



Stewart Fitness presents the Elite Performance Tanning
2019 NPC STEWART FITNESS CHAMPIONSHIPS

August 3, 2019 - Myrtle Beach, SC
 An NPC Sanctioned Event - #3518



DIVISIONS

CROSSOVERS ALLOWED FOR ALL DIVISIONS & CLASSES

OPEN MEN'S BB

- 1st - 5th & Overall
- ___ Bantamweight - Up to 143^{1/4}
- ___ Lightweight - 143^{1/2} - 154^{1/4}
- ___ Middle Weight - 154^{1/2} - 176^{1/4}
- ___ Lighthheavy - 176^{1/2} - 198^{1/4}
- ___ Heavyweight - 198^{1/2} - 225^{1/4}
- ___ Superheavy - 225^{1/2} & Over

JUNIOR MEN'S BB

- 1st - 5th & Overall
- ___ Lightweight - Up to 176^{1/4}
- ___ Heavyweight - Over 176^{1/4}

TRUE NOVICE MEN'S BB

- 1st - 5th & Overall
- ___ One Class 1st - 5th

TEENAGE MEN'S BB

- ___ One Class 1st - 5th

MASTERS MEN'S BB 40+

- ___ One Class 1st - 5th

MASTERS MEN'S BB 50+

- ___ 1 Class - 1st - 5th

MASTERS MEN'S BB 60+

- ___ One Class - 1st - 5th

OPEN WOMEN'S BB

- ___ One Class 1st - 5th

MASTERS WOMEN'S BB 35+

- ___ One Class 1st - 5th

OPEN FIGURE

- 1st - 5th & Overall
- ___ Class A - Up to 5'2
- ___ Class B - 5'2^{1/4} - 5'4
- ___ Class C - 5'4^{1/4} - 5'6
- ___ Class D - Over 5'6

TRUE NOVICE FIGURE

- 1st - 5th & Overall
- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

MASTERS FIGURE 35+

- ___ One Class - 1st - 5th

MASTERS FIGURE 45+

- ___ One Class 1st - 5th

MASTERS FIGURE 50+

- ___ One Class 1st - 5th

OPEN MEN'S CLASSIC PHYSIQUE

- 1st - 5th & Overall
- ___ Class A - Up to 5'7***
- ___ Class B - Over 5'7 to 5'10***
- ___ Class C - Over 5'10***

TRUE NOVICE CLASSIC PHYSIQUE

- ___ One Class 1st - 5th***
- All Height & Weight Limits Apply

MASTERS CLASSIC PHYSIQUE 35+

- ___ One Class 1st - 5th***
- All Height & Weight Limits Apply

MASTERS CLASSIC PHYSIQUE 40+

- ___ One Class 1st - 5th***
- All Height & Weight Limits Apply

OPEN BIKINI

- 1st - 5th & Overall
- ___ Class A - Up to 5'2
- ___ Class B - Over 5'2 up to & including 5'4
- ___ Class C - Over 5'4 up to & including 5'6
- ___ Class D - Over 5'6

TRUE NOVICE BIKINI

- 1st - 5th & Overall
- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

MASTERS BIKINI 35+

- 1st - 5th & Overall
- ___ Class A - Up to 5'4
- ___ Class B - Over 5'4

MASTERS BIKINI 40+

- ___ One Class 1st - 5th

MASTERS BIKINI 45+

- ___ One Class 1st - 5th

OPEN MEN'S PHYSIQUE

- 1st - 5th & Overall
- ___ Class A - Up to & including 5'7
- ___ Class B - Over 5'7 up to & including 5'8
- ___ Class C - Over 5'8 up to & including 5'9
- ___ Class D - Over 5'9

TRUE NOVICE MEN'S PHYSIQUE

- 1st - 5th & Overall
- ___ Class A - Up to 5'7
- ___ Class B - Over 5'7

MASTERS MEN'S PHYSIQUE 35+

- 1st - 5th & Overall
- ___ Class A - Up to 5'8
- ___ Class B - Over 5'8

MASTERS MEN'S PHYSIQUE 40+

- ___ One Class 1st - 5th

OPEN WOMEN'S PHYSIQUE

- 1st - 5th & Overall
- ___ Class A - Up to 5'6
- ___ Class B - Over 5'6

TRUE NOVICE WOMEN'S PHYSIQUE

- ___ One Class 1st - 5th

MASTERS WOMEN'S PHYSIQUE 35+

- ___ One Class 1st - 5th

OPEN FITNESS

- ___ One Class 1st - 5th

EVENT INFO

ENTRY FEES

- Post Marked On or Before July 23, 2019 - \$100
- Post Marked After July 23, 2019 - \$125
- 1 Crossover - \$100
- Crossover 2+ - \$50 each

Make Money Order (Only form of prepayment) Payable to:
 Johnny Stewart
 15515 Bailingglass Court
 Charlotte, NC 28273
 Only Money Orders or Cash Taken Day of Show

NPC CARDS

- Must have 2019 NPC Card to compete
- NPC Cards available for purchase at weigh-ins or online at www.NPCNewsOnline.com for \$125. Must show proof of purchase if purchased online.
- NPC Cards may be purchased the day of the show by CASH or CHECK only.

SCHEDULE OF EVENTS

- Early Weigh-In's: Friday August 3, 2019
 5:00pm - 7:00pm at the Sheraton Myrtle Beach Convention Center Hotel
- NO SATURDAY CHECK-IN'S**
- Athletes Meeting: 8:30am - 9:00am
- Prejudging Begins: 10:00am
- Athletes Meeting Prior to Finals: 4:00pm
- Finals Begins: 5:00pm

HOST HOTEL

Sheraton Myrtle Beach Convention Center Hotel
 2101 North Oak Street - Myrtle Beach, SC 29577
 Ph: 843-918-5031
 Reservation Discount Code: "Stewart Fitness 2019"

CONTEST VENUE

Myrtle Beach Convention Center Hotel
 2101 North Oak Street - Myrtle Beach, SC 29577

TICKETS

- Prejudging: \$20 (General Admission)
- Finals: \$35 / \$45 (Reserved Seating)
- Tickets Available at the Door and Online at www.JohnnyStewartPromotions.com
- Backstage Passes: \$50 (Must be a Ticket Holder)

RULES

- *All contestants must supply their own music.
- Music required ONLY for Bodybuilding, Fitness, Women's Physique & Classic Mens Physique
- *Posing music must be on a CD & brought to checkins on Friday night.
- *Posing Music for finals must be no longer than 60 seconds
- *Music must be at the beginning of the CD & contain no vulgarity.
- *Music is not used during prejudging.
- *Please have music files as the sole file on a CD complete with your name, contest name & divisions of competition.
- *Competition suits must be worn at weigh-ins
- *No "T" back suits.
- *Bikini suits must be in good taste. Minimum 50% glute coverage.
- *Bikini Competitors - It is recommended you bring 2 suits.
- *Approved & Official Classic Physique Shorts: www.npc-wear.com

ELIGIBILITY

Crossovers available to compete in all divisions & categories in which they qualify.

- **Open** - Open to any NPC Athlete
- **Junior** - Open to any competitor who has not won his or her class in an Open division and who not won the Overall in the Junior division.
- **Masters** - Must be at least 35, 40, 45, 50 or 60 years of age or older as of August 3, 2019 (Proof of Age Required)
- **True Novice** - For first time NPC competitors only.
- **Teen** - Eligible from 16 years old until the day prior to 20th birthday. Must be at least 16 years old to compete (Proof of Age Required)

TANNING, MAKEUP & HAIR

Elite Performance Tanning
www.ElitePerformanceTanning.com
 Chris Hollingsworth - 910.264.9182



FOR MORE INFO PLEASE VISIT:

www.JohnnyStewartPromotions.com
 or contact Johnny Stewart - 704.449.5603
 or contact Sanders Armstrong - 704.560.4637
 Email: stewartfitness@yahoo.com

*** Men's Clasic Physique height & weight limits are listed on the NPC National Website www.NPCNewsOnline.com/classic-physique