

**2017 NPC PANHANDLE SHOWDOWN
FITNESS CHAMPIONSHIPS
NATIONAL QUALIFIER
SATURDAY, April 15th, 2017**

ELIGIBILITY: Open to all 2017 NPC card holding athletes in the U.S. NPC cards can be purchased at the event.

CONTEST LOCATION: Pensacola High School Auditorium located at 500 W. Maxwell, Pensacola, Florida 32501

ENTRY FEE: \$85.00 for each class entered by April 1, 2017. After April 1st the entry fee will be \$110.00

Make check or money order payable to and send to:

MAXFIT

99 Eglin Parkway NE, Suite 1E, Fort Walton Beach, FL 32548

For tickets or information email: iamaxfit@yahoo.com or call 850-244-1629

Women's Fitness

5 places awarded

Jr. Fitness

5 places Awarded

- Competitors will compete in a two-piece suit. The bottom of the suit must be v-shaped.
- Competitors must wear high heels and may wear jewelry
- Round two (2) is maximum two minute routine.
- The contestants should have shape to their muscles but not size, definition or vascularity.
- Judges will use four (4) aspects to score this round using the following criteria:

Strength – the amount and types of strength moves.

The degree of difficulty of these moves.

The ease and correctness of the moves

Flexibility – the number and types of flexibility moves

The degree of difficulty of these moves

The ease and correctness of the moves

Cardiovascular – the tempo of the routine

Overall Package – Full general assessment including but not limited to creativity, stage presence, outfits, hair and make-up

1/3 of score Physique/2-Piece Swimsuit. 2/3 of score 2 Minute Fitness Routine. The mandatory movements:

Push Up (of any kind) - High Kicks - Straddle Hold - Side Split

In regards to ties, the athlete who has won the routine round is the winner.

CROSSOVER RULES: The fee is \$85 per category. If you choose Junior Division, proof of age is necessary to determine that division. Fitness can cross between disciplines to Figure and Bikini with the exception of Jr Fitness.

Name: _____ Age: _____ Shirt Size _____

Ring Size _____ Weight: _____ NPC Card #: _____

Address: _____ City: _____ State: _____ Zip: _____

Email Address: _____ Telephone: _____

In consideration of your accepting this entry, I hereby intending to be legally bound for myself, my heirs, executors or administrators, waive any and all right and claim for damages I may have against the National Physique Committee USA, Inc., Russell Mesey, Mike Langford, Ty King, MaxFit Sports Nutrition, Pensacola High School, and the Escambia County School Board. The sponsors and/or their agents, representatives and assignees for any and all of their agents, successors and licensees and assignees, the right to photograph and or reproduce (whether by film, tape, still photography, or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit and/or otherwise exploit any and all media, including without limitation, by means of still photograph motion pictures, radio, television, video printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with and the foregoing.

Signature: _____ Parent/Guardian, if minor: _____ Date: _____