

# 2010 NPC LOUISIANA BODYBUILDING CHAMPIONSHIPS

OPEN TO LOUISIANA RESIDENTS ONLY

**MEN'S DIVISIONS**  
OPEN / JUNIORS / NOVICE /  
MASTERS / TEEN

**WOMEN'S DIVISIONS**  
OPEN

**OPEN CHAMPIONS**

STATE CHAMPIONSHIP  
SCULPTURED STATUE  
\$200 TRAVEL EXPENSE  
MONEY

**TICKETS FOR THE FINALS ARE ALL SEATS RESERVED**

MAIN FLOOR VIP FRONT SECTION SEATING --- \$39.50 plus TICKETMASTER FEES and includes admission to Prejudging, Seminars, and best seats at the Finals. Present VIP ticket at all events.  
MAIN FLOOR REAR SECTION --- \$33.50 plus TICKETMASTER FEES  
BALCONY --- \$29.50 plus TICKETMASTER FEES  
CHILDREN (12 & UNDER) --- \$19.50 plus TICKETMASTER FEES

**ADMISSION to PREJUDGING and SEMINARS**

For those without VIP tickets, admission to the Prejudging is \$20.00 and admission to the Bodybuilding Seminar is \$15 payable at the door.

**LifeFitness**  
interactive fitness solutions

**CrossGates**  
SLIDELL LOUISIANA

**MOHAMAD BHLAWAN**  
Real Estate Appraiser  
(337) 781-5260

**TRUMP NETWORK**

**ACADIANA**  
Doctors of Chiropractic  
Lafayette, LA

**AIA**  
AIRLINE ATHLETIC CENTER  
THE ULTIMATE IN FITNESS

**Red's**



**PLANET NUTRITION**  
LAFAYETTE • BATON ROUGE

**PINHOOK CHIROPRACTIC**  
RE/MAX OF ACADIANA

**CITY TAN OF LAFAYETTE**  
NICKEY DUHON

**HCR**  
HealthCare Resources, Inc.

**xtreme**  
NUTRITION

**POWER SHACK**  
www.powershack.com

Presented by:  
**NATIONAL QUALIFIER**

**MAGNUM PRODUCTIONS**

**PHIL HEATH**



**IFBB PRO BODY BUILDER**

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**JAMIE EASON**



**FITNESS SUPERMODEL**

#10192



**SATURDAY, JULY 10, 2010**  
**HEYMANN PERFORMING ARTS CENTER**  
1373 SOUTH COLLEGE ROAD  
**LAFAYETTE, LOUISIANA**



**PREJUDGING 9:00 A.M. • FIGURE SEMINAR 12 NOON**  
**BODYBUILDING SEMINAR 2:00 P.M. • FINALS 6:00 P.M.**

**www.LaChampionships.com**

FOR INFORMATION CONTACT:  
MAGNUM PRODUCTIONS

TOMMY GUARISCO • P.O. BOX 4371 • HOUMA, LA 70361 • (985) 868-3936 • EMAIL: fitshow@bellsouth.net

# 2010 NPC LOUISIANA WOMEN'S FIGURE & BIKINI CHAMPIONSHIPS

OPEN TO LOUISIANA RESIDENTS ONLY

**FIGURE & BIKINI OPEN CHAMPIONS**

CHAMPIONSHIP  
SCULPTURED STATUE  
\$200 TRAVEL EXPENSE  
MONEY

**HOST HOTEL**



**WOMEN'S FIGURE DIVISIONS**  
OPEN / MASTERS

**WOMEN'S BIKINI DIVISIONS**  
OPEN / MASTERS

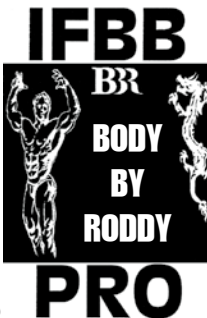
**AFTER SHOW DINNER CELEBRATION**



3151 JOHNSTON ST.  
LAFAYETTE, LA

**ticketmaster**

Tickets are available through all TICKETMASTER locations; charge by phone at 504-522-5555 or order online at www.ticketmaster.com.



**THE HEALTH & FITNESS CENTER OF JENNINGS**

# 2010 NPC LOUISIANA BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS

P.O. BOX 4371  
HOUMA, LA 70361



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NPC LOUISIANA BODYBUILDING DIVISIONS		
<b>CLASSES/CATEGORIES:</b>		
<b>MEN'S OPEN</b>	BANTAM	UP TO AND INCLUDING 143 ¼ LBS
	LIGHT	OVER 143 ¼ & UP AND INCLUDING 154 ¼ LBS
	MIDDLE	OVER 154 ¼ & UP AND INCLUDING 176 ¼ LBS
	LIGHT HEAVY	OVER 176 ¼ & UP AND INCLUDING 198 ¼ LBS
	HEAVY	OVER 198 ¼ & UP AND INCLUDING 225 ¼ LBS
	SUPER HEAVY	OVER 225 ¼ LBS
<b>WOMEN'S OPEN</b>	LIGHT	UP TO AND INCLUDING 115 LBS
	MIDDLE	OVER 115 & UP AND INCLUDING 125 LBS
	LIGHT HEAVY	OVER 125 & UP AND INCLUDING 140 LBS
	HEAVY	OVER 140 LBS
<b>MEN'S JUNIORS</b>	LIGHT	UP TO AND INCLUDING 164 ¼ LBS
	MIDDLE	OVER 164 ¼ & UP AND INCLUDING 187 ¼ LBS
	HEAVY	OVER 187 ¼ LBS
<b>MEN'S NOVICE</b>	LIGHT	UP TO AND INCLUDING 164 ¼ LBS
	MIDDLE	OVER 164 ¼ & UP INCLUDING 187 ¼ LBS
	HEAVY	OVER 187 ¼ LBS
<b>MEN'S MASTERS 40+</b>		ONE CLASS
<b>MEN'S MASTERS 50+</b>		ONE CLASS
<b>MEN'S MASTERS 60+</b>		ONE CLASS
<b>TEEN MEN</b>		ONE CLASS
<i>NOTE: ONLY TEENS AND MASTERS MAY ENTER TWO EVENTS</i>		
<b>NATIONAL QUALIFIER:</b>		
TOP TWO PLACEMENTS IN EACH OPEN WEIGHT CLASS QUALIFY FOR A NPC NATIONAL COMPETITION		
<b>POSING/MUSIC</b> ..... 60 SECOND POSING ROUTINE FOR PREJUDGING WITHOUT MUSIC		
60 SECONDS POSING ROUTINE FOR FINALS WITH MUSIC		
BRING HIGH QUALITY RECORDING ON LABELED CD . . . AND BRING BACKUP CD AS SPARE		
<b>AWARDS</b> ..... *TOP 5 IN OPEN DIVISIONS AND OVERALL, TOP 3 IN ALL OTHER DIVISIONS WITH WEIGHT CLASSES AND OVERALL, TOP 5 IN ALL DIVISIONS ONLY ONE CLASS		
*SCULPTURE STATUES TO ALL WINNERS AND PLACEMENTS		
<b>OVERALL OPEN WINNER:</b>		
*\$200 TRAVEL MONEY TO A NATIONAL NPC COMPETITION		

NPC WOMEN'S FIGURE DIVISIONS	
<b>NATIONAL QUALIFIER</b>	TOP 5 IN EACH HEIGHT CLASS WILL BE ELIGIBLE FOR THE JR. USA OR JR. NATIONALS, AND ONLY THE TOP 3 IN EACH HEIGHT CLASS WILL BE ELIGIBLE FOR THE NATIONAL FIGURE CHAMPIONSHIP
<b>AWARDS</b> .....	TOP 5 IN OPEN DIVISIONS AND OVERALL, TOP 3 IN ALL OTHER DIVISIONS SCULPTURE STATUES TO ALL WINNERS AND PLACEMENTS
<b>OVERALL OPEN WINNER:</b>	\$200 TRAVEL MONEY TO A NATIONAL NPC COMPETITION
<b>DIVISIONS</b> .....	<b>OPEN</b>
	ONE ROUND OF JUDGING — TWO-PIECE SWIMSUIT
	HIGH HEELS REQUIRED
<b>OPEN DIVISION — 3 HEIGHT CLASSES</b>	
	SHORT — UP TO AND INCLUDING 5'4"
	MEDIUM — OVER 5'4" & UP TO AND INCLUDING 5'6"
	TALL — OVER 5'6"
	<b>MASTERS 35+ DIVISION — ONE HEIGHT CLASS</b>
<b>NPC WOMEN'S BIKINI OPEN</b>	
<b>AWARDS</b> .....	TOP 5 IN OPEN DIVISIONS AND OVERALL, TOP 3 IN ALL OTHER DIVISIONS SCULPTURE STATUES TO ALL WINNERS AND PLACEMENTS
<b>OVERALL OPEN WINNER:</b>	\$200 TRAVEL MONEY TO A NATIONAL NPC COMPETITION
<b>DIVISIONS</b> .....	<b>OPEN</b>
	ONE ROUND OF JUDGING — TWO-PIECE SWIMSUIT
	HIGH HEELS REQUIRED
<b>OPEN DIVISION — 3 HEIGHT CLASSES</b>	
	SHORT — UP TO AND INCLUDING 5'4"
	MEDIUM — OVER 5'4" & UP TO AND INCLUDING 5'6"
	TALL — OVER 5'6"
	<b>MASTERS 35+</b>

## GENERAL INFORMATION

**ENTRY FEE**.....ALL ENTRIES \$55, 2ND EVENT \$45

**ENTRY DEADLINE**.....POSTMARKED ON OR BEFORE MONDAY, JULY 5, 2010  
LATE FEE OF \$25 WILL BE ASSESSED IF NOT RECEIVED BY FRIDAY AT CHECK-IN/WEIGH-IN TIME. ENTRIES WILL BE TAKEN UNTIL WEIGH-IN/CHECK-IN ENDS ON FRIDAY

**ELIGIBILITY** .....MEMBER OF THE NPC  
OPEN TO LOUISIANA RESIDENTS ONLY  
DRIVERS LICENSE REQUIRED OR OTHER FORM OF PROOF OF RESIDENCY  
CHECK W/ PROMOTER OR LA NPC CHAIRMAN LUKE TESVICH ON RESIDENCY ISSUES

**RULES**.....NPC RULES WILL PREVAIL (GO TO WWW.NPCNEWSONLINE.COM FOR RULES)

**NPC MEMBERSHIP** .....ALL ENTRIES ARE REQUIRED TO BE A MEMBER OF THE NPC (NATIONAL PHYSIQUE COMMITTEE). SEND COPY OF NPC 2010 MEMBERSHIP CARD OR CONTACT NPC LOUISIANA CHAIRMAN LUKE TESVICH AT (504) 439-6224 OR BY EMAIL: NPCLAOFFICE@AOL.COM

**MEMBERSHIP COST** .....\$90

**MEMBER RECEIVES** .....ELIGIBLE TO COMPETE IN ALL LOCAL, STATE OR REGIONAL 2009 NPC EVENTS  
INSURANCE COVERAGE  
6 ISSUES OF NPC NEWS FREE OF CHARGE (NO BACK ISSUES)

**WEIGH-IN/CHECK-IN** .....AT COMFORT INN, LAFAYETTE..... FRIDAY EVENING 5:00 - 8:00 PM  
NO LATE WEIGH-IN OR LATE CHECK-IN ON SATURDAY

**ATHLETES MEETING**.....OFFICIAL ATHLETE MEETING SET FOR 7:30 AM ON SATURDAY MORNING AT HEYMANN HOTEL

**HOTEL** .....COMFORT INN, LAFAYETTE (337) 232-9000 AND ASK FOR THE SPECIAL BLOCK OF ROOMS UNDER LOUISIANA BODYBUILDING CHAMPIONSHIPS. A SPECIAL RATE OF \$73.00 HAS BEEN ARRANGED FOR SINGLE OR DOUBLE.

**VIDEO** .....VIDEO WILL BE PERMITTED FOR THE PREJUDGING BUT NOT THE FINALS. A PROFESSIONAL VIDEO OF THE FINALS WILL BE AVAILABLE FOR SALE. CONTACT THE PROMOTER. PRICE OF VIDEO \$65 PLUS \$4.95 SHIPPING.

## TENTATIVE SCHEDULE

**FRIDAY, JULY 10, 2009**

**WEIGH-IN/CHECK IN:** 5-8 PM AT OFFICIAL HOTEL - COMFORT INN, LAFAYETTE

**SATURDAY, JULY 11, 2009**

**ATHLETE MEETING** 7:30 AM SHARP

**PREJUDGING BEGINS** 9:00 (ALL OPEN COMPETITORS UP 1ST)

**MEET AND GREET** 12 NOON AT RED'S with Jamie Eason

**BODYBUILDING SEMINAR** 2:00 PM AT HEYMANN PERFORMING ARTS CENTER

**DOORS OPEN FOR FINALS** 5:00 PM

**FINALS BEGIN** 6:00 PM

**SHOW ENDS** 10:00 PM

**AFTER-SHOW**

**CHAMPIONS CELEBRATION** 10:00 PM AT SERRANOS SALSA CO. JOHNSTON ST

**BODYBUILDING SEMINAR 2:00 PM**  
With **PHIL HEATH** Hosted by **MIKE COX**  
Heymann Performing Arts Center

*Seminars are free to all competitors, NPC officials, VIPs and other badge holders.  
Admission is \$15.00 to all others*

DETACH & SEND CHECK OR MONEY ORDER MADE PAYABLE TO:

**MAGNUM PRODUCTIONS**  
P. O. BOX 4371 HOUMA, LA 70361

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

## PERSONAL INFORMATION

AGE \_\_\_\_\_ ANTICIPATED WEIGHT \_\_\_\_\_ HEIGHT \_\_\_\_\_

OCCUPATION \_\_\_\_\_

GYM REPRESENTING \_\_\_\_\_

SPONSOR (IF ANY) \_\_\_\_\_

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SHIRT SIZE S M L XL XXL \_\_\_\_\_

### BODYBUILDING EVENTS

- MEN'S OPEN
- WOMEN'S OPEN
- MEN'S JUNIORS
- MEN'S NOVICE
- MEN'S MASTERS 40+
- MEN'S MASTERS 50+
- MEN'S MASTERS 60+
- TEEN MEN

### WOMEN'S FIGURE EVENTS

- WOMEN'S FIGURE OPEN
- WOMEN'S FIGURE MASTERS 35+
- WOMEN'S BIKINI EVENTS**
- WOMEN'S BIKINI OPEN
- WOMEN'S BIKINI MASTERS 35+

PLEASE READ AND SIGN BELOW: In consideration of you accepting this entry, I hereby, intending to be legally bound for myself, my heirs, executors or administrators, waive and release all rights and claim for damages I may have against *Tommy Guarisco/Magnum Productions/NPC* and them or their agents, representatives and assigns, for any and all injuries suffered by me at said Physique Contest. The undersigned consents and agrees that the undersigned will comply with all rules and regulations of the *Comfort Inn of Lafayette*, 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 the *Comfort Inn of Lafayette* 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 the *Comfort Inn of Lafayette* or damage 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*.

SIGNATURE OF CONTESTANT \_\_\_\_\_

SIGNATURE OF PARENT (IF UNDER 18 YEARS) \_\_\_\_\_

DATE \_\_\_\_\_