



TITLE SPONSOR



BODYBUILDING, CLASSIC PHYSIQUE, PHYSIQUE, FIGURE, WELLNESS & BIKINI



**MEN'S Bodybuilding**  
6 Classes  
Novice - 2 Classes  
True Novice - 1 Class

**Master's Bodybuilding**  
2 Classes  
40-49 Yrs. Old,  
50 Yrs. Old & Over

**Teenage Bodybuilding**  
1 Class  
16-19 Yrs. Old

**Men's Physique**  
6 Classes  
Novice - 2 Classes  
True Novice - 1 Class

**Master's Physique**  
1 Class  
35 Yrs. Old & Over

**Teenage Physique**  
1 Class  
16-19 Yrs. Old

**Classic Men's Physique**  
3 Classes  
Novice - 1 Class  
True Novice - 1 Class

**Classic Master's Physique**  
1 Class  
35 Yrs. Old & Over

\$5 Discount on all ADVANCE TICKETS through September 19, 2020

All Competitors Receive A Complimentary Gym Bag At Check-In!!!



**NPC Bikini**  
8 Classes  
Novice - 6 Classes  
True Novice - 2 Classes  
**Master's Bikini**  
3 Classes  
35-39 Yrs. Old, 40-49 Yrs. Old, 50 Yrs. Old & Over  
**Teenage Bikini**  
1 Class • 16-19 Yrs. Old  
**Collegiate Bikini**  
1 Class  
Currently enrolled in college, full or part time

**Wellness**  
4 Classes  
Novice - 1 Class  
True Novice - 1 Class  
**Master's Wellness**  
1 Class  
35 Yrs. Old & Over

**Figure**  
5 Classes  
Novice - 2 Classes  
True Novice - 1 Class  
**Master's Figure**  
3 Classes  
35-39 Yrs. Old, 40-49 Yrs. Old, 50 Yrs. Old & Over  
**Open Women's Physique**  
1 Class

**Master's Women's Physique**  
1 Class  
35 Yrs. Old & Over

# LORAIN PALACE THEATER

617 BROADWAY AVE, LORAIN OHIO 44052

Men's Prejudging 9am - 11am | Finals 5pm - 7pm

Women's Prejudging 12:30pm | Finals 8pm

Times may be flexible. Check Dave Liberman's Facebook, Instagram & website for updates.

HOST HOTEL: COURTYARD BY MARIOTT ELYRIA

1755 Travelers Lane, Elyria OH 44035 • 440-284-3000

Special NPC Fall Rate of \$125 through September 26, 2020.

No cancellations after September 29, 2020

MANDATORY CHECK-IN / WEIGH-IN AT HOST HOTEL: COURTYARD BY MARIOTT ELYRIA Friday, Oct. 2nd • 6pm - 9pm FRIDAY ONLY - NO EXCEPTIONS!

S-FORCE watches given to all OPEN OVERALL WINNERS in each division!



# \*\* New Venue\*\* LORAIN PALACE THEATRE! \*\* New Venue\*\* 617 BROADWAY AVE. • LORAIN, OHIO 44052 • FREE PARKING!!



Special Covid Requirement: Competitors do not have to wear masks on stage! They must wear a mask at any other time. Spectators must wear masks at all times! Changes could occur by Oct. 3rd. Any changes will be posted on [www.daveliberman.com](http://www.daveliberman.com)

Produced by Dave Liberman • 7416 Kingston Ct., Mentor, Ohio 44060 • (440) 942-5634 • [www.daveliberman.com](http://www.daveliberman.com)



**SANCTION #3021**

**ELIGIBILITY:**

Open to anyone in the U.S.A. with a current NPC card. 2020 NPC membership cards are \$135 and can be obtained at [www.npcnewsline.com](http://www.npcnewsline.com) and by calling the NPC office at 1-412-276-5027. NPC membership cards will also be available at check-ins on Friday. **PLEASE NOTE** -Previous Overall winners of the NPC Natural Northern USA in the past 5 years are not eligible to compete. Previous winners of the Men's Physique, Overall Master's Men, Overall Master's Figure and Master's Bikini, Teenage Winners of the NPC Natural Ohio in the past 5 years are not eligible to compete in those divisions, however they ARE eligible to compete in other divisions they have not won previously. **Contestants must NOT have used illegal performance enhancing drugs, including anabolic steroids, diuretics and clenbuterol for at least one year.**

**CROSSOVERS:**

• **CROSSOVERS ARE WELCOME BETWEEN ALL DIVISIONS!**  
(Crossover means competing in more than one division - fees apply)  
• Wellness, Women's Physique, Figure & Bikini Competitors CAN crossover! Men's Physique, Classic Physique and Bodybuilding CAN crossover!

**BACKSTAGE POSING:**

**COMPETITORS & ONLY TRAINERS WHO PURCHASE A "TRAINERS PASS" PERMITTED BACKSTAGE.**  
ALL Bodybuilding, Classic Physique and Women's Physique competitors WILL be performing their 60 seconds free-posing routine at finals.

**MUSIC:**

All music for the Finals routines for Bodybuilding, Classic Men's Physique and Women's Physique will start when the competitor's name is announced. FINALS-ALL bodybuilding & women's physique will perform their 60 second posing routine to their music. Music must be the only recording on a new CD. Verify that your disk works in another player other than your computer (example - car radio cd player). Your music cannot contain any obscene or vulgar words. We reserve the right to reject any music. **BODYBUILDING, CLASSIC & WOMEN'S PHYSIQUE MUST BRING THEIR MUSIC AT CHECK-INS ON FRIDAY, OCTOBER 2nd** Music will be provided by promoter for Figure, Bikini and Men's Physique and Wellness.

**NOVICE DIVISIONS!**

**NOVICE DIVISIONS** - Competitors who have not placed 1st in their division in an NPC Contest.

**TRUE NOVICE DIVISIONS** - First time competitors in that division only!

**BODYBUILDING - 2 CLASSES:** LIGHTWEIGHT - Up to & Including 176 lbs • HEAVYWEIGHT - Over 176 lbs  
**CLASSIC PHYSIQUE - 1 CLASS**  
**MEN'S PHYSIQUE - 2 HEIGHT CLASSES:** CLASS A - Up to & Including 5'8", CLASS B - Over 5'8"  
**FIGURE - 2 HEIGHT CLASSES:** CLASS A - Up to & Including 5'4", CLASS B - Over 5'4"  
**WELLNESS - 1 CLASS**  
**BIKINI - 6 HEIGHT CLASSES:** CLASS A - Up to 5'1" • CLASS B - Over 5'1" to 5'2.5"  
CLASS C - Over 5'2.5" to 5'4" • CLASS D - Over 5'4" to 5'5.5" • CLASS E - Over 5'5.5" to 5'7" • CLASS F - Over 5'7"  
**TRUE NOVICE DIVISIONS: BIKINI, WELLNESS, FIGURE, MEN'S PHYSIQUE, CLASSIC PHYSIQUE, BODYBUILDING.**  
\*\*Novice Classes could be added as competitor numbers increase. Check [www.daveliberman.com](http://www.daveliberman.com) for updates\*\*  
\*\*\*NOVICE\*\* AND \*\*TRUE NOVICE\*\* COMPETITOR'S CAN CROSSOVER!\*

**BACKSTAGE TRAINER PASS** - \$150 cash **INCLUDES** tickets to all events.  
Trainers Pass may be purchased through PayPal till 9-26-2020, and at Check-Ins Cash Only!

**NPC WELLNESS DIVISION (National Qualifier)**

**4 Open Height Classes, 1 Master's 35 & Over, 1 Novice, 1 True Novice Classes.** Every competitor competing in the new NPC Open Wellness division will be Nationally Qualified in Wellness through 2020! NPC Wellness division is for females with athletic physique's that showcase more body mass in the hips, glutes and thigh areas. The upper body is developed but not to the same degree as the lower body. **CROSSOVER'S from NPC WELLNESS to other divisions ARE ALLOWED and encouraged!!!**

**CLASSIC MEN'S PHYSIQUE (National Qualifier)**

**Classic Men's Physique Suits** - Black spandex posing trunks which can be found on: [NPCNewsOnline.com](http://NPCNewsOnline.com).  
**PREJUDGING POSES** - \* Quarter Turns \* Front Double Bicep \* Side Chest \* Back Double Biceps \* Abdominals and Thighs \* Favorite Classic Pose (NO "most muscular")  
**FINALS POSING** - ALL competitors will perform a 60 second posing routine to their music up to a maximum 60 seconds.  
**3 Classic Men's Physique Classes Include:**  
**DIVISION "A" - (UP TO AND INCLUDING 5'7"):**  
\*Up to & including 5'4" with a bodyweight up to & including 160 lbs \*Over 5'4" up to & including 5'5" with a bodyweight up to & including 165 lbs  
\*Over 5'5" up to & including 5'6" with a bodyweight up to & including 170 lbs \*Over 5'6" up to & including 5'7" with a bodyweight up to & including 175 lbs  
**CLASS B - (OVER 5'7", UP TO AND INCLUDING 5'10"):**  
\*Over 5'7" up to & including 5'8" with a bodyweight up to & including 183 lbs \*Over 5'8" up to & including 5'9" with a bodyweight up to & including 190 lbs  
\*Over 5'9" up to & including 5'10" with a bodyweight up to & including 197 lbs  
**CLASS C - (OVER 5'10"):**  
\*Over 5'10" up to & including 5'11" with a bodyweight up to & including 205 lbs  
\*Over 6'0" up to & including 6'1" with a bodyweight up to & including 220 lbs  
\*Over 6'2" up to & including 6'3" with a bodyweight up to & including 237 lbs  
\*Over 6'4" up to & including 6'5" with a bodyweight up to & including 252 lbs  
\*Over 6'6" up to & including 6'7" with a bodyweight up to & including 267 lbs  
\*\*NO refunds for any athlete that does not make weight. Any competitor who doesn't make weight can compete in Bodybuilding and/or Men's Physique.\*\* **Classic Physique Competitors CAN Crossover.** **More information can be found on [www.npcnewsline.com](http://www.npcnewsline.com)**

**FOR BODYBUILDING, WOMEN'S PHYSIQUE, CLASSIC MEN'S PHYSIQUE, FIGURE & BIKINI, RULES & REGULATIONS log onto: [www.NPCNewsOnline.com](http://www.NPCNewsOnline.com)**

**BIKINI & WELLNESS COMPETITORS** - MUST wear their suits to check-in's. NO thongs or T-back swimsuits allowed!

**FIGURE COMPETITORS** - MUST bring their suits to check-in's.

**BODYBUILDING & MEN'S CLASSIC PHYSIQUE** - Weigh-in wearing their posing trunks.

**SPRAY TANNING:**

"LIQUID SUN RAYZ" is exclusive to our NPC events. No other spray tanning, make-up or hair service is permitted at Host Hotel or contest venue.

**FRIDAY, October 2nd, "LSR"** will start spray tanning from 1- 9 PM Friday, Oct. 2nd AND on Saturday, Oct. 3rd at the Hampton Inn - 1795 Lorain Blvd., Elyria, OH 44036 (next to Host Hotel, Courtyard Marriott, Elyria). **BOOK YOUR APPOINTMENT ASAP at: [www.liquidsunrayz.com](http://www.liquidsunrayz.com)** and click onto "book now" link. For additional info e-mail: [info@liquidsunrayz.com](mailto:info@liquidsunrayz.com) or call 1-844-SUN-RAYZ (844-786-7299).

**MAKE-UP & HAIR SERVICES:**

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**CONTRIBUTING SPONSORS**

**NPC ACTIVE WEAR** 1-800-763-8447 / [www.npc-wear.com](http://www.npc-wear.com)

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**CARVER** FINANCIAL SERVICES 800-627-7278 [WWW.BULLMKT.COM](http://WWW.BULLMKT.COM)

**LAKE BREEZE VIDEO** P-R-O-D-U-C-T-I-O-N-S

**FX** [WWW.FXFX.COM](http://WWW.FXFX.COM)

**PPG** PUSH-PULL-GRIND

**MBD NUTRITION**

**RTN** Revolutionary Technology Nutrition

**RODAN+FIELDS**  
Giovanna Mitru 561-389-1544  
[Giovannamitru@gmail.com](mailto:Giovannamitru@gmail.com)

**MYMAX** NUTRITION

**FITNESS ZONE** Cleveland Hts., Ohio 216-382-5162

**KINGS GYM** PERSONAL TRAINING & FITNESS CENTER 404-818-8100

# THE 2020 **MUSCLE VODKA** NPC NATURAL NORTHERN USA CHAMPIONSHIPS & EXPO

**SATURDAY, OCTOBER 3, 2020 • LORAIN PALACE THEATRE**

**DRUG TESTING:**

**THE FOLLOWING COMPETITORS WILL BE DRUG TRUSTED:** MEN: BODYBUILDING, CLASSIC PHYSIQUE, & PHYSIQUE: Top 3 AND one random athlete per class will be drug tested. WOMEN: PHYSIQUE, FIGURE, WELLNESS, & BIKINI: Top 2 AND one random athlete per class will be tested LIMITED DIVISIONS: Top 2 AND one random athlete in ALL classes will be drug tested. Competitors will be drug tested at Prejudging immediately following their class (crossovers get tested after their last crossover class)

**MEN ONLY!!!** It is the athletes' responsibility to notify the promoters if they placed in the top 3 and were not drug tested! If any athletes place in the top 3 of any class and leaves the auditorium without being tested, they will be disqualified.

**WOMEN ONLY!!!** It is the athletes' responsibility to notify the promoters if they placed in the top 2 and were not drug tested! If any athletes place in the top 2 of any class and leaves the auditorium without being tested, they will be disqualified.

If drug tested, you must wear only your posing suit. No shoes, jackets, sweatsuits or hats will be permitted in drug testing area. You MUST list all legal, over the counter supplements in the space provided on this entry and/or a separate piece of paper. \*By signing the entry, you are agreeing to allow promoters to post on [www.daveliberman.com](http://www.daveliberman.com), any drug test failures including names, competitor number, photo and actual copy of drug test results.\*

**ALL DRUG TESTS RESULTS ARE FINAL.** Even if you feel the test results are incorrect, by signing the entry form, you agree to let the drug testing company's result stand. If you test positive for anabolic steroids, diuretics or clenbuterol, you are disqualified and **MUST** repay your drug test fee and ship your award to whomever we designate and pay all fees.

**AWARDS & PUBLICITY:**

- **HUGE Trophies** presented to the top five places in each class and one Overall Trophy awarded in the Open Divisions!
- The Overall Open Champions receive a 7"5" overall trophy, photo in [NPCNewsOnline.com](http://NPCNewsOnline.com), and photos on entries and posters for 2021!
- **Guaranteed awards to all competitors who enter before SEPTEMBER 12, 2020.**
- **Every Competitor Receives:** Competitor's gym bag, competitor's award (while supplies last), their photo on [npcnews.com](http://npcnews.com). **S-FORCE** watches given to all **OPEN OVERALL WINNERS in each division!**

**ENTRY FEE:**

**ENTRY FEE** is \$115 per class through September 12th. (crossovers welcome)  
**LATE FEE AFTER SEPTEMBER 12th, 2020** an additional \$30.00 = \$145.00 (crossover class \$115.00 per class)  
**ENTRY DAY OF CHECK-IN'S, FRIDAY, OCTOBER 2, \$175.00** (crossover class \$115.00 per class) **CASH ONLY - NO EXCEPTIONS.**

**ATTENTION COMPETITORS:** Anyone securing a **NEW** Sponsor will be compensated accordingly. Contact promoters for details.

**ADVANCE ENTRY FEE PAYMENT BY MONEY ORDER ONLY - NO CHECKS - NO EXCEPTIONS.**

Must accompany entry form and be made payable to: Todd Pember, 202 Sleepy Hollow Dr., Amherst, OH 44001

**MUST INCLUDE PHOTO COPY OF YOUR DRIVER'S LICENSE!**

**ENTRY FEES PAID ON FRI., SEPTEMBER 12th, MUST BE PAID IN CASH ONLY - NO EXCEPTION \* DO NOT MAIL ENTRY THAT REQUIRES A SIGNATURE FOR PICK UP! \* NO REFUNDS OR EXCHANGES ON THE ENTRY FEE!\***

**MANDATORY CHECK-IN/WEIGH-IN:**

**ALL COMPETITORS - MANDATORY CHECK-INS/WEIGH-INS FRIDAY, OCT. 2nd BETWEEN 6:00PM - 9:00PM AT THE COURTYARD MARRIOTT - 1755 Travelers Ln. • Elyria, Ohio 44035** \* **IMPORTANT NOTE: BODYBUILDING, CLASSIC PHYSIQUE AND WOMEN'S PHYSIQUE COMPETITORS MUST BRING THEIR MUSIC AT CHECK-INS ON FRIDAY.\*** Airbrush tanning of Liquid Sun Rayz will be available for purchase on Friday and Saturday at the Hampton Inn (next to Courtyard Marriott). Please schedule an appointment in advance by calling Marilyn at 844-Sun-Rayz (844-786-7299) or e-mail her at [info@liquidsunrayz.com](mailto:info@liquidsunrayz.com).

**IMPORTANT NOTE!!**

**NO DAY OF CONTEST CHECK-INS ON SATURDAY, OCTOBER 3rd! NO EXCEPTIONS!**

**AT LORAIN PALACE THEATRE**

**MEN COMPETITORS** only must be at Lorain Palace Theatre by 7:30 am on Sat. Oct. 3rd.  
**WOMEN COMPETITORS** only must be at Lorain Palace Theatre by 11:00 am on Sat. Oct. 3rd.  
**MEN'S PREJUDGING- 9:00 AM - 11:00 AM. MEN'S FINALS - 5:00 PM - 7:00 PM.**  
**WOMEN'S PREJUDGING - 12:30 PM. WOMEN'S FINALS BEGIN AT 8:00 PM.**

**RANDOM DRUG TESTING IS ADMINISTERED DURING EACH PREJUDGING.**

**NPC OFFICIALS:**

**Meet Chairman:** NPC Ohio State Chairman Rick Bayardi. Any questions concerning NPC rules & regulations, contact Rick at 740-859-6053 [rickenbayardi@comcast.net](mailto:rickenbayardi@comcast.net)

**ATHLETES' MEETINGS: PREJUDGING:**

**MEN'S MANDATORY MEETING - 7:45 AM SHARP!**  
**WOMEN'S MANDATORY MEETING - 11:45 AM SHARP!**

**\*\* All Competitors MUST sign the NPC Disclaimer provided at Check-Ins \*\***  
**\*\*\*Be sure to check on [www.daveliberman.com](http://www.daveliberman.com) for IMPORTANT updates and possible changes\*\*\***

**NEW! ★★ THE COURTYARD MARRIOTT IS THE NEW OFFICIAL CONTEST HOTEL ★★ NEW!**

**NEW HOST HOTEL!** **COURTYARD** BY MARRIOTT Elyria, Ohio

**Make reservations early!!** \*\*ANY PROBLEMS SECURING HOTEL RESERVATION OR RECEIVING THE SPECIAL NPC FALL RATES OF \$125 PER NIGHT, CONTACT DAVE LIBERMAN 440-942-5634

Ask for Special NPC Fall Rate \$125 thru SEPT. 26, 2020. \*No Cancellations after September 29, 2020\*

**THE COURTYARD MARRIOTT** 1755 Travelers Ln. Elyria, Ohio 44035 440-284-3000 [www.daveliberman.com](http://www.daveliberman.com)

Ask for the special NPC Fall rate of \$125 per night thru Sept. 26, 2020

THE OFFICIAL CONTEST PHOTOGRAPHER IS **J.M. MANION** of [NPCNEWSONLINE.COM](http://NPCNEWSONLINE.COM)

**J.M. PRODUCTIONS PHOTO STUDIO**

P.O. BOX 293 • PRESTO, PA 15142-0293 (412) 257-4555 or 276-8267 [www.jmmanion.com](http://www.jmmanion.com) E-mail: [jmmnpc@aol.com](mailto:jmmnpc@aol.com)



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 \*\*\* ON-LINE CLASS VIDEOS AVAILABLE SHORTLY FOLLOWING CONTEST!\*\*\*  
 ORDERING INDIVIDUAL CLASS (HD) VIDEO AVAILABLE AT CHECK-IN'S & DAY OF CONTEST, ONLY \$25.00!



**TICKETS** **TICKETS INFORMATION: ADVANCED TICKETS THROUGH PayPal at: [www.daveliberman.com](http://www.daveliberman.com) available through Saturday, September 26, 2020:**

**MEN'S PREJUDGING = 9:00 am - 11:00 am - TICKETS \$25** (DOORS OPEN TO PUBLIC AT 8:15 AM)  
**WOMEN'S PREJUDGING = 12:30 Pm - TICKETS \$25** (DOORS OPEN TO PUBLIC AT 11:45 AM)  
**MEN'S FINALS = 5:00 pm - 7:00 pm - TICKETS \$35** (DOORS OPEN TO PUBLIC AT 4:15 PM)  
**WOMEN'S FINALS = 8:00 pm - TICKETS \$35** (DOORS OPEN TO PUBLIC AT 7:15 PM)  
 \*In between events everyone will exit the building in order for staff to disinfect entire venue

**TICKETS DAY OF EVENT CASH ONLY AT BOX OFFICE**  
 EACH PREJUDGING = \$25.00  
 EACH FINALS = \$35: ALL TICKETS ARE GENERAL ADMISSION SEATING

**Advance Tickets by Mail, send money order (NO CHECKS) payable to: Todd Pember 202 Sleepy Hollow Dr. Amherst, OH 44001**

**TRAINER PASS - \$150** Includes tickets to all events

Credit Card orders through **PayPal** (Add \$1.00 per ticket for shipping & handling) log onto [www.daveliberman.com](http://www.daveliberman.com) to place an order. Credit Card orders will be available until 9/26/2020. **There are no refunds or exchanges on tickets.**



# OCTOBER 3rd 2020



MUSCLE VODKA



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## \*\*\* OFFICIAL CONTEST ENTRY FORM \*\*\*

**— ENTRY FORM — 2020 MUSCLE VODKA NPC NATURAL NORTHERN USA DRUG TESTED CHAMPIONSHIPS — ENTRY FORM —**

MUST PRINT CLEARLY USING PEN ONLY!

**NPC National Qualifier & NPC Universe Qualifier  
MUST INCLUDE PHOTOCOPY OF CURRENT DRIVER'S LICENSE**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Home Telephone (\_\_\_\_\_) \_\_\_\_\_ Work Telephone (\_\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_

*\*Special needs (i.e., is a service dog or other assistance necessary, must notify promoter 2 weeks before event)* *\*NOTE-email is the only way you will receive confirmation of entry from toddpember@twc.com. Please check the correct category(ies):* **\*Classes may be added as competitor numbers increase!\*** Write in capital letters. Please add to safe sender list.

**WOMEN'S FIGURE COMPETITION (National Qualifier)**  
 Class A - Up to & incl. 5'2-1/2"  
 Class B - Over 5'2-1/2" up to & incl. 5'4"  
 Class C - Over 5'4" up to & incl. 5'5-1/2"  
 Class D - Over 5'5-1/2" up to & incl. 5'7"  
 Class E - Over 5'7"  
 Novice - 2 Classes, details on page 2  
 True Novice - 1 Class, details on page 2

**BIKINI COMPETITION - 8 Classes (National Qualifier)**  
 CLASS A - Up to 5'1"  CLASS E - Over 5'4" to 5'5"  
 CLASS B - Over 5'1" to 5'2"  CLASS F - Over 5'5" to 5'6"  
 CLASS C - Over 5'2" to 5'3"  CLASS G - Over 5'6" to 5'7"  
 CLASS D - Over 5'3" to 5'4"  CLASS H - Over 5'7"  
**NOVICE BIKINI - 6 Classes**  
 CLASS A - Up to 5'1"  CLASS D - Over 5'4" to 5'5.5"  
 CLASS B - Over 5'1" to 5'2.5"  CLASS E - Over 5'5.5" to 5'7"  
 CLASS C - Over 5'2.5" to 5'4"  CLASS F - Over 5'7"

**MEN'S PHYSIQUE (National Qualifier)**  
 Class A - Up to & incl. 5'7"  
 Class B - Over 5'7" up to & incl. 5'8"  
 Class C - Over 5'8" up to & incl. 5'9"  
 Class D - Over 5'9" up to & incl. 5'11"  
 Class E - Over 5'11" up to & incl. 6'  
 Class F - Over 6'  
 Novice - 2 Classes, details on page 2  
 True Novice - 1 Class, details on page 2

**MEN'S BODYBUILDING CHAMPIONSHIPS (NPC National Qualifier)**  
 Bantamweight - up to 143-1/4 lbs.  
 Lightweight - Over 143-1/4 lbs. up to and incl. 154-1/4 lbs.  
 Welterweight - Over 154-1/4 lbs up to and incl. 165-1/4 lbs.  
 Middleweight - Over 165-1/4 lbs. up to and incl. 176-1/4 lbs.  
 Light-Heavyweight - Over 176-1/4 lbs. up to and incl. 198-1/4 lbs.  
 Heavyweight - 198-1/4 lbs. and over  
 Novice - [ ] under 176lbs [ ] over 176lbs \*Details on page 2  
 True Novice - 1 Class, details on page 2

**MASTER'S WOMEN'S FIGURE COMPETITION (Master's National Figure Qualifier)**  
 35 - 39 years old  
 40 - 49 years old  
 50 years old & over  
 Open  Master's 35 & over

**TRUE NOVICE BIKINI**  
 - 2 Classes- details pg. 2

**MASTER'S - BIKINI**  
 35-39 yrs old  40-49 yrs old  
 50 & Over

**TEENAGE MEN'S PHYSIQUE**  
 16-19 yrs old 1 class

**MASTER'S - MEN'S BB**  
 40 - 49 yrs old  50 yrs old and over  
**TEENAGE MEN'S BB**  
 16-19 yrs old

**NPC WELLNESS (National Qualifier)**  
 Class A - Up to & incl. 5'2"  
 Class B - Over 5'2" up to & incl. 5'4"  
 Class C - Over 5'4" up to & incl. 5'6"  
 Class D - Over 5'6"  
 TRUE NOVICE  NOVICE  MASTER'S WELLNESS 35 & over

**TEENAGE - BIKINI**  16-19 yrs old 1 class  
**COLLEGIATE - BIKINI**  Currently enrolled in college, full or part time. *Include copy of College ID*

**MASTER'S MEN'S PHYSIQUE**  
 35 yrs old and over 1 class

**CLASSIC MEN'S PHYSIQUE**  Master's 35 yrs & over  
 A  B  C  Novice  True Novice \*Divisions on page 2

In consideration of your acceptance of this entry, I (contestant) hereby declare for myself, my heirs, executors, waive and release all rights and claims for damages I may have against the National Physique Committee of the U.S.A., Inc., the 2020 Natural Northern USA Championships, I further agree to hold harmless Todd Pember, Dave Liberman and Lorain Palace Theatre and employees for any and all injuries and/or damages incurred by me in connection with these contests and in traveling to and from them. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. By signing this entry form you agree to receive emails from Dave Liberman/Todd Pember/NaturalOhio/Natural Northern USA and its affiliates.

**YOU MUST list all LEGAL supplements used in preparation for this competition. FAILURE TO DO SO LEADS TO DISQUALIFICATION!! Must print clearly. If you run out of space, please list on separate sheet and send with entry.**

**\* BY SIGNING THIS ENTRY, YOU ARE AGREEING TO ALLOW PROMOTERS TO POST ON www.daveliberman.com, ANY DRUG TEST FAILURES INCLUDING THE NAME, COMPETITOR NUMBER & PHOTO, AND ACTUAL DRUG TEST. PLEASE NOTE: Any contestant failing the drug test will be responsible for the expense of the failed drug test and any expenses incurred in shipping awards back to promoters.**

By signing this application I hereby declare that I have been drug free for at least one year prior to this competition.  
 Signature \_\_\_\_\_ Date \_\_\_\_\_ Total Amount Enclosed \$ \_\_\_\_\_  
 Parent Or Guardian Signature (if under 18 years of age) \_\_\_\_\_  
**DO NOT SEND MONEY FOR NPC CARD. MONEY ORDER ONLY!!**

**MUST** enclose: • Entry form completed and signed - **PHOTOCOPY OF CURRENT DRIVERS LICENSE**  
 • ENTRY FEE is \$115 per class through September 12th, 2020 (crossovers welcome)  
 • LATE FEE AFTER SEPTEMBER 12th, 2020 an additional \$30.00 = \$145.00 (crossover class \$115.00 per class)  
**MONEY ORDER ONLY (NO CHECKS!)** payable to:  
 Todd Pember, 202 Sleepy Hollow Dr., Amherst, OH 44001  
**\* DO NOT SEND ENTRY THAT REQUIRES A SIGNATURE FOR PICK UP! \***

★ **Send in your completed entry before**  
**September 12, 2020 and save as much as \$60!** ★  
**Entry form mailed in MUST be received by Thursday, October 1, 2020**  
 Entries accepted at check-ins on Friday, Oct. 2nd, 2020 - \$175 for one class OR \$285 to crossover and compete in two classes  
 Do not send money for NPC Card. They will be available on the day of the show.  
 Or call the NPC office at (412) 276-5027 for an NPC card application  
**\* NO REFUNDS OR EXCHANGES ON THE ENTRY FEE! \***