

2019 NPC PANHANDLE SHOWDOWN

Information Sheet

Check-In and Weigh-In

All athletes must check-in/weigh-in on Friday evening. Friday weigh-ins, April 12th between the hours of 5:00 P.M. and 7:00 P.M., will be held in the Pensacola High School Gymnasium Lobby located at 500 W. Maxwell, Pensacola, FL 32501. **No weigh-in on Saturday morning.**

Competition suits for all Bodybuilders, Classic Physique and Ladies Physique athletes must be worn to weigh-in. Figure and bikini contestants must bring their suits for inspection. If you have any doubt about the suit style, bring a second suit.

The athlete's meeting will be Saturday, April 13th, 2019, 8:30 A.M. at the Pensacola High School Gymnasium. Prejudging will begin at 9:30 A.M.

Night Show

The night show will be held at Pensacola High School Auditorium located at 500 W. Maxwell, Pensacola, FL 32501. Show begins at 6 P.M. Saturday, April 13th, 2019.

Music/NPC Regulations

- All Bodybuilders, Classic Physique, Fitness, and Female Physique athletes **MUST** supply their own music. **Music on CD or flash drive and MUST be no longer than 60 seconds.** Posing music **MUST** be the only music on the medium you provide. CD's/flash drives will be collected at weigh-in Friday evening.
- No "T" or thong suits will be allowed. However, female bodybuilding competitors will be allowed to wear multicolored posing suits and jewelry at the evening show. Emphasis is on "good taste"!
- **Critiques:** Critiques must be requested at weigh-ins, do not request a critique if you are not willing to receive it from the judges after the show.
- **Qualifying for NPC USA & NPC Nationals is as follows:**
 - *Men's Physique will qualify the top 2 in each class
 - *Women's Physique will qualify the top 2 in each class
 - *Open Bikini will qualify the top 2 in each class
 - *Open Figure will qualify the top 2 in each class
 - *Open Fitness will qualify the top 2 in each class
 - *Men's Open Bodybuilding will qualify the top 2 in each class
 - *Women's Open Bodybuilding will qualify the top 2 in each class
- **With the EXCEPTION of all OPEN CLASSES,** Promoter reserves the right to eliminate uncontested classes and create competition where feasible. If you are uncontested, the promoter may move you up one class. Divisions with multiple classes and only one competitor per class will be combined to create a single class for the purpose of having competition.
- Rings are for all Division winners with the exception of Novice. You must have competition in your class to get a ring (3 or more). No unopposed.
- **NO REFUNDS**