



OGDEN CONSTRUCTION

Proudly Presents



BODYBUILDING, FIGURE, BIKINI, PHYSIQUE, CLASSIC PHYSIQUE & WELLNESS CHAMPIONSHIPS
★ An NPC National Qualifier ★

2022 OFFICIAL MAIL-IN ENTRY FORM

Online Registration Also Available

EVENT INFORMATION

2022 NPC Mike Francois Classic / June 11, 2022 / Marriott Columbus Northwest / Dublin, OH

INSTRUCTIONS

Mail completed entry form along with check or money order payable to Mike Francois to:
NPC Mike Francois Classic, P.O. Box 3184, Westerville, OH 43086

PERSONAL INFORMATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Date of Birth _____ NPC Card # _____

If available. Can purchase at Friday check-in.

In consideration of your acceptance of this entry and fee, I waive and release all rights and claims for damages against the NPC, Mike Francois, Shannan Francois, Francois Fitness Consultants, Ltd., Marriott, and their associates, officials, agents and employees, or assign by reason of injury or damages which may occur while traveling to or from or participating in this event. I also acknowledge I have read and agree to all terms presented in the Terms & Conditions Release Agreement at www.mikefrancois.com/terms.

Signature _____ Date _____

ENTRY FEE

\$110.00 if postmarked by May 28, 2022. \$25.00 late fee after that date. Add \$100 for each additional division entering. Crossovers are permitted between all divisions. Entry fee is non-refundable and non-transferrable.

CHECK ALL CATEGORIES YOU ARE ENTERING

Note: All classes will be confirmed at the check-in. You will also be able to change or add classes at the check-in.

MEN'S MASTERS BODYBUILDING

One class (35+)

MEN'S NOVICE BODYBUILDING

One class

MEN'S OPEN BODYBUILDING

- Bantam: 143¼ & under
- Light: Over 143¼ to 154¼
- Welter: Over 154¼ to 165¼
- Middle: Over 165¼ to 176¼
- Light Heavy: Over 176¼ to 198¼
- Heavy: Over 198¼ to 225¼
- Super Heavy: Over 225¼

WOMEN'S OPEN PHYSIQUE

One class

WOMEN'S OPEN WELLNESS

One class

TRUE NOVICE BIKINI

One class

MASTERS BIKINI

One class (35+)

NOVICE BIKINI

- Class A: 5'4" & under
- Class B: Over 5'4"

OPEN BIKINI

- Class A: 5'2" & under
- Class B: Over 5'2" to 5'4"
- Class C: Over 5'4" to 5'6"
- Class D: Over 5'6"

MEN'S NOVICE CLASSIC PHYSIQUE

One class

MEN'S OPEN CLASSIC PHYSIQUE

- Visit website for detailed breakdown.
- Class A
- Class B
- Class C

MEN'S MASTERS PHYSIQUE

One class (35+)

MEN'S NOVICE PHYSIQUE

- Class A: 5'8" & under
- Class B: Over 5'8"

MEN'S OPEN PHYSIQUE

- Class A: 5'6" & under
- Class B: Over 5'6" to 5'8"
- Class C: Over 5'8" to 5'10"
- Class D: Over 5'10"

MASTERS FIGURE

One class (35+)

NOVICE FIGURE

One class

OPEN FIGURE

- Class A: 5'2" & under
- Class B: Over 5'2" to 5'4"
- Class C: Over 5'4" to 5'6"
- Class D: Over 5'6"

ADDITIONAL INFORMATION

Visit www.mikefrancois.com for complete contest details.

- Event:** NPC Mike Francois Classic / An NPC National Qualifier
- Date:** June 11, 2022
- Location:** Marriott Columbus Northwest, 5605 Blazer Parkway, Dublin, Ohio 43017
- Time:** Prejudging 10:00 a.m. / Finals 6:00 p.m.
- Updates:** Please be sure to visit www.mikefrancois.com regularly for any updates.
- Registration:** You can enter by mail, online or at the Friday check-in.
- Eligibility:** The NPC Mike Francois Classic is open to all competitors who are current members of the NPC, and have reached their 18th birthday on or before the date of the event. Your NPC USA Membership card must be presented during check-in on Friday, June 10th. NPC cards will be available for purchase at the check-in or can be purchased in advance at www.npcnewsonline.com. NPC membership cards are \$135 and expire at the end of the calendar year.
- Check-In:** 5:00–8:00 p.m. Friday, June 10th at the Marriott Columbus Northwest. Per NPC regulations, no Saturday check-ins will be allowed. Bodybuilding, Classic Physique and Bikini competitors must wear their suit to check-in. All other competitors need to bring their suit for inspection.
- Meeting:** 8:45 a.m. Saturday, June 11th at the Marriott Columbus Northwest. Please plan on arriving by 8:30 a.m. Prejudging will immediately follow at 10:00 a.m.
- Entry Fee:** \$110.00 if entered online or postmarked by May 28, 2022. \$25.00 late fee after that date. Add \$100 for each additional division entering. Crossovers are permitted between all divisions. You may also enter at the Friday check-in or change/add divisions if you pre-registered. Entry fee is non-refundable and non-transferable.
- Rules:** All rules and regulations are established by our sanctioning body, the National Physique Committee (NPC). Visit their web site at www.npcnewsonline.com and click on "Rules" for detailed information on rounds, scoring, presentation and suit requirements for each division.
- Novice:** To be eligible to compete in a Novice division, you may not have ever placed first in your class in a prior NPC contest. To be eligible to compete in a True Novice division, you may not have ever entered that division in a prior NPC contest.
- Music:** All Bodybuilding, Women's Physique and Classic Physique competitors must provide their music no later than 8:00 p.m. Friday, June 10th. You have 2 options: 1) If you pre-register online or by mail, you can upload your music through MuscleWare (you will be emailed a link); or 2) You can bring a USB Flash Drive (preferred) or a CD to the check-in. If you are crossing over between Men's Bodybuilding and Classic Physique, you must provide music for each division. Music may not exceed 60 seconds, no other music can be on the USB/CD, and vulgar lyrics are prohibited and will result in disqualification.
- Posing:** All Bodybuilding, Women's Physique and Classic Physique competitors will perform their routine at the Finals. If you are a Bodybuilder crossing over into another Bodybuilding division, you will pose once. If you are a Bodybuilder crossing over into Classic Physique, you will pose in both. No routines will be performed at the Prejudging. Flips of any kind are not permitted.
- Trainer's Pass:** The NPC allows competitors the opportunity to have their trainer backstage to assist them. The Trainer's Passes are \$75 and are limited to one per competitor. Visit www.mikefrancois.com for ordering information. Per NPC regulations, any trainer backstage must also be a current member of the NPC.
- Host Hotel:** Marriott Columbus Northwest, 5605 Blazer Parkway, Dublin, OH 43017, (614) 791-1000. Rate is \$139 plus applicable tax. Cut-off date is May 20th. Visit www.mikefrancois.com for detailed room block info.
- Tanning:** Competition spray tanning services will be offered by Liquid Sun Rayz at the Marriott Columbus Northwest. To schedule an appointment, please visit www.liquidsunrayz.com. Tanning products are not allowed in the venue and oil must be applied in designated areas only.
- Pump Up Area:** Per NPC regulations, weights and dumbbells are no longer allowed. Only exercise bands will be permitted in the venue. We will provide a limited number of bands. To ensure availability, we highly recommend you bring your own.
- Tickets:** Prejudging tickets are \$15 (general admission). Finals tickets are \$25 (general admission). Children 2 & under admitted free. Visit www.mikefrancois.com for ordering information.