

GK PRODUCTIONS PRESENTS

THE 10TH ANNUAL MEGA MUSCLE EXPO AND CHAMPION OF CHAMPIONS

NAME: _____ FOR OFFICIAL USE ONLY _____

ADDRESS: _____

EMAIL: _____

AGE: _____ PHONE: _____

EARLY REGISTRATION - FRIDAY MARCH 13TH, 2020 FROM 5:PM - 8:PM, REGISTRATION & WEIGH-INS - SATURDAY MARCH 14TH, 2020 FROM 7:AM -8:30AM AT NORTHERN HIGH SCHOOL, 117 TOM WILKINSON RD, DURHAM, NC 27712. ATHLETES BRIEFING: 9:00AM, SHOW TIME: 10:00AM. THERE WILL BE A 1 HOUR INTERMISSION AFTER GROUP COMPARISONS. INDIVIDUAL PRESENTATIONS & AWARDS WILL FOLLOW IMMEDIATELY AFTER THE INTERMISSION.

OPEN CLASSES**MEN BODYBUILDING**

- LIGHT (UNDER 165)
 MIDDLE (165 – UNDER 185)
 HEAVY (185 & OVER)

WOMEN CLASSIC BODYBUILDING

- WOMEN CLASSIC BODYBUILDING (1 CLASS)

WOMEN FIGURE

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

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

MEN PHYSIQUE

- CLASS A (5'7" & UNDER)
 CLASS B (OVER 5'7" TO 5'10")
 CLASS C (OVER 5'10")

WOMEN PHYSIQUE

- 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 CHAMPIONSCASH PRIZES FOR 1ST & 2ND PLACES

- 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
FEBRUARY 29TH, 2020

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

ADULTS - \$30

COACHES - \$50

CHILDREN UNDER 12 - \$15

GK PRODUCTIONS PRESENTS THE 10TH ANNUAL MEGA MUSCLE EXPO AND THE CHAMPION OF CHAMPIONS

EMCEE USE ONLY

BIO SHEET

NUMBER _____

DIVISION _____

PLEASE COMPLETE THIS FOR THE EMCEE

AND RETURN WITH YOUR ENTRY FORM

CLASS _____

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 ✧

✧ **CONTEST RULES** ✧ FOR COMPLETE LIST OF COMPETITION RULES VISIT 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, OR B&S BODYBUILDING CHAMPIONSHIPS.

ALL COMPETITORS

NO THINGS ARE PERMITTED. **NO** PROFANITY OR VULGAR MUSIC WILL BE PLAYED! COMPETITORS WILL PERFORM A 60 SECOND ROUTINE IN THE FINALS ROUND. PLEASE PROVIDE A 60 SECONDS MAXIMUM-ONLY, ONE SONG, MP3 FILE BY EMAIL [NCMEGAMUSCLE@GMAIL.COM] MUSIC **MUST BE SUBMITTED 1 WEEK BEFORE** THE SHOW OR HOUSE MUSIC WILL BE PROVIDED.

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. 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 10TH 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 _____