



# Stewart Fitness presents the Long Life Nutrition 2020 NPC STEWART FITNESS CHAMPIONSHIPS

September 26, 2020 - Columbia, SC  
An NPC Sanctioned Event



## DIVISIONS

**CROSSOVERS ALLOWED FOR ALL DIVISIONS & CLASSES**

### OPEN MEN'S BB

\_\_\_ Six Classes - 1st - 5th & Overall

### NOVICE MEN'S BB

\_\_\_ Two Classes - 1st - 5th & Overall

### TRUE NOVICE MEN'S BB

\_\_\_ One Class 1st - 5th

### MASTERS MEN'S MEN'S BB 35+

\_\_\_ Two Classes - 1st - 5th & Overall

### MASTERS MEN'S BB 40+

\_\_\_ One Class 1st - 5th

### MASTERS MEN'S BB 50+

\_\_\_ One Class - 1st - 5th

### MASTERS MEN'S BB 60+

\_\_\_ One Class - 1st - 5th

### OPEN WOMEN'S BB

\_\_\_ One Class 1st - 5th

### OPEN FIGURE

\_\_\_ Three Classes 1st - 5th & Overall

### NOVICE FIGURE

\_\_\_ Two Classes - 1st - 5th & Overall

### TRUE NOVICE FIGURE

\_\_\_ Two Classes - 1st - 5th & Overall

### MASTERS FIGURE 35+

\_\_\_ Two Classes - 1st - 5th & Overall

### MASTERS FIGURE 40+

\_\_\_ One Class 1st - 5th

### MASTERS FIGURE 45+

\_\_\_ One Class 1st - 5th

### OPEN MEN'S CLASSIC PHYSIQUE

\_\_\_ Three Classes 1st - 5th & Overall  
All Height & Weight Limits Apply

### NOVICE CLASSIC PHYSIQUE

\_\_\_ Two Classes - 1st - 5th & Overall\*\*\*  
All Height & Weight Limits Apply

### TRUE NOVICE CLASSIC PHYSIQUE

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

### MASTERS CLASSIC PHYSIQUE 35+

\_\_\_ Two Classes - 1st - 5th & Overall\*\*\*  
All Height & Weight Limits Apply

### MASTERS CLASSIC PHYSIQUE 40+

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

### MASTERS CLASSIC PHYSIQUE 50+

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

### OPEN BIKINI

\_\_\_ Four Classes - 1st - 5th & Overall

### NOVICE BIKINI

\_\_\_ Two Classes - 1st - 5th & Overall

### TRUE NOVICE BIKINI

\_\_\_ Two Classes - 1st - 5th & Overall

### MASTERS BIKINI 35+

\_\_\_ Two Classes - 1st - 5th & Overall

### MASTERS BIKINI 40+

\_\_\_ One Class 1st - 5th

### MASTERS BIKINI 45+

\_\_\_ One Class 1st - 5th

### OPEN MEN'S PHYSIQUE

\_\_\_ Four Classes - 1st - 5th & Overall

### NOVICE MEN'S PHYSIQUE

\_\_\_ Two Classes - 1st - 5th & Overall

### TRUE NOVICE MEN'S PHYSIQUE

\_\_\_ Two Classes - 1st - 5th & Overall

### MASTERS MEN'S PHYSIQUE 35+

\_\_\_ Two Classes - 1st - 5th & Overall

### MASTERS MEN'S PHYSIQUE 40+

\_\_\_ One Class 1st - 5th

### MASTERS MEN'S PHYSIQUE 50+

\_\_\_ One Class 1st - 5th

### OPEN WOMEN'S PHYSIQUE

\_\_\_ Two Classes - 1st - 5th & Overall

### NOVICE WOMEN'S PHYSIQUE

\_\_\_ One Class 1st - 5th

### TRUE NOVICE WOMEN'S PHYSIQUE

\_\_\_ One Class 1st - 5th

### MASTERS WOMEN'S PHYSIQUE 35+

\_\_\_ One Class 1st - 5th

### OPEN FITNESS

\_\_\_ One Class 1st - 5th

### OPEN WELLNESS

Two Classes - 1st - 5th & Overall

### NOVICE WELLNESS

\_\_\_ One Class 1st - 5th

### TRUE NOVICE WELLNESS

\_\_\_ One Class 1st - 5th

### MASTERS WELLNESS 35+

\_\_\_ Two Classes - 1st - 5th & Overall

## EVENT INFO

### ENTRY FEES

- Post Marked On or Before September 12, 2020 - \$100
- Post Marked After September 12, 2020 - \$125
- Crossovers - \$100

Make Money Order (Only form of prepayment) Payable to:

Johnny Stewart  
15515 Balingglass Court  
Charlotte, NC 28273

Only Money Orders or Cash Taken Day of Show

### NPC CARDS

- Must have 2020 NPC Card to compete
- NPC Cards available for purchase at weigh-ins or online at [www.NPCNewsOnline.com](http://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 September 25, 2020  
5:00pm - 7:00pm: Hilton Columbia Convention Center
- NO SATURDAY CHECK-IN'S**
- Athletes Meeting: 8:30am - 9:00am
- Prejudging Begins: 10:00am

To promote social distancing, the competition will be held in block or "phases" consisting of 1-3 divisions of competition in each. Each phase will consist of both a "prejudging" and "finals" portion. Please visit [www.JohnnyStewartProductions.com](http://www.JohnnyStewartProductions.com) for more information and a breakdown of each "phase"

### NEW HOST HOTEL

Hilton Columbia Center  
924 Senate Street  
Columbia, SC 29201  
Reservation Discount Code: "Stewart Fitness 2020"

### NEW CONTEST VENUE

Columbia Metropolitan Convention Center  
1101 Lincoln Street  
Columbia, SC 29201

**Masks Required to Enter Venue. Temperature Will Be Taken At The Door.**

### TICKETS

#### ONE BIG DAY - 4 GREAT SHOWS

- 4 Phases. More Info online at [www.JohnnyStewartProductions.com](http://www.JohnnyStewartProductions.com)
- \$35 per phase (see website for details on phases and event order. Taxes & fees may apply)
- Discount available for multi phase ticket purchase

#### ALL DAY PASSES AVAILABLE

- Tickets Available at the Door and Online at [www.JohnnyStewartProductions.com](http://www.JohnnyStewartProductions.com)
- Coaches 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](http://www.npc-wear.com)

### ELIGIBILITY

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

- **Open** - Open to any NPC Athlete
- **Novice** - An NPC athlete that has never placed first in their class in a novice, masters or open contest.
- **Masters** - Must be at least 35, 40, 45, 50 or 60 years of age or older as of September 26, 2020 (Proof of Age Required)
- **True Novice** - For first time NPC competitors only.

### TANNING, MAKEUP & HAIR

Elite Performance Tanning  
[www.ElitePerformanceTanning.com](http://www.ElitePerformanceTanning.com)  
Chris Hollingsworth - 910.264.9182



### FOR MORE INFO PLEASE VISIT:

- [www.JohnnyStewartProductions.com](http://www.JohnnyStewartProductions.com)
- Johnny Stewart - 704.449.5603 - [stewartfitness@yahoo.com](mailto:stewartfitness@yahoo.com)
- Jessica Stewart - 843.453-0064 - [jessicastewart386@yahoo.com](mailto:jessicastewart386@yahoo.com)
- Sanders Armstrong - 704.560.4637