

2011 Iron Mountain Classic Bodybuilding, Fitness, Figure, Bikini & Men's Physique Championships

Saturday October 29, Judging 10:00 A.M., Finals 6:00 P.M., Wenatchee Performing Arts Center, Wenatchee, WA.

Address: 123 North Wenatchee Avenue **Directions to the Performing Arts Center:** **From Seattle-**Take I-90 East, take the WA 970 North exit (exit number 85) to Wenatchee, turn left and cross over the freeway overpass, turn right and follow this highway over Blewett Pass, once over Blewett Pass, turn right and stay on highway all the way to Wenatchee which turns into Wenatchee Avenue. Park between 2nd and 1st Street or turn left on 2nd Street and park in Convention Center parking lot. **FROM SPOKANE-**Take I-90 West, take the WA 281 North exit (exit number 151) toward Quincy/Wenatchee, turn right onto WA 281, turn left onto F Street SW, F Street SW becomes WA-28, WA-28 becomes WA-285, take the ramp towards US-2 Business/City Center, merge onto South Wenatchee Avenue, Park between 1st and 2nd Street or turn right on 1st and park in Convention Center Parking.

Women's Fitness: A competitor information page can be obtained from the Irongod Productions web site at www.irongodproductions.com The Fitness Round shall count as 50% of the score and the Two-piece Swimsuit Round shall count as 50 %.

Women's Figure Championships: Two-Piece Swimsuit only. There are four height classes with an Overall, and a Masters Class.

Bikini Division: Two-piece Bikinis only. The Bikinis must be in good taste and appropriate for a family show. No thongs or T-backs are allowed. The Bikini Championships Judging and Finals will take place with the Bodybuilding and Figure Judging, with the Finals at the end of the Judging, at approximately noon.

Qualifications: All competitors must be current members of the NPC. Competitors may register with the NPC at check-in. (\$100.) Novice Competitors must never have placed first in any open show. (Exception – Teens & Junior Divisions) All Masters/Junior Competitors must be the appropriate age by October 29, 2011 to be eligible to compete. Novice Women Bodybuilding is one open class.

Entry Fee: \$75.00 per contest and late entries are \$100.00. Contestants may only enter one contest, within each division (Bodybuilding, Fitness & Figure) with the exception of Mixed Pairs.

Awards: Niels Anderson Sculptures for the top five in each class, plus Overall Awards for the Novice Men, Open Bodybuilding and Figure Divisions. Barbarian Swords for the Overall Open Men, Women, Master's Men, Novice Men and Team Award. Introducing the Eddie Culhane Inspirational Award.

Guidelines: All competitors will follow NPC rules, guidelines and mandatory poses. (No thong suits allowed!) The mandatory poses for Men and Women Bodybuilders are: Front double biceps, front lat spread, side chest (your choice of side), rear double bicep, rear lat spread, side triceps (choice of side) and abdominal/thigh pose. A most muscular pose may be added for the men.

Music: NO PROFANITY! (Disqualification) Quality high bias CDs only. CDs must be free of distortion and blank except for the one piece of music being used. The music must start at the beginning of the CD being used and the maximum length is sixty seconds. CDs must be recorded in a commercial CD format. All Bodybuilding competitors will perform their routines at the night show.

Check-in/Weigh-in: Friday October 28, 6:00 – 8:00 PM, at the Host Hotel, located at 123 N. Wenatchee Ave, Wenatchee. Competitors will weigh in, be assigned numbers and check in their music at this time.

Competitor Meeting – Saturday 9:15 AM, Wenatchee Performing Arts Center. Judging - 10:00 AM, in order: Fitness routines, Novice Men (Light, Middle, Heavy), Novice Women, Fitness Two-Piece, Masters Men (40, 50 & 60), Masters Women (35 & 50) Junior Men, Figure Two-Piece (All Classes), Open Women (Light, Middle & Heavy), Mixed Pairs and Open Men (Bantam, Light, Middle, Light-Heavy & Heavy). Bikini Judging (Masters, Men's Physique, Bikini Short, Medium, Tall) Bikini & Physique Finals.

Finals/Evening Show: (6:00 PM) The same order as Judging. Score sheets will be available for competitors after each class.

Guest Posers/Celebrities: Kim "Kong" Farrison will be the Master of Ceremonies. Guest posers include NPC National Level Competitor, "Joe DeRousie".

Host Hotel:, Coast Wenatchee Center Hotel 201 N. Wenatchee Ave, Wenatchee. (Single/Double). Call (509) 663-2787. **Additional Rooms available Friday night at Comfort Inn Hotel 815 N. Wenatchee Ave. 509-662-1700.** Mention the Iron Mountain Classic Championships to receive the group rate of \$85.00 per night (**Must reserve room by 10/10/11 for offered rate**). *We encourage all competitors to book rooms as far in advance as possible because last year they were sold out prior to the deadline.*

Tickets: are \$15 general seating for the morning prejudging. Evening show ticket prices are \$35-VIP, \$30, \$25. Reserve seating for the night show through **The Wenatchee Performing Arts Center** Box office at 509-663-ARTS or online at www.pacwen.org. Tickets can also be purchased on location at 123 N. Wenatchee Ave, Wenatchee WA 98801.

2011 NPC Iron Mountain Classic Championships Entry Form

Name: _____ Age: _____

“Please print legibly”

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ E-mail address (**required**): _____

Titles/Interests/Hobbies/Occupation: _____

Gym Name & Address: _____

In consideration of accepting this entry, I hereby intending to be legally bound for myself, my heirs, executors or administrators, waive any and all rights and claim for damages I may have against the National Physique Committee (NPC) of the USA Inc., Wenatchee Performing Arts Center, IRONGOD Production Inc., The Coast Wenatchee Center Hotel, their agents and/or representatives, for any all injuries suffered in connection with the Iron Mountain Classic Championships and traveling to and from them. Further I agree to hold harmless, waive and release all photo rights for media (TV, magazines, video, newspapers and internet) to IRONGOD Productions Inc., for the purpose of promoting bodybuilding, Fitness and Figure, through the sale of videotapes, photos and any network, cable or local television airing

Contestant's Signature _____

Guardian's Signature (If under 18) _____

PLEASE CHECK THE DIVISION / CLASS YOU ARE ENTERING

Open Men Bodybuilding

- Bantam (143 ¼ & Under)
- Light (143 ¼ - 154 ¼)
- Middle (154 ¼ - 176 ¼)
- Light Heavy (176 ¼ - 198 ¼)
- Heavy (198 ¼ - 225)
- Super Heavy (Over 225)

Open Women Bodybuilding

- Light (114 ¼ & Under)
- Middle (114 ¼ - 125 ¼)
- Heavy (125 ½)

Novice Men Body Building

- Light (165 ¼ & Under)
- Middle (Over 165 ¼ to 187 ¼)
- Heavy (Over 187 ¼)

Novice Women Body Building (One Class)

Mixed Pairs (Partner: _____)

Masters Men Body Building

- 40 and over
- 50 and over
- 60 and over

Figure

- A (5-02 & Under)
- B (Over 5-02 to 5-04)
- C (Over 5-04 to 5-06)
- D (Over 5-06)

- Masters Figure (Over 35)

Bikini

- Short (up to & including 5-04)
- Medium (Over 5-04, up to & including 5-06)
- Tall (Over 5-06)

- Masters Bikini

Men's Physique

- Short (5-08 & Under)
- Tall (Over 5-08)

Fitness (One Class)

Junior Fitness (One Class)

Masters Women Body Building

- 35 and over
- 50 and over

MAIL ALL ENTRIES ALONG WITH A MONEY ORDER / CASHIER'S CHECK TO:
IRONGOD Productions 919 State Ave, Ste 102, Marysville WA 98270
For More information, contact gordon@irongod.com or call 360-653-6010