

2019 NPC LOUISIANA CHAMPIONSHIPS

P.O. BOX 4371
HOUMA, LA 70361



NPC MEN'S LOUISIANA BODYBUILDING DIVISIONS	
CLASSES/CATEGORIES:	
MEN'S OPEN	BANTAMWEIGHT 143¼ LBS & UNDER LIGHTWEIGHT OVER 143¼ LBS UP TO & INCLUDING 154¼ LBS MIDDLEWEIGHT OVER 165¼ LBS UP TO & INCLUDING 176¼ LBS LIGHT-HEAVYWEIGHT OVER 176¼ LBS UP TO & INCLUDING 198¼ LBS HEAVYWEIGHT OVER 198¼ LBS UP TO & INCLUDING 225¼ LBS SUPER HEAVYWEIGHT OVER 225¼ LBS
MEN'S NOVICE	LIGHTWEIGHT UP TO AND INCLUDING 164¼ LBS MIDDLEWEIGHT OVER 164¼ & UP INCLUDING 187¼ LBS HEAVYWEIGHT OVER 187¼ LBS
MEN'S MASTERS 40+	ONE CLASS
MEN'S MASTERS 50+	ONE CLASS
MEN'S MASTERS 60+	ONE CLASS
TEEN MEN	ONE CLASS
MILITARY/UNIFORM	ONE CLASS
NPC MEN'S LOUISIANA PHYSIQUE DIVISIONS	
MEN'S OPEN	UP TO AND INCLUDING 5'7" OVER 5'7" UP TO AND INCLUDING 5'10" OVER 5'10"
MEN'S NOVICE	UP TO AND INCLUDING 5'7" OVER 5'7" UP TO AND INCLUDING 5'10" OVER 5'10"
MEN'S 35+	UP TO AND INCLUDING 5'8" OVER 5'8"
MEN'S 45+	ONE CLASS
TEEN	ONE CLASS
NPC MEN'S LOUISIANA CLASSIC PHYSIQUE DIVISIONS	
MEN'S OPEN	THREE CLASSES
MEN'S NOVICE	THREE CLASSES
MEN'S MASTERS	TWO CLASS
TEEN MEN	ONE CLASS
NATIONAL QUALIFIER:	GO TO NPCNEWSONLINE.COM FOR RULES ON QUALIFYING FOR NATIONAL LEVEL COMPETITIONS
POSING/MUSIC.....	45 SECOND POSING ROUTINE FOR PREJUDGING WITHOUT MUSIC 45 SECONDS POSING ROUTINE FOR FINALS WITH MUSIC BRING HIGH QUALITY RECORDING ON LABELED CD . . . AND BRING BACKUP CD AS SPARE. TO BE TURNED IN AT SATURDAY MORNING ATHLETE'S MEETING FOR MEN'S BODYBUILDING, CLASSIC PHYSIQUE AND WOMEN'S PHYSIQUE DIVISIONS
AWARDS.....	TOP 5 IN ALL OPEN DIVISIONS AND OVERALL, TOP 3 IN ALL OTHERS

GENERAL INFORMATION

ENTRY FEE.....	\$90 FOR 1 ST ENTRY, \$80 FOR EACH ADDITIONAL EVENT. ENTRY FEE CAN BE PAID ONLINE THROUGH PAYPAL AT WWW.LACHAMPIONSHIPS.COM
ENTRY DEADLINE.....	POSTMARKED ON OR BEFORE MONDAY, JULY 8, 2019. \$25 LATE FEE WILL BE ADDED TO ALL ENTRIES NOT RECEIVED BY FRIDAY CHECK-IN AT 5 PM. ENTRIES WILL BE TAKEN AT CHECK-IN WITH THE LATE FEE ADDED.
ELIGIBILITY	2019 MEMBER OF THE NPC. OPEN TO LOUISIANA RESIDENTS ONLY. NO ONE UNDER THE AGE OF 16 MAY PARTICIPATE IN AN NPC EVENT. 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 COMPLETE RULES).
NPC MEMBERSHIP	ALL ENTRIES ARE REQUIRED TO BE A MEMBER OF THE NPC (NATIONAL PHYSIQUE COMMITTEE). SEND COPY OF NPC 2019 MEMBERSHIP CARD OR CONTACT NPC LOUISIANA CHAIRMAN LUKE TESVICH AT (504) 439-6224 OR BY EMAIL: NPCLAOFFICE@AOL.COM. PLEASE NOTE: PURCHASE OF NPC CARD CAN BE DONE AT REGISTRATION ON FRIDAY EVENING
MEMBERSHIP COST	\$125
MEMBER RECEIVES	ELIGIBLE TO COMPETE IN ALL LOCAL, STATE OR REGIONAL 2019 NPC EVENTS INSURANCE COVERAGE. 6 ISSUES OF NPC NEWS FREE OF CHARGE (NO BACK ISSUES).
WEIGH-IN/.....	AT COMFORT SUITES OIL CENTER, LAFAYETTE..... FRIDAY EVENING
REGISTRATION.....	5:00 - 8:00 PM. NO LATE WEIGH-IN OR LATE REGISTRATION ON SATURDAY.
ATHLETES MEETING.....	OFFICIAL ATHLETE MEETING SET FOR 8:00 AM ON SATURDAY MORNING AT HEYMANN PERFORMING ARTS CENTER.
HOTEL	COMFORT SUITES OIL CENTER, LAFAYETTE (337) 456-8390 AND ASK FOR THE SPECIAL BLOCK OF ROOMS UNDER LOUISIANA BODYBUILDING CHAMPIONSHIPS. A SPECIAL RATE OF \$94.00 HAS BEEN ARRANGED FOR SINGLE OR DOUBLE. NO ONLINE BOOKING. PLEASE CALL HOTEL DIRECT.
PHOTOS/VIDEO	ALEX BYARS PHOTOGRAPHY (901)258-9109
SPRAY TAN AVAILABLE	CONTACT KIM TRAHAN WITH T5 SPRAY TANNING STUDIO 337-288-6508 FOR APPOINTMENT ON FRIDAY AND TOUCH UPS ON SATURDAY. GO TO HTTP://WWW.GETSPRAYTAN.COM .

NPC WOMEN'S PHYSIQUE DIVISIONS

OPEN DIVISION - ONE HEIGHT CLASS
MASTERS 35+ DIVISION - 1 HEIGHT CLASS

NPC WOMEN'S FIGURE DIVISIONS

OPEN DIVISION - 3 HEIGHT CLASSES
UP TO & INCLUDING 5'4"
OVER 5'4" & UP TO & INCLUDING 5'6"
OVER 5'6"

NOVICE DIVISION - 1 HEIGHT CLASS
MASTERS 35+ DIVISION - 1 HEIGHT CLASS

NPC WOMEN'S BIKINI DIVISIONS

OPEN DIVISION - 4 HEIGHT CLASSES
UP TO & INCLUDING 5'4"
OVER 5'4" & UP TO & INCLUDING 5'6"
OVER 5'6"

NOVICE DIVISION - 3 HEIGHT CLASSES
UP TO & INCLUDING 5'6"
OVER 5'6"

MASTERS 35+ DIVISION - 2 HEIGHT CLASSES
UP TO & INCLUDING 5'6"
OVER 5'6"

MASTERS 45+ DIVISION - ONE HEIGHT CLASS
MILITARY/UNIFORM - ONE CLASS

FITNESS DIVISIONS

OPEN DIVISION - ONE CLASS

NATIONAL QUALIFIER GO TO NPCNEWSONLINE.COM FOR RULES ON QUALIFYING FOR NATIONAL LEVEL COMPETITIONS

AWARDS TOP 5 IN ALL OPEN DIVISIONS AND OVERALL, TOP 3 IN ALL OTHERS

TENTATIVE SCHEDULE

FRIDAY, JULY 12, 2019

WEIGH-IN/CHECK IN: 5-8 PM AT OFFICIAL HOTEL - COMFORT SUITES OIL CENTER, LAFAYETTE

SATURDAY, JULY 13, 2019

ATHLETE MEETING 8:00 AM SHARP
PREJUDGING BEGINS 9:00
DOORS OPEN FOR FINALS 5:00 PM
FINALS BEGIN 6:00 PM
SHOW ENDS 9:30 PM
AFTER-SHOW CHAMPIONS CELEBRATION 10:00 PM ROCK N SAKE 107 STONEMONT RD

NEW PAYPAL OPTION!!!



ENTRY FEE CAN BE PAID ONLINE THROUGH PAYPAL AT WWW.LACHAMPIONSHIPS.COM

2019 NPC MEN'S LOUISIANA CHAMPIONSHIPS

OPEN TO LOUISIANA RESIDENTS ONLY

MEN'S BODYBUILDING

OPEN / NOVICE / MASTERS / TEEN / MILITARY/UNIFORM

MEN'S PHYSIQUE

OPEN / NOVICE / MASTERS / TEEN

MEN'S CLASSIC PHYSIQUE

OPEN / NOVICE / MASTERS

ADMISSION TO FINALS

MAIN FLOOR FRONT SECTION --- \$45.00 ADMISSION TO FINALS ONLY

MAIN FLOOR REAR SECTION --- \$40.00 ADMISSION TO FINALS ONLY

CHILDREN (12 & UNDER) --- \$20.00 ADMISSION TO FINALS ONLY

ADMISSION TO PREJUDGING

GENERAL ADMISSION --- \$25.00 NO RESERVED SEATING

CHILDREN (12 & UNDER) FREE

NICK DUHON

MUSCLE FOODS USA
MUSCLE FOODS USA

ANYTIME FITNESS

TEAM BBR
COM

T-5 SPRAY TANNING STUDIO

FIREHOUSE SUBS

FITNESS & BEYOND HEALTH CLUB

TRAIN

Red's

Sportshack Supplement Depot

Coca-Cola

PLANET NUTRITION

GAT SPORT

GOLD'S GYM

REZULTZ

Hinc.



2018 LOUISIANA STATE CHAMPIONS

UNIFORM

#3556



SATURDAY, JULY 13, 2019

HEYMANN PERFORMING ARTS CENTER

1373 SOUTH COLLEGE ROAD

LAFAYETTE, LOUISIANA



PREJUDGING 9:00 A.M.

FINALS DOORS OPEN AT 5 P.M. SHOW BEGINS AT 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

FOR UP TO MINUTE INFORMATION GO TO FB: NPC LOUISIANA BODYBUILDING

2019 NPC WOMEN'S LOUISIANA CHAMPIONSHIPS

OPEN TO LOUISIANA RESIDENTS ONLY

WOMEN'S PHYSIQUE

OPEN / MASTERS

WOMEN'S FIGURE

OPEN / NOVICE / MASTERS

WOMEN'S BIKINI

OPEN / NOVICE / MASTERS / MILITARY/UNIFORM

WOMEN'S FITNESS

OPEN

HOST HOTEL



Oil Center
114 Rue Fernand
behind Chili's on Pinhook
337-456-8390
no internet booking
call hotel direct

\$200

TRAVELMONEY

WILL BE AWARDED TO ALL OPEN STATE CHAMPIONS TO ATTEND A NATIONAL LEVEL COMPETITION

AFTER SHOW DINNER CELEBRATION



107 Stonemont Road
337.408.8920

ticketmaster

Tickets are available at all TICKETMASTER locations including the Heymann Box Office. Charge by phone at 504-522-5555 or order online at www.ticketmaster.com. Check out the interactive TICKETMASTER site for the event and choose your seat.



Fit Blendz NUTRITION CAFE



REZULTZ