



2023 NPC UPSTATE CLASSIC

September 30, 2023 - Spartanburg, SC
An NPC Sanctioned 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^{1/4}
___ Lightweight - Over 143^{1/4} - 154^{1/4}
___ Middle Weight - Over 154^{1/4} - 176^{1/4}
___ Lightheavy - Over 176^{1/4} - 198^{1/4}
___ Heavyweight - Over 198^{1/4} - 225^{1/4}
___ Superheavy - Over 225^{1/4}

TRUE NOVICE MEN'S BB

___ One Class 1st - 5th

NOVICE MEN'S BB

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

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 BODYBUILDING

___ One Class - 1st - 5th

COLLEGIATE MEN'S BODYBUILDING

___ One Class - 1st - 5th

OPEN WOMEN'S BB

___ 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^{1/4} - 5'4"
___ Class C - 5'4^{1/4} - 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

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 to 6'0***
___ Class D - Over 6'0***

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

COLLEGIATE CLASSIC PHYSIQUE

___ One Class - 1st - 5th

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

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

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

MASTERS WOMEN'S PHYSIQUE 35+

___ One Class 1st - 5th

COLLEGIATE WOMEN'S PHYSIQUE

___ One Class - 1st - 5th

OPEN 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

COLLEGIATE WELLNESS

___ One Class - 1st - 5th

EVENT INFO

EVENT REGISTRATION

- Register Online at www.NPCUpstateClassic.com

NPC CARDS

- Must have 2023 NPC Card to compete
NPC Cards may be purchased online at www.NPCUpstateClassic.com

SCHEDULE OF EVENTS

- Weigh-In's: Friday September 29, 2023
6:00pm - 7:00pm at the Twichell Auditorium

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

HOST HOTEL

FOUR POINTS by Sheraton
9027 Fairforest Road
Spartanburg, SC
Book by 9/15/2023
Book online at www.NPCUpstateClassic.com

COMPETITION TANNING

Elite Performance Tanning
www.ElitePerformanceTanning.com



CONTEST VENUE

Converse University
Twichell Auditorium
580 E Main St, Spartanburg, SC 29302

TICKETS

- Prejudging: \$25
- Finals: \$35
Tickets Available at the Door or Weigh Ins
- Backstage Passes: \$50 (Must be a Ticket Holder & have a 2023 NPC Membership)

RULES

*All contestants must supply their own music.
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.
*Bikini Competitors
*Approved & Official Classic Physique Shorts: www.npcwear.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 Sept. 30, 2023 (Proof of Age Required)
- **True Novice** - For first time NPC competitors only.
- **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.

More Info Online:
www.NPCUpstateClassic.com