

GK FITNESS EXPO CHAMPIONSHIPS

FOR OFFICIAL USE

NAME: _____ NAME / # _____

AGE: _____ PHONE: _____

EMAIL: _____

INSTAGRAM: _____

MANDATORY REGISTRATION & CHECK-IN - FRIDAY MARCH 31ST, 2022 FROM 4:PM - 8:PM AT THE PARAMOUNT THEATER, 128 EAST FRONT ST., BURLINGTON, NC 27215. SATURDAY APRIL 1ST ATHLETES BRIEFING: **9:00AM**, SHOW TIME: **10:00AM**. THERE WILL BE A 1 HOUR INTERMISSION AFTER GROUP COMPARISONS. INDIVIDUAL PRESENTATIONS & AWARDS WILL FOLLOW IMMEDIATELY AFTER THE INTERMISSION.

MANDATORY CHECK-IN 4PM TO 8PM FRIDAY MARCH 31ST

OPEN CLASSES

MEN BODYBUILDING

- LIGHT (UNDER 175)
- HEAVY (175 & OVER)

WOMEN CLASSIC BODYBUILDING

- WOMEN CLASSIC BODYBUILDING - (1 CLASS)

WOMEN FIGURE

- CLASS A (5'5" & UNDER)
- CLASS B (OVER 5'5")

MEN CLASSIC BODYBUILDING

- CLASS A
(5'8" & UNDER\180LBS & UNDER)
- CLASS B
(OVER 5'8"\ OVER 180LBS)

WOMEN BIKINI

- CLASS A (5'5" & UNDER)
- CLASS B (OVER 5'5")

MEN PHYSIQUE

- CLASS A (5'8" & UNDER)
- CLASS B (OVER 5'8")

WOMEN PHYSIQUE

- WOMEN PHYSIQUE - (1 CLASS)

WOMEN WELLNESS

- WOMEN WELLNESS - (1 CLASS)

MEN BEACH BODY

- CLASS A (5'8" & UNDER)
- CLASS B (OVER 5'8")

WOMEN BEACH BODY

- CLASS A (5'5" & UNDER)
- CLASS B (OVER 5'5")

MASTER CLASSES

MEN MASTERS BODYBUILDING

- 50+
- 40+

WOMEN MASTERS BODYBUILDING

- 40+ (1 CLASS)

WOMEN MASTERS FIGURE

- 50+
- 40+

MEN MASTERS CLASSIC BODYBUILDING

- 50+
- 40+

WOMEN MASTERS BIKINI

- 50+
- 40+

MEN MASTERS PHYSIQUE

- 50+
- 40+

WOMEN MASTERS PHYSIQUE

- 40+ (1 CLASS)

WOMEN MASTERS WELLNESS

- 40+ (1 CLASS)

MEN MASTERS BEACH BODY

- 50+
- 40+

WOMEN MASTERS BEACH BODY

- 50+
- 40+

BODY TRANSFORMATION

- CLASS A - WEIGHT LOSS/MUSCLE GAIN
- CLASS B - PERSONAL FITNESS GOAL
(I.E. OFF MEDICATIONS OR RUN A 3K ETC.)

NOVICE CLASSES

- MEN NOVICE BODYBUILDING – (1 CLASS)
- WOMEN NOVICE FIGURE - (1 CLASS)
- MEN NOVICE CLASSIC BODYBUILDING – (1 CLASS)
- WOMEN NOVICE BIKINI - (1 CLASS)
- MEN NOVICE PHYSIQUE - (1 CLASS)
- WOMEN NOVICE BEACH BODY - (1 CLASS)
- MEN NOVICE BEACH BODY - (1 CLASS)

ENTRY FEES

GK FITNESS EXPO CHAMPIONSHIPS

BODY TRANSFORMATION: \$50

ALL CLASS: \$90

LATE FEE: \$60

**LATE FEES APPLY AFTER
MARCH 17TH, 2023**

TICKETS ARE AVAILABLE ONLINE AT:

[PARAMOUNTTHEATER – ETIX.COM](http://PARAMOUNTTHEATER-ETIX.COM)

COMPETITION CONSISTS OF
27 DIVISIONS & 44 CLASSES

DIVISIONS EXAMPLE:

MEN BODYBUILDING

WOMEN FIGURE

CLASSES EXAMPLE:

LIGHT (UNDER 175)

HEAVY (175 & OVER)

CLASS A (5'5" & UNDER)

CLASS B (OVER 5'5")

BODY TRANSFORMATION IS NOT A JUDGED DIVISION. BODY TRANSFORMATIONS ARE RECOGNIZED FOR ACHIEVEMENTS OF THEIR FITNESS GOALS!

MANDATORY CHECK-IN 4PM TO 8PM FRIDAY MARCH 31ST

GK PRODUCTIONS PRESENTS THE 14TH ANNUAL GK CLASSIC CHAMPIONSHIPS

EMCEE USE ONLY

BIO SHEET

NAME/NUMBER _____

CLASSES _____

PLEASE COMPLETE THIS FOR THE EMCEE

AND RETURN WITH YOUR ENTRY FORM

YOUR ENTRY FORM, INCLUDING THE BIO SECTION MUST BE FULLY COMPLETED AND SIGNED. SEND APPLICATION ALONG WITH YOUR ENTRY FEES TO:

GLORIA KNIGHT-MCNEIL ✧ CONTEST PROMOTER ✧ P.O. Box 71473 ✧ DURHAM ✧ NC 27722

ENTRY FEES MUST BE PAID BY CASH APPS(\$NMEGAMUSCLE), ZELLE(919-451-8202), CASHIER'S CHECK OR MONEY ORDER. NO PERSONAL CHECKS!-NON REFUNDABLE!

*MORE INFORMATION ✧ CALL ✧ 919 ✧ 451 ✧ 8202 ✧ EMAIL ✧ NCMEGAMUSCLE@GMAIL.COM ✧

✧ **CONTEST RULES** ✧ FOR COMPLETE LIST OF COMPETITION RULES VISIT WWW.NCMEGAMUSCLE.COM

ALL COMPETITORS

NO THONGS ARE PERMITTED. **NO** PROFANITY OR VULGAR MUSIC WILL BE PLAYED! COMPETITORS WILL PERFORM A 60 SECOND ROUTINE IN THE FINALS ROUND. PLEASE PROVIDE A 60 SECONDS MAXIMUM-ONLY, ONE SONG, MP3 FILE BY EMAIL [NCMEGAMUSCLE@GMAIL.COM] MUSIC **MUST BE SUBMITTED 1 WEEK BEFORE** THE SHOW OR HOUSE MUSIC WILL BE PROVIDED.

BODYBUILDING COMPETITORS

PREJUDGING: SOLID COLOR POSING SUITS, JEWELRY IS **NOT** ALLOWED, WEDDING BANDS ARE OK. FINALS: POSING SUIT WITH GLITTER IS OK, JEWELRY IS ALLOWED.

CLASSIC BODYBUILDING COMPETITORS

MEN COMPETITORS ARE REQUIRED TO WEAR "CLASSIC BLACK POSING SWIM SUIT". **NO** BEACH BODY OR BOARD SHORTS ALLOWED. SEE THIS LINK FOR AN EXAMPLE; SYCOMPETITIONSUITS.COM/PRODUCTS/MENS-CLASSIC-PHYSIQUE-TRUNKS. WOMEN COMPETITORS WILL COMPETE IN A TWO PIECE SUIT OF SOLID COLOR. **NO** JEWELRY IS ALLOWED, WEDDING BANDS ARE OK.

PHYSIQUE COMPETITORS

WOMEN'S PHYSIQUE COMPETITORS WILL COMPETE IN A TWO PIECE SUIT AND SUITS DO NOT HAVE TO BE SOLID COLOR. COMPETITORS CAN COMPETE IN AN OFF THE RACK SUIT AND THE SUITS MUST BE IN GOOD TASTE. JEWELRY IS ALLOWED.

MEN'S PHYSIQUE COMPETITORS WILL COMPETE IN BOARD SHORTS. SHORTS MUST BE JUST ABOVE THE KNEE AND CAN BE UP TO ONE INCH BELOW THE NAVEL. **NO** SPANDEX OR LOGOS ARE PERMITTED ON THE SHORTS, HOWEVER A MANUFACTURER'S LOGO SUCH AS NIKE OR BILLABONGS SYMBOLS ARE ACCEPTABLE.

FIGURE AND BIKINI COMPETITORS

BIKINI AND FIGURE COMPETITORS: TWO PIECE BIKINI OR TWO PIECE SWIMSUIT WILL BE WORN FOR ALL ROUNDS, JEWELRY IS ALLOWED

ROUND ONE [PREJUDGING] AND ROUND TWO [FINALS] WILL BE CONDUCTED FOR THE FIGURE AND BIKINI COMPETITIONS. **NO** LEWD ACTS ARE PERMITTED.

BEACH BODY COMPETITORS

WOMEN COMPETITORS WILL COMPETE IN A TWO-PIECE SWIMSUIT WHICH CAN BE AN OFF THE RACK SUIT AND MUST BE IN GOOD TASTE. **NO** JEWELRY, SMALL EARRINGS AND WEDDING BANDS ARE ALLOWED.

MEN COMPETITORS WILL WEAR SHORTS OR ANY TYPE THAT FALLS AT LEAST MIDWAY BETWEEN THE QUADS.

NAME _____ AGE _____

CITY & STATE _____ GYM OR SPONSOR _____

OCCUPATION _____

WHAT ARE YOUR HOBBIES?

PLEASE INCLUDE A **BRIEF** DESCRIPTION OF YOUR PARTICIPATION IN ANY BODYBUILDING OR ATHLETIC EVENTS. **BODY TRANSFORMATION COMPETITORS**, PLEASE LIST YOUR WEIGHT LOSS, MUSCLE GAINS, OR YOUR NOTABLE FITNESS GOALS (I.E. OFF MEDICATIONS OR RUN A 3K RACE, ETC).

REQUIREMENTS & WAIVER OF CLAIMS – READ CAREFULLY AND SIGN BELOW:

I HAVE PAID ALL REQUIRED FEES TO ENTER THE CONTEST. IN CONSIDERATION OF YOUR ACCEPTANCE TO THIS ENTRY FORM AND FEE, I WAIVE AND RELEASE ALL RIGHTS AND CLAIMS FOR DAMAGES AGAINST THE FOLLOWING PERSONS AND ORGANIZATIONS, GLORIA KNIGHT-MCNEIL, PARAMOUNT THEATER, AND ALL THEIR SPONSORS, ASSOCIATION, STAFF, ADMINISTRATORS, OFFICIALS, AGENTS, AND EMPLOYEES. THIS WAIVER APPLIES TO ANY INJURIES I MAY ACQUIRE WHILE TRAVELING TO AND FROM THE CHAMPIONSHIPS AT THE CONTEST SITE. I FURTHER AGREE TO ABIDE BY DECISIONS OF THE OFFICIALS. I DECLARE THAT ALL THE INFORMATION CONTAINED WITH THIS APPLICATION IS TRUE TO THE BEST OF MY KNOWLEDGE, AND IS CORRECT AND COMPLETE. I FURTHER AGREE TO HOLD HARMLESS, WAIVE AND RELEASE ALL RIGHTS [PHOTOS, NAME AND LIKENESS, FOR MEDIA NEWSPAPER/TV VIDEO MAGAZINES] FOR THE GK FITNESS EXPO. I HAVE CAREFULLY READ ALL OF THIS INFORMATION AND UNDERSTAND IT. MY SIGNATURE BELOW CONSTITUTES MY UNDERSTANDING TO THE ABOVE WAIVERS.

CONTESTANT SIGNATURE _____ DATE _____

SIGNATURE OF GUARDIAN _____ DATE _____