



# 2024 NPC UPSTATE CLASSIC

## September 28, 2024 - Spartanburg, SC

an NPC Sanctioned National Qualifying event



### DIVISIONS

- **CROSSOVERS ALLOWED FOR ALL DIVISIONS & CLASSES**  
 - **1ST AND 2ND PLACE IN ALL OPEN DIVISIONS RECEIVE NATIONAL QUALIFICATION**

#### OPEN MEN'S BB

- 1st - 5th & Overall
- \_\_\_ Bantamweight - Up to 143<sup>1/4</sup>
- \_\_\_ Lightweight - Over 143<sup>1/4</sup> - 154<sup>1/4</sup>
- \_\_\_ Middle Weight - Over 154<sup>1/4</sup> - 176<sup>1/4</sup>
- \_\_\_ Lighthheavy - Over 176<sup>1/4</sup> - 198<sup>1/4</sup>
- \_\_\_ Heavyweight - Over 198<sup>1/4</sup> - 225<sup>1/4</sup>
- \_\_\_ Superheavy - Over 225<sup>1/4</sup>

#### TRUE NOVICE MEN'S BB

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

#### NOVICE MEN'S BB

- 1st - 5th & Overall
- \_\_\_ Lightweight - Up to 176
- \_\_\_ Heavyweight - Over 176

#### TEEN BODYBUILDING

- \_\_\_ 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

#### WHEELCHAIR MEN'S BODYBUILDING

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

#### HERO MEN'S BODYBUILDING

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

#### COLLEGIATE MEN'S BODYBUILDING

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

#### OPEN WOMEN'S BB

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

#### WHEELCHAIR WOMEN'S BODYBUILDING

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

#### HERO WOMEN'S BODYBUILDING

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

#### COLLEGIATE WOMEN'S BODYBUILDING

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

#### OPEN FIGURE

- 1st - 5th & Overall
- \_\_\_ Class A - Up to 5'2"
- \_\_\_ Class B - 5'2<sup>1/4</sup> - 5'4"
- \_\_\_ Class C - 5'4<sup>1/4</sup> - 5'6"
- \_\_\_ Class D - Over 5'6"

#### TRUE NOVICE FIGURE

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

#### NOVICE FIGURE

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

#### MASTERS FIGURE 35+

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

#### MASTERS FIGURE 45+

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

#### MASTERS FIGURE 50+

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

#### WHEELCHAIR FIGURE

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

#### HERO FIGURE

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

#### COLLEGIATE FIGURE

- \_\_\_ 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

#### NOVICE CLASSIC PHYSIQUE

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

All Height & Weight Limits Apply

#### MASTERS CLASSIC PHYSIQUE 35+

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

#### MASTERS CLASSIC PHYSIQUE 40+

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

All Height & Weight Limits Apply

#### WHEELCHAIR CLASSIC PHYSIQUE

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

#### HERO CLASSIC PHYSIQUE

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

#### COLLEGIATE CLASSIC PHYSIQUE

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

\*\*\* MEN'S CLASSIC PHYSIQUE HEIGHT & WEIGHT LIMITS ARE LISTED UNDER THE RULES TAB

#### 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"

#### NOVICE BIKINI

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

#### MASTERS BIKINI 35+

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

#### MASTERS BIKINI 45+

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

#### MASTERS BIKINI 50+

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

#### WHEELCHAIR BIKINI

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

#### HERO BIKINI

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

#### COLLEGIATE BIKINI

- \_\_\_ 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"

#### NOVICE MEN'S PHYSIQUE

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

#### MASTERS MEN'S PHYSIQUE 35+

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

#### MASTERS MEN'S PHYSIQUE 40+

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

#### WHEELCHAIR MEN'S PHYSIQUE

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

#### HERO MEN'S PHYSIQUE

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

#### COLLEGIATE MEN'S PHYSIQUE

- \_\_\_ 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

#### NOVICE WOMEN'S PHYSIQUE

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

#### MASTERS WOMEN'S PHYSIQUE 36+

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

#### WHEELCHAIR WOMEN'S PHYSIQUE

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

#### HERO WOMEN'S PHYSIQUE

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

#### COLLEGIATE WOMEN'S PHYSIQUE

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

#### OPEN FITNESS

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

#### HERO FITNESS

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

#### COLLEGIATE FITNESS

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

#### OPEN WOMEN'S WELLNESS

- 1st - 5th & Overall
- \_\_\_ Class A - Up to 5'4"
- \_\_\_ Class B - Over 5'4"

#### TRUE NOVICE WELLNESS

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

#### NOVICE WELLNESS

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

#### MASTERS WELLNESS 35+

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

#### WHEELCHAIR WELLNESS

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

#### HERO WELLNESS

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

#### COLLEGIATE WELLNESS

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

### EVENT INFO

#### EVENT REGISTRATION

- Register Online by clicking the Register to Compete tab online at [www.NPCUpstateClassic.com](http://www.NPCUpstateClassic.com)

#### ENTRY FEE & DEADLINES

- Enter by September 16: \$125
- Late Fee: \$25
- Crossovers - \$100

Register on or before September 16 to avoid late fee.

Registration available online until the Wednesday prior to the show.  
 Walkup registration available at checkins

#### NPC CARDS

- Must have 2024 NPC Card to compete
- NPC Cards may be purchased online at [www.NPCUpstateClassic.com](http://www.NPCUpstateClassic.com)

#### SCHEDULE OF EVENTS

- Weigh-In's: Friday September 27, 2024  
 6:00pm - 7:00pm Converse University / Twichell Auditorium - 580 East. Main Street

#### EVENT: Saturday September 28, 2024

- Prejudging 10:00am: All Athletes
- Finals 3:00pm: All Athletes
- Times Subject to Change

Mandatory Athletes Meeting at 9:00am prior to prejudging.

#### HOST HOTEL

Four Points by Sheraton  
 9027 Fairforest Rd, Spartanburg, SC 29301  
 Book by September 13 for special group rate

#### COMPETITION TANNING, MAKEUP & HAIR

**Elite Performance Tanning**  
[www.ElitePerformanceTanning.com](http://www.ElitePerformanceTanning.com)

#### CONTEST VENUE

Twichell Auditorium at Converse University  
 580 East Main Street  
 Spartanburg, SC

#### TICKETS

- **Prejudging:** \$30 Gen. Admin / \$40 VIP
- **Finals:** \$40 Gen. Admin / \$65 VIP
- **DISCOUNTED ALL DAY PASSES AVAILABLE**
- Tickets Available online, at the Door or Weigh Ins
- Backstage Passes: \$100 (Must be a Ticket Holder & have a 2024 NPC Membership)

#### RULES

- Music required ONLY for Bodybuilding, Fitness, Women's Physique & Classic Mens Physique
- Posing music must be uploaded to MuscleWare after registering.
- Posing Music for finals must be no longer than 60 seconds
- Music is not used during prejudging.
- Competition suits must be worn at weigh-ins
- No "T" back suits.
- Bikini suits must be in good taste.

#### MUSIC

After registering, all athletes will receive a confirmation email from NPC Muscleware. In the confirmation email, there is a link provided to upload your posing routine music. Posing routine music is only required for Bodybuilding, Fitness, Women's Physique & Classic Physique Athletes. This link is active throughout the online registration period. You may upload your music at any time between the time you register and when online registration is closed on Wednesday prior to the show.

#### ELIGIBILITY

Must be a member of the National Physique Committee  
 Crossovers available to compete in all divisions & categories in which they qualify.

- **Open** - Open to any NPC Athlete
- **True Novice** - For first time NPC competitors only.
- **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 July 27, 2024 (Proof of Age Required)
- **Hero** - This division is dedicated to the active & retired members of our military, police fire & first responder community.
- **Teen** - Open to any NPC Athlete between the ages of 18 & 19. Teen division available by request in all divisions.
- **Collegiate** - Open to any NPC Athlete currently enrolled in college. Must present student ID and be between the ages of 18 & 25 on the day of the contest.

CONTACT FORM online at [www.NPCUpstateClassic.com](http://www.NPCUpstateClassic.com)

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