

GK PRODUCTIONS PRESENTS

THE 9<sup>TH</sup> ANNUAL MEGA MUSCLE EXPO AND CHAMPION OF CHAMPIONS

NAME: \_\_\_\_\_ FOR OFFICIAL USE ONLY \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 EMAIL: \_\_\_\_\_  
 AGE: \_\_\_\_\_ PHONE: \_\_\_\_\_

EARLY REGISTRATION - FRIDAY MARCH 29<sup>TH</sup>, 2019, 6:PM - 9:PM AT NORTHERN HIGH SCHOOL, 117 TOM WILKINSON RD, DURHAM, NC 27712REGISTRATION & WEIGH-INS - SATURDAY MARCH 30<sup>TH</sup>, 2019, 7:AM - 9:AM AT NORTHERN HIGH SCHOOL

SHOW TIMES - MORNING ATHLETES BRIEFING: 9:30AM, PREJUDGING: 10:30AM, EVENING ATHLETE'S BRIEFING: 5:30PM &amp; FINALS: 6:PM

**OPEN CLASSES****MEN BODYBUILDING**

- BANTAM (UNDER 145)  
 LIGHT (145 – UNDER 165)  
 MIDDLE (165 – UNDER 185)  
 LHW (185 – UNDER 200)  
 HEAVY ( 200 & OVER)  
 **WOMEN CLASSIC BODYBUILDING** - (1 CLASS)

**WOMEN FIGURE**

- CLASS A (5'4" & UNDER)  
 CLASS B (OVER 5'4" – 5'6")  
 CLASS C (OVER 5'6" & OVER)

**MEN CLASSIC BODYBUILDING**

- CLASS A  
 (5'4" & UNDER\150LBS & UNDER) TO  
 (OVER 5'4" - 5'6"\160LBS & UNDER)  
 CLASS B  
 (OVER 5'6" - 5'8"\ 180LBS & UNDER) TO  
 (OVER 5'8" - 5'10"\ 195LBS & UNDER)  
 CLASS C  
 (OVER 5'10" – 6'\210LBS & UNDER) TO  
 (OVER 6' - 6'2"\ 225LBS & UNDER) TO  
 (OVER 6'2"\260LBS & UNDER)

**WOMEN BIKINI**

- CLASS A (5'4" & UNDER)  
 CLASS B (OVER 5'4" – 5'6")  
 CLASS C (OVER 5'6" & OVER)

**MEN PHYSIQUE**

- CLASS A (5'6" & UNDER)  
 CLASS B (OVER 5'6" TO 5'8")  
 CLASS C (OVER 5'8" TO 5'10")  
 CLASS D (OVER 5'10")  
 **WOMEN PHYSIQUE** - (1 CLASS)

**MEN BEACH BODY**

- CLASS A (5'8" & UNDER)  
 CLASS B ( OVER 5'8")

**WOMEN BEACH BODY**

- CLASS A (5'5" & UNDER)  
 CLASS B ( OVER 5'5")

**CHAMPION OF CHAMPIONS**1<sup>ST</sup> PLACE \$500 2<sup>ND</sup> PLACE \$250

- MEN BODYBUILDING (1 CLASS)  
 MEN PHYSIQUE (1 CLASS)  
 WOMEN FIGURE (1 CLASS)  
 WOMEN BIKINI (1 CLASS)

**MASTER CLASSES****MEN MASTERS BODYBUILDING**

- 50+  
 40 - 49  
 **WOMEN MASTERS BODYBUILDING 40+** (1 CLASS)

**WOMEN MASTERS FIGURE**

- 50+  
 40 - 49

**MEN MASTERS CLASSIC BODYBUILDING**

- 50+  
 40 - 49

**WOMEN MASTERS BIKINI**

- 50+  
 40 - 49

**MEN MASTERS PHYSIQUE**

- 50+  
 40 - 49

- WOMEN MASTERS PHYSIQUE 40+** (1 CLASS)

**MEN MASTERS BEACH BODY**

- 50+  
 40 - 49

**WOMEN MASTERS BEACH BODY**

- 50+  
 40 - 49

**NOVICE CLASSES**

- MEN NOVICE BODYBUILDING** - (1 CLASS)  
 **WOMEN NOVICE FIGURE** - (1 CLASS)  
 **MEN NOVICE CLASSIC BODYBUILDING** - (1 CLASS)  
 **WOMEN NOVICE BIKINI** - (1 CLASS)  
 **MEN NOVICE PHYSIQUE** - (1 CLASS)  
 **WOMEN NOVICE BEACH BODY** - (1 CLASS)  
 **MEN NOVICE BEACH BODY** - (1 CLASS)  
 **MALE TEEN BODYBUILDING** - (1 CLASS)

**ENTRY FEES**

**LATE FEE APPLIES POST MARKED AFTER  
 MARCH 16<sup>TH</sup>, 2019**

**MEGA MUSCLE EXPO CHAMPIONSHIPS**

SINGLE CLASS: \$80 - CROSSOVER: \$60

**LATE FEE: \$50 – WALK-INS: \$150****CHAMPION OF CHAMPIONS****\$125 (NO CROSSOVERS)****LATE FEE: \$50 – WALK-INS: \$250****TICKETS** AVAILABLE AT [EVENBRITE.COM](http://EVENBRITE.COM)

PREJUDGING: 10:30AM - \$15

FINALS: 6:00PM - \$20

COMBO: \$30

COACHES PASS: \$50

**CHILDREN UNDER 12**

PREJUDGING: 10:30AM - \$10

FINALS: 6:00PM - \$15

COMBO: \$20

# GK PRODUCTIONS PRESENTS THE 9<sup>TH</sup> ANNUAL MEGA MUSCLE EXPO AND THE CHAMPION OF CHAMPIONS

EMCEE USE ONLY

## BIO SHEET

NUMBER \_\_\_\_\_  
DIVISION \_\_\_\_\_  
CLASS \_\_\_\_\_

PLEASE COMPLETE THIS FOR THE EMCEE  
AND RETURN WITH YOUR ENTRY FORM

YOUR ENTRY FORM, INCLUDING THE BIO SECTION MUST BE FULLY COMPLETED AND SIGNED. SEND APPLICATION ALONG WITH YOUR ENTRY FEES TO:  
GLORIA KNIGHT-McNEIL ✧ CONTEST PROMOTER ✧ P.O. Box 71473 ✧ DURHAM ✧ NC 27722

ENTRY FEES MUST BE PAID BY CASHIER'S CHECK OR MONEY ORDER. NO PERSONAL CHECKS!-NON REFUNDABLE!

\*MORE INFORMATION ✧ CALL ✧ 919 ✧ 451 ✧ 8202 ✧ EMAIL ✧ [NCMEGAMUSCLE@GMAIL.COM](mailto:NCMEGAMUSCLE@GMAIL.COM) ✧

✧ **CONTEST RULES** ✧ FOR COMPLETE LIST OF COMPETITION RULES VISIT [WWW.NCMEGAMUSCLE.COM](http://WWW.NCMEGAMUSCLE.COM)

QUALIFICATIONS FOR CHAMPION OF CHAMPIONS: ANY COMPETITOR (MALE BODYBUILDING AND PHYSIQUE) OR (FEMALE FIGURE AND BIKINI) THAT HAS PLACED TOP 3 IN THEIR DIVISIONS IN THE FOLLOWING EVENTS: MEGA MUSCLE EXPO, GK CLASSIC CHAMPIONSHIPS, STEVE BROADWAY CLASSIC OR B&S BODYBUILDING.

### ALL COMPETITORS

**NO** THONGS ARE PERMITTED. **NO** PROFANITY OR VULGAR MUSIC WILL BE PLAYED! COMPETITORS WILL PERFORM A 60 SECOND ROUTINE IN THE EVENING FINALS. PLEASE PROVIDE 2 CDS (JUST IN CASE OF MALFUNCTION) 60 SECONDS MAXIMUM-ONLY ONE SONG PER CD ALLOWED!

### BODYBUILDING COMPETITORS

MORNING SHOW: SOLID COLOR POSING SUITS, JEWELRY IS **NOT** ALLOWED, WEDDING BANDS ARE OK. EVENING SHOW: POSING SUIT WITH GLITTER IS OK, JEWELRY IS ALLOWED.

### CLASSIC BODYBUILDING COMPETITORS

MEN COMPETITORS ARE REQUIRED TO WEAR "CLASSIC BLACK POSING SWIM SUIT". **NO** BEACH BODY OR BOARD SHORTS ALLOWED. SEE THIS LINK FOR AN EXAMPLE; [WWW.ANDREASCAHLING.COM/CLASSIC-POSING-SWIM-SUIT.ASPX](http://WWW.ANDREASCAHLING.COM/CLASSIC-POSING-SWIM-SUIT.ASPX). WOMEN COMPETITORS WILL COMPETE IN A TWO PIECE SUIT OF SOLID COLOR. **NO** JEWELRY IS ALLOWED, WEDDING BANDS ARE OK.

### PHYSIQUE COMPETITORS

WOMEN'S PHYSIQUE COMPETITORS WILL COMPETE IN A TWO PIECE SUIT AND SUITS DO NOT HAVE TO BE SOLID COLOR. COMPETITORS CAN COMPETE IN AN OFF THE RACK SUIT AND THE SUITS MUST BE IN GOOD TASTE. JEWELRY IS ALLOWED.

MEN'S PHYSIQUE COMPETITORS WILL COMPETE IN BOARD SHORTS. SHORTS MUST BE JUST ABOVE THE KNEE AND CAN BE UP TO ONE INCH BELOW THE NAVEL. NO SPANDEX OR LOGOS ARE PERMITTED ON THE SHORTS, HOWEVER A MANUFACTURER'S LOGO SUCH AS NIKE OR BILLABONGS SYMBOLS ARE ACCEPTABLE.

### FIGURE AND BIKINI COMPETITORS

BIKINI AND FIGURE COMPETITORS: TWO PIECE BIKINI OR TWO PIECE SWIMSUIT WILL BE WORN FOR ALL ROUNDS, JEWELRY IS ALLOWED  
ROUND ONE [MORNING] AND ROUND TWO [EVENING] WILL BE CONDUCTED FOR THE FIGURE AND BIKINI COMPETITIONS. NO LEWD ACTS ARE PERMITTED.

### BEACH BODY COMPETITORS

WOMEN COMPETITORS WILL COMPETE IN A TWO-PIECE SWIMSUIT WHICH CAN BE AN OFF THE RACK SUIT AND MUST BE IN GOOD TASTE. **NO** JEWELRY, SMALL EARRINGS AND WEDDING BANDS ARE ALLOWED.

MEN COMPETITORS WILL WEAR SHORTS OR ANY TYPE THAT FALLS AT LEAST MIDWAY BETWEEN THE QUADS.

NAME \_\_\_\_\_ AGE \_\_\_\_\_

CITY & STATE \_\_\_\_\_ GYM OR SPONSOR \_\_\_\_\_

OCCUPATION \_\_\_\_\_

WHAT ARE YOUR HOBBIES? \_\_\_\_\_

PLEASE INCLUDE A **BRIEF** DESCRIPTION OF YOUR PARTICIPATION IN ANY BODYBUILDING OR ATHLETIC EVENTS.

### REQUIREMENTS & WAIVER OF CLAIMS – READ CAREFULLY AND SIGN BELOW:

I HAVE PAID ALL REQUIRED FEES TO ENTER THE CONTEST. IN CONSIDERATION OF YOUR ACCEPTANCE TO THIS ENTRY FORM AND FEE, I WAIVE AND RELEASE ALL RIGHTS AND CLAIMS FOR DAMAGES AGAINST THE FOLLOWING PERSONS AND ORGANIZATIONS, GLORIA KNIGHT-McNEIL, NORTHERN HIGH SCHOOL, AND ALL THEIR SPONSORS, ASSOCIATION, STAFF, ADMINISTRATORS, OFFICIALS, AGENTS, AND EMPLOYEES. THIS WAIVER APPLIES TO ANY INJURIES I MAY ACQUIRE WHILE TRAVELING TO AND FROM THE CHAMPIONSHIPS AT THE CONTEST SITE. I FURTHER AGREE TO ABIDE BY DECISIONS OF THE OFFICIALS. I DECLARE THAT ALL THE INFORMATION CONTAINED WITH THIS APPLICATION IS TRUE TO THE BEST OF MY KNOWLEDGE, AND IS CORRECT AND COMPLETE. I FURTHER AGREE TO HOLD HARMLESS, WAIVE AND RELEASE ALL RIGHTS [PHOTOS, NAME AND LIKENESS, FOR MEDIA NEWSPAPER/TV VIDEO MAGAZINES] FOR THE 9<sup>TH</sup> ANNUAL MEGA MUSCLE EXPO. I HAVE CAREFULLY READ ALL OF THIS INFORMATION AND UNDERSTAND IT. MY SIGNATURE BELOW CONSTITUTES MY UNDERSTANDING TO THE ABOVE WAIVERS.

CONTESTANT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_