



GNC LiveWell™

Presents the

**29th Annual NPC
Sunshine Classic
Bodybuilding Championships**

(National Qualifier)



**18th Annual GNC LiveWell™
NPC National Wheelchair
Bodybuilding Championships**



**2011 4th Annual
NPC CJ Classic
Fitness, Figure & Bikini Championships**



(National Qualifier)



in conjunction with **Weider**



Saturday, March 19th, 2011

at the William T. Dwyer High School Auditorium - Palm Beach Gardens, Florida
13601 North Military Trail, Palm Beach Gardens, Florida 33418

2008 IFBB Mr. Olympia
Dexter "The Blade" Jackson



Coverage by:
**NPC News
Flex Magazine
American Body Plus!**



Top Fitness Competitor
Paula Williams-Gulman



*All Contestants
will receive
Paid Entry to the
2011 NPC
Southern States

**NPC Cards
can be purchased
the day of the show!**

Professional
Photography
by
Tim Adams
NPC News Staff Photographer



On site Tanning will be available through Hot Spot of Sarasota.
On Friday night at the host hotel (Doubletree) and backstage
on Saturday. For Appointments, contact Alisa Hostettler at
727-403-5180 or Tan@HotSpotSarasota.com

★ ★ **Additional Guest Appearances TBA** ★ ★

**Prejudging 10 am • TICKETS \$15
Night Show 7 pm • TICKETS \$35**

Available at Mother Nature's Pantry and your Local Gym

For Tickets, Entry Forms & Information, Contact:

Frank Dalto at (561) 627-9638 or CJ James at ceejay6630@aol.com

ALL PROFITS GO TO THE ANNUAL WHEELCHAIR NATIONALS • ALL ENTRY FEES FOR THE WHEELCHAIR NATIONALS ARE PAID BY THE NPC
HOST HOTEL: INNS OF AMERICA (561) 626-4918 • Studio 6 (561) 640-3335 • DoubleTree (561) 622-2260

NATIONAL QUALIFIER

29th ANNUAL NPC SUNSHINE CLASSIC BODYBUILDING CHAMPIONSHIPS
18th ANNUAL NPC NATIONAL WHEELCHAIR BODYBUILDING CHAMPIONSHIPS
4th ANNUAL NPC "CJ CLASSIC" FIGURE, FITNESS & BIKINI CHAMPIONSHIPS

SANCTION: This contest is sanctioned by the National Physique Committee (NPC) of the USA, Inc. Sanction #11374
ELIGIBILITY: The Sunshine Classic Bodybuilding & "CJ Classic" Fitness, Figure & Bikini Championship is open to all NPC athletes from the US.

WEIGH-IN/CHECK-IN/REGISTRATION:

EARLY WEIGH-IN/REGISTRATION: Friday, March 18, 2011 from 6:00 p.m. to 8:00 p.m. Doubletree Hotel, corner of PGA Blvd. and Military Trail. Room to be designated at front desk. Open to all competitors.

FINAL WEIGH-IN/REGISTRATION: Saturday, March 19, 2011 from 8:00 a.m. to 9:00 a.m., William T. Dwyer High School Auditorium (backstage). Open to all competitors.

Mandatory Athlete Meeting at 9:30 a.m. NPC Cards (2011 fee: \$100) available for purchase at both weigh-ins/registrations.

PREJUDGING: Prejudging at 10:00 a.m. at William T. Dwyer High School, 13601 N. Military Trail, Palm Beach Gardens.

Evening show starts at 7:00 p.m.

CROSSOVERS: Athletes may enter one other contest in addition to their primary event - subject to their being qualified.

Athletes may not enter more than one age group event. **FITNESS, FIGURE & BIKINI:** Athletes may enter one other contest in the same category (if listed as available) in addition to their primary event and subject to their being qualified. Athletes may not enter more than one age group event. No Crossovers are permitted between Fitness, Figure and Bikini.

ENTRY FEE: \$65.00 Checks should be made payable to Frank Dalto, 2 Old Meadow Way, Palm Beach Gardens, FL 33418

SUNSHINE STATE MEN'S OPEN - 5 places in each of the 7 weight classes plus trophy for Overall Winner

SUNSHINE CLASSIC WOMEN'S OPEN - 5 places in each of the 4 weight classes plus trophy for Overall Winner

WOMEN'S OVER 30, 40, 50, 60, 70 - 3 places one class

OVER 35 MEN - 5 places - one class

OVER 60 MEN - 5 places - one class

OVER 40 MEN - 5 places - one class

OVER 70 MEN - 5 places - one class

OVER 50 MEN - 5 places - one class

OVER 80 MEN - 5 places - one class

NOVICE MEN - 5 places - one class

TEENAGE MEN - 5 places - one class

WHEELCHAIR MEN - 5 places - four classes and Overall Winner

WHEELCHAIR WOMEN - 5 places - two classes and Overall Winner

WHEELCHAIR MEN OVER 40 - 5 places - one class

WHEELCHAIR MEN NOVICE - 5 places - one class

MEN'S OPEN - 7 CLASSES - 5 PLACES

- [] Bantamweight (up to 143¼ lbs.)
- [] Lightweight (over 143¼ lbs. up to 154¼ lbs.)
- [] Welterweight (over 154¼ lbs. up to 165¼ lbs.)
- [] Middleweight (over 165¼ lbs. up to 176¼ lbs.)
- [] Light-Heavyweight (over 176¼ lbs. up to 198¼ lbs.)
- [] Heavyweight (over 198¼ lbs. up to 225¼ lbs.)
- [] Super Heavyweight (over 225¼ lbs.)

[] **OVER 35 MEN** (One Class - Five Places)

[] **OVER 40 MEN** (One Class - Five Places)

[] **OVER 50 MEN** (One Class - Five Places)

[] **OVER 60 MEN** (One Class - Five Places)

[] **OVER 70 MEN** (One Class - Five Places)

[] **OVER 80 MEN** (One Class - Five Places)

[] **OVER 30 WOMEN** (One Class - Three Places)

[] **OVER 40 WOMEN** (One Class - Three Places)

[] **OVER 50 WOMEN** (One Class - Three Places)

[] **OVER 60 WOMEN** (One Class - Three Places)

[] **OVER 70 WOMEN** (One Class - Three Places)

WOMEN'S OPEN - 4 CLASSES - 5 PLACES

[] Lightweight (up to and including 115 lbs.)

[] Middleweight (over 115 lbs. up to and including 125 lbs.)

[] Light-Heavyweight (over 125 lbs. up to and including 140 lbs.)

[] Heavyweight (over 140 lbs.)

NOVICE MEN - 1 CLASS - 5 PLACES

TEENAGE MEN - 1 CLASS - 5 PLACES

WHEELCHAIR OPEN MEN - 4 CLASSES - 5 PLACES

[] Lightweight (up to 127 lbs.)

[] Middleweight (over 127 lbs. up to and including 147 lbs.)

[] Light-Heavyweight (over 147 lbs. up to and including 163 lbs.)

[] Heavyweight (over 163 lbs.)

[] **WHEELCHAIR MEN OVER 40 - 1 CLASS - 5 PLACES**

[] **WHEELCHAIR MEN NOVICE - 1 CLASS - 5 PLACES**

WHEELCHAIR OPEN WOMEN - 2 CLASSES - 5 PLACES

[] Lightweight (up to 127 lbs.)

[] Heavyweight (over 127 lbs.)

(No Entry Fee For Wheelchair Athletes)

**ALL CONTESTANTS WILL BE OFFICIALLY WEIGHED PRIOR TO PREJUDGING
IN COMPETITION SUITS ONLY AND CLASSES ASSIGNED ACCORDINGLY**

Name _____ Age _____ Height _____ Weight _____

Address _____ City _____ State _____ Zip _____

Phone _____ NPC Card Number _____ Exp. Date _____ Occupation _____

Team/Club/Gym Affiliation _____ Trainer _____ Years Training _____

Past contests entered and results _____

Signature _____ Date _____

In consideration of accepting this entry, I hereby waive and release all rights and damages I, my heirs, executors or administrators may have against the National Physique Committee of the USA, Inc., Mother Nature's Pantry Health Food Stores, Frank Dalto, William T. Dwyer High School, the sponsors of the event or their agents, representatives or assigns for any and all injuries suffered by me in conjunction with this event and in traveling to and from the event.

In signing this entry, I agree to be responsible for any damage to the hotel room in which I am staying that occurs as a result of any body color, oils, spray tan or any other damage I may cause to hotel bedding, towels, carpeting, drapery, walls, doors or any other hotel furnishings I may come in contact with.

SEND ALL ENTRIES AND FEES TO:

Frank Dalto, 2 Old Meadow Way, Palm Beach Gardens FL 33418 • (561) 627-9638

