



NPC COMPETITOR PACKAGE

**2019 PHIL HEATH FITNESS EXPO
MARCH 16, 2019 | ARLINGTON, TX
NATIONAL QUALIFIER**

PROMOTER: Ed & Betty Pariso
EMAIL: BettyPariso@aol.com
FAX: (817) 498-3631
WEBSITE: www.TexasBodybuildingContests.com

NPC EVENT SCHEDULE:

Friday March 15, 2019

6pm-8pm NPC Competitor Check-in

Saturday March 16, 2019

8:30 am NPC Prejudging

6:30 pm NPC Finals

HOW TO ENTER CHECKLIST:

1. Fill out your Online ENTRY FORM. Click on the 'NPC Entry Form' tab right here on the show page.
2. Online Entry is \$100 per division. Must pay by credit card. - **ONLINE ENTRY DEADLINE is Tuesday March 12th, 2019 at 5pm.**
3. WE DO accept ENTRIES at the Competitor Meeting. It is a \$50 LATE FEE. We accept cash or credit cards for entries at meeting.
4. **Do you have your NPC Card?** These may be purchased two ways:
 - a. In advance. Go to the NPC website and register online-
<http://npcnewsonline.com/join-the-npc/>
 - b. At the Competitor Meeting for \$125 CASH ONLY.
5. Do not wait on your NPC Card to send us your entry. If you have not received your card yet, always keep your NPC card 'receipt of purchase' handy and bring to the competitor meeting.
6. Purchase tickets in advance before they sell out. Friends and Family must pay for a ticket to the NPC show.

7. TICKET PURCHASE- Click on the 'Ticket Purchase' tab right here on the show page.
8. Book your Tanning – Makeup – Hair. Links for tanning & hair are listed below. ONLY our official tanners are allowed backstage.
9. Make sure to review NPC Rules & Regulations: <http://npcnewsonline.com/rules/>
10. PLEASE READ OVER ALL DETAILS BELOW. Contact Betty Pariso if you have any questions. Bettypariso@aol.com

NPC COMPETITOR CHECK-IN

MANDATORY COMPETITOR CHECK-IN: **Friday March 15, 2019 - 6:00pm**

CHECK-IN LOCATION:

**Arlington Convention Center
1200 Ballpark Way
Arlington. TX 76011**

- Bodybuilders & Classic Physique must wear their posing trunks.
- Competitor posing suits must meet NPC requirements. View all division criteria here:

[Bodybuilding](#) [Men's Classic Physique](#) [Men's Physique](#)

[Women's Physique](#) [Bikini](#) [Fitness](#) [Figure](#)

ONLINE ENTRY DEADLINE: Tuesday March 12, 2019 at 5:00pm. You can still register at the competitor meeting.

LATE ENTRY FEE: If you register at the competitor meeting, **it is still \$100 per division**, but a \$50 late fee will be APPLIED to your entry form.

NPC CARD: Can be purchased at the competitor meeting. \$125 CASH ONLY.

CONTEST VENUE:

Arlington Convention Center
1200 Ballpark Way
Arlington. TX 76011

CONTEST HOTEL:

We do not have an official contest hotel for this event. However, there are plenty of hotels close to the convention center that will be convenient for your stay. Please view link below to choose the best hotel option for you.

[NEARBY HOTELS](#)

AIRPORT:

DFW – (DFW)

DALLAS LOVE FIELD – (DAL)

TANNING

Official tanning companies listed below. You are not required to use this companies, however they are the only companies allowed backstage.

Liquid Sun Rayz- link coming soon

Protan- <https://protanusa.com/product/npc-phil-heath-fitness-expo-2019/>

HAIR & MAKE-UP

Official tanning companies listed below. You are not required to use this companies, however they are the only companies allowed backstage.

Liquid Sun Rayz- link coming soon

Protan- Please contact Elysa directly to book your hair & makeup. ejw@protanusa.com

OFFICIAL PHOTOGRAPHER:

James Allen - www.JamesAllenPhoto.com

MUSIC:

BODYBUILDING - WOMEN'S PHYSIQUE - FITNESS - CLASSIC PHYSIQUE

Your music CD will be collected on Friday evening at the Competitor Check-in/Meeting. Make sure your music is on a "clean" CD with no other music on this CD.

Please write your cell phone # on the CD so that we can quickly contact you if there is a problem with your music.

MUSIC TIME: NOVICE & OPEN BODYBUILDERS - WOMEN PHYSIQUE - CLASSIC PHYSIQUE - **60 SECONDS**

MUSIC TIME: FITNESS - **2 MINUTES**

**NO music required for: MEN'S PHYSIQUE - FIGURE - BIKINI*

COMPETITOR BADGE:

You will receive a Competitor Badge at the Competitor Meeting that will allow you entrance to all the events

and will allow you to sit in the GENERAL SEATING area during the bodybuilding show.

TICKETS

TICKET PURCHASE: Click on 'Ticket Purchase' tab right here on the show's event page.

- All Trainers, Friends and Family must purchase a Bodybuilding Seating Ticket.
- VIP / RESERVED tickets can be purchased on our website or at the door.
- GENERAL SEATING tickets sold at door only.

TICKET INCLUDES:

-Includes: Admission in to the seating area for the NPC bodybuilding show & Vendor Area.

BACK STAGE PASS: \$100

No Trainers, Friends or Family are allowed back stage, unless they purchase a backstage

pass.

For liability purposes, they must also be a member of the NPC with an NPC card.

- **NPC CARDS:** Can be purchased only at the Competitor Meeting - *\$125 cash only*
- **BACKSTAGE PASS:** \$100 - Can be purchased at the competitor meeting or at the VIP / Reserved Ticketing area the day of the show (limited # available). Must show your NPC card to purchase. - *Cash or credit card accepted.*

NPC RULES & REGULATIONS - <http://npcnewsonline.com/rules/>