



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

**2023 OFFICIAL MAIL-IN ENTRY FORM**  
Online Registration Also Available

**EVENT INFORMATION**

2023 NPC Mike Francois Classic / June 17, 2023 / 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](http://www.mikefrancois.com/terms).

Signature \_\_\_\_\_ Date \_\_\_\_\_

**ENTRY FEE**

\$120.00 if postmarked by June 3, 2023. \$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-transferable.

**CHECK ALL CATEGORIES YOU ARE ENTERING**

Note: All classes will be confirmed at the check-in. You will also be able to change and/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+)

**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](http://www.mikefrancois.com) for complete contest details including updates.

- Event:** NPC Mike Francois Classic / An NPC National Qualifier
- Date:** June 17, 2023
- Location:** Marriott Columbus Northwest / 5605 Blazer Parkway / Dublin, Ohio 43017
- Time:** Prejudging 10:00 a.m. / Finals 6:00 p.m.
- 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 16th. NPC cards can be purchased in advance at [www.npcregistration.com](http://www.npcregistration.com) and will also be available for purchase at the Friday check-in. NPC membership cards are \$150 and expire at the end of the calendar year.
- Check-In:** 5:00–8:00 p.m. Friday, June 16th 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 the Friday check-in. All other competitors need to bring their suit for inspection.
- Meeting:** 8:45 a.m. Saturday, June 17th at the Marriott Columbus Northwest. Please plan on arriving by 8:30 a.m.
- Entry Fee:** \$120.00 if entered online or postmarked by June 3, 2023. \$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 are 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](http://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 by the close of the Friday check-in. You have 2 options: 1) If you pre-register online or by mail, you can upload your music through Muscledware by 10:00 p.m. June 14th (you will be emailed a link); or 2) You can bring a USB Flash Drive (preferred) or a CD to the Friday 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](http://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 \$142 plus applicable tax. Cut-off date is May 19<sup>th</sup>. Visit [www.mikefrancois.com](http://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](http://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 (general admission) are \$15 in advance and \$20 at the door. Finals tickets (general admission) are \$25 in advance and \$30 at the door. Children 2 & under admitted free. Visit [www.mikefrancois.com](http://www.mikefrancois.com) for ordering information.