

2009 Jr Nationals Contest Info

Contributed by Mike Salazar
Thursday, 11 June 2009

The 2009 Optimum Nutrition NPC Jr. National Bodybuilding, Fitness, Figure and Bikini Championships, to be held June 19-20 at the Hyatt Regency O’Hare Hotel in Rosemont (Chicago area), Illinois.

The entry deadline has come and gone, but tickets are still available for this great show.

2009 OPTIMUMNUTRITION NPC JR. NATIONAL BODYBUILDING*FITNESS*FIGURE*BIKINI CHAMPIONSHIPS

Dear NPC Athlete:

With this letter you will find the entry forms for the 2009 Optimum Nutrition NPC Jr. National Bodybuilding, Fitness, Figure and Bikini Championships, to be held June 19-20 at the Hyatt Regency O’Hare Hotel in Rosemont (Chicago area), Illinois. Please read the entire Jr. Nationals information thoroughly – it’s important!! There are separate entry forms for bodybuilding, fitness, figure and bikini competitors. There are 4 weight classes for the Women’s Bodybuilding, 7 weight classes for Men’s Bodybuilding, 3 height classes for Fitness competitors, 6 height classes for Figure competitors and 6 height classes for Bikini. There will be three Fitness pro cards, four Figure pro cards and 4 Bikini pro cards awarded.

U.S. Citizenship is required for Fitness, Figure and Bikini Competitors only (pro-qualifier). All bodybuilding athletes must provide either proof of U.S. Citizenship or Legal Resident Alien status (Green Card).

The application must be fully completed and signed. If you are under 18 years old, make sure that your parent or guardian signs it. Once the application has been completed, send a money order – no personal checks - to pay for your entry fee and return it where instructed in your official entry form. Keep the information brochure for your own reference. There are no entry refunds.

DEADLINE FOR ENTRY MAILING IS FRIDAY, MAY 29, 2009. ENTRIES POSTMARKED AFTER MAY 29 WILL BE ACCEPTED IF RECEIVED NO LATER THAN JUNE 3, 2009. ENTRY FEE FOR ENTRIES POSTMARKED AFTER MAY 29 BUT RECEIVED ON OR BEFORE JUNE 3 IS DOUBLED TO \$180. ABSOLUTELY NO ENTRIES WILL BE ACCEPTED IF RECEIVED AFTER WEDNESDAY, JUNE 3, 2009.

A ticket order form has also been provided so you can order tickets in advance for your family and friends. Place your order as soon as possible to reserve the best seats. We’ve sold out every year so far!! Tickets can be ordered by completing the form and mailed with a money order (no personal checks accepted), faxed to 407-876-5843, emailed to Pambetz@aol.com or ordered online at www.npcjrnationals.com. Do not send your ticket order with your entry!

Ticket Prices (Taxes and Fees apply):

FINALS: \$60 & \$40 - All Seats Reserved

PREJUDGING: Friday Night - \$25; Saturday Morning - \$25; Prejudging Package - \$45 includes (Open Seating) both Friday night and Saturday morning tickets at a \$5 savings.

Remember: All entries must be postmarked no later than Friday, May 29, 2009.

If you have any questions on eligibility requirements, please call either Sandy Williamson (all women athletes) at 818-400-1060 or email her at sandysandylane@yahoo.com, or Peter W. Potter (men) at 954-763-2718, email usasports@juno.com. For all other information, call

Pam Betz at 407-876-4467, email Pambetz@aol.com or go to the website

www.npcjrnationals.com

ELIGIBILITY REQUIREMENTS

1. All contestants must be registered as athletes with the National Physique Committee as of May 29, 2009 (entry deadline). For an application, contact the NPC at P.O. Box 3711, Pittsburgh, PA 15230 (412-276-5027). Cost of your NPC card is \$85.

YOU MAY NOT REGISTER FOR AN NPC CARD ON THE DAY OF THE CONTEST.

2. You **MUST** be a U.S. Citizen to enter the Fitness, Figure & Bikini Competitions and you must be a U.S. Citizen or legal resident alien (Green Card) to enter all other events. Proof of Citizenship for Fitness, Figure & Bikini athletes is a copy of birth certificate, voter registration, passport, or DD214 (military discharge). Proof of Citizenship or Green Card for all other events **MUST** be sent with entry. **NO DRIVER LICENSES OR SOCIAL SECURITY CARDS ARE ACCEPTABLE PROOF OF CITIZENSHIP.**

3. You MUST NOT be currently under suspension by the NPC.

4. In order for an athlete to be eligible for the 2009 NPC Jr. Nationals Bodybuilding, Fitness and Figure Championships, the athlete must have competed since January 1, 2007, and obtained one of the following placements in an NPC event:

Among the first 5 in his/her weight group in the National, USA, Team Universe Championships or IFBB North American.

Among the first 5 in his/her weight group in the Jr. National or Jr. USA Championships.

Among the first 5 in his/her weight class in the Teenage, Collegiate or Masters National Championships.

Among the first 2 in his/her weight class in the Armed Forces National Championships.

First Overall in an area Championship of the unrestricted class.

Among the first 2 in his/her weight class in an area level Championship designated as a National Qualifier.

As the Overall winner in a District-Level Championship designated as a national qualifying contest.

Fitness and Figure competitors must have placed in the top 3 in an NPC-sanctioned fitness or figure event designated as a

national qualifying contest since January 1, 2007, and must be eligible under Items 1, 2, and 3.

Class Winners of the Nationals and USA will be given 5 years of eligibility.

Bikini competitors must have competed in an NPC Bikini event prior to entering a National contest.

FOR INFORMATION CONCERNING ELIGIBILITY AND ACCEPTANCE, CONTACT

WOMEN: Sandy Williamson

6185 Magnolia Avenue, PMB #310

Riverside, CA 92506

818-400-1060

sandyonsandylane@yahoo.com

MEN: Peter W. Potter

USA Sports Promotions of Florida

1126 S. Federal Highway, #169

Ft. Lauderdale, FL 33316

954-763-2718

usasports@juno.com

ENTRY DEADLINE

All entries must be postmarked no later than Friday, May 29, 2009. For any entries postmarked after May 29 but received on or before June 3, the entry fee is doubled to \$180. Absolutely no entries will be accepted if received after June 3, 2009.

Checklist: ___ Entry Form - Signed and completed ___ Copy of your 2009 NPC card

___ Proof of US Citizenship for Fitness, Figure & Bikini Athletes and Proof of US Citizenship or Legal Resident Alien Status for all other Divisions.

___ Money order only for \$90 Entry Fee made payable to Betz/Larsen EMI

Men: Return Entry Form by Certified Mail, Express Mail, UPS Next Day or Fed-Ex to Peter W. Potter.

Women: Return Entry by Certified Mail, Express Mail, UPS Next Day or Fed-Ex to Sandy Williamson.

WEIGHT/HEIGHT DIVISIONS

MEN BB Bantamweight: 143-1/4 lbs. & under

Lightweight: over 143-1/4 lbs. up to & including 154-1/4 lbs.

Welterweight: over 154-1/4 lbs. up to & including 165-1/4 lbs.

Middleweight: over 165-1/4 lbs. up to & including 176-1/4 lbs.

Light-Heavyweight: over 176-1/4 lbs. up to & including 198-1/4 lbs.

Heavyweight: over 198-1/4 lbs. up to & including 225-1/4 lbs.

Super-Heavyweight over 225-1/4 lbs.

WOMEN BB Lightweight: 115 lbs. & under

Middleweight: over 115 lbs. up to & including 125 lbs.

Light-Heavyweight: over 125 lbs. up to & including 140 lbs.

Heavyweight: over 140 lbs.

FITNESS Three Height Classes up to & including 5'2"; (A)

over 5'2"; up to & including 5'4-1/2"; (B)

over 5'4-1/2"; (C)

FIGURE & BIKINI Six Height Classes up to & including 5'1"; (A)

over 5'1"; up to & including 5'2-1/2"; (B)

over 5'2-1/2"; up to & including 5'4"; (C)

over 5'4"; up to & including 5'5-1/2"; (D)

over 5'5-1/2"; up to & including 5'7"; (E)

Over 5'7"; (F)

ENTRY FEE

MONEY ORDER FOR \$90 EACH FOR ALL COMPETITORS MADE PAYABLE TO "BETZ/LARSEN EMI"

Deadline for Entry mailing is Friday, May 29, 2009. Entries postmarked after May 29 will be accepted until June 3, 2009.

Entry fee for entries postmarked after May 30 but received on or before June 3 is doubled to \$180. Absolutely no entries will be accepted

if received after June 3, 2009.

CHECK-IN / ATHLETE MEETING / WEIGH-IN

HYATT REGENCY O’HARE HOTEL

Thursday, June 18: Early Weigh-in/check-in: (men) 6-7 p.m. (women bb/fitness/figure/bikini) 7-8 p.m.

Friday, June 19: Final Weigh-in /check-in: (all athletes) 9-10:30 a.m.

**COMPETITION SUITS MUST BEWORN BY BODYBUILDERS TO WEIGH-IN/CHECK-IN
IF YOU HAVE ANY DOUBT ABOUT THE SUIT STYLE, BRING A SECOND SUIT!**