any other NPC approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing, or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate the NPC, Solid Attitude Entertainment Inc., and/or any other NPC-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any of the rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of 'Residence Inn by Marriott' Host Hotel including any rules or regulations prohibiting cooking or food preparation in the Hotel Rooms. The undersigned further agrees that the undersigned will indemnify and hold harmless the NPC and the promoter from and against any damages caused by the undersigned to 'Residence Inn by Marriott' Host Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of 'Residence Inn by Marriott' Host Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, suspension as a member of the NPC and/or competing in contests sanctioned by the NPC. I understand that the NPC, any NPC-approved video or entertainment organization, and/or any other NPC-approved video or entertainment organization are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the NPC, Solid Attitude Entertainment Inc., and/or any NPC-approved video or entertainment organization hereunder.

Signature \_\_\_\_\_ Name (Printed) \_\_\_\_\_ Date \_\_\_\_\_

## **IF THIS IS BEING SIGNED BY A PERSON UNDER 18 YEARS OLD, PLEASE COMPLETE THE FOLLOWING:**

The undersigned is (are) the parent(s) or legal guardian(s) of the above-mentioned minor and is entitled to the sole care, custody and control of said minor. The undersigned does hereby represent, agree and guarantee that the undersigned consents to the execution by the minor of the Release, that the undersigned will not revoke such consent during the minority of the minor, that the undersigned has read the Release, is familiar with all the contents thereof, and that the minor shall fully and completely comply with all terms of the Release.

Parent or Legal Guardian Signature \_\_\_\_\_ Parent or Legal Guardian Printed \_\_\_\_\_

**RETURN ENTRY FORM TO:** SANDY WILLIAMSON, 6185 Magnolia Ave, PMB #310, Riverside CA., 92506 / 818-400-1060 / sandyonsandylane@yahoo.com

## **CHECKLIST (Include):**

1. Entry Form and Copy of 2010 NPC Card
2. Entry Fee of \$90 (Money Order Only) to **SOLID ATTITUDE ENTERTAINMENT, INC.**
3. Proof of U.S. Citizenship: Copy of Birth Certificate, DD214, or Passport
4. Send to Sandy Williamson certified mail, express mail, UPS next day or Federal express.