



2025 NPC UPSTATE SUPERSHOW

NPC UPSTATE CLASSIC & NPC UPSTATE NATURAL

AUGUST 2, 2025 – SPARTANBURG, SC



Promoter: Chris Hollingsworth - 910.264.9182 - info@chrishollingsworth.com

In Honor of our dear friend Dennis "Dutch" Hulst, a portion of the net proceeds of this event will benefit the Marriet Hulst college fund.

DIVISIONS & CLASSES

- CROSSOVERS ALLOWED FOR ALL DIVISIONS & CLASSES EXCEPT FIT MODEL
- 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}
_ Lighthheavy - 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

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

MASTERS MEN'S BB 70+
_ One Class - 1st - 5th

HERO MEN'S BODYBUILDING
_ One Class - 1st - 5th

COLLEGIATE MEN'S BODYBUILDING
_ One Class - 1st - 5th

OPEN WOMEN'S BB (Not Available in NPC Natural Events)
_ One Class 1st - 5th

HERO 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

HERO FIGURE
_ One Class - 1st - 5th

OPEN MEN'S CLASSIC PHYSIQUE
1st - 5th & Overall
_ Class A - Up to 5'7^{1/4}
_ Class B - Over 5'7 to 5'10^{1/4}
_ Class C - Over 5'10^{1/4}

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

HERO 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

HERO 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

HERO 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 35+
_ One Class 1st - 5th

HERO WOMEN'S PHYSIQUE
_ One Class - 1st - 5th

OPEN FITNESS
_ One Class 1st - 5th

HERO 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

HERO WELLNESS
_ One Class - 1st - 5th

OPEN WOMEN'S FIT MODEL
1st - 5th & Overall
_ Class A - Up to 5'4"
_ Class B - Over 5'4"

TRUE NOVICE FIT MODEL
_ One Class 1st - 5th

NOVICE FIT MODEL
_ One Class 1st - 5th

MASTERS FIT MODEL 35+
_ One Class 1st - 5th

HERO FIT MODEL
_ One Class - 1st - 5th

TEEN, COLLEGIATE, HERO & WHEELCHAIR CLASSES ARE AVAILABLE IN ALL DIVISIONS OF COMPETITION

ADDITIONAL MASTERS CLASSES MAY BE ADDED AS-NEEDED
TO REQUEST ADDITIONAL CLASSES PLEASE EMAIL INFO@CHRISHOLLINGSWORTH.COM

EVENT INFO

EVENT REGISTRATION

- Register Online by clicking the Register to Compete tab online at www.NPCUpstateClassic.com

ENTRY FEE & DEADLINES

- Enter by July 26, 2025 - \$125 (Late Fee: \$50 after 7/26/25)
- Crossovers - \$100

Registration available online until the Wednesday prior to the show.
Walkup registration available at checkins
Athletes may compete in both the NPC Upstate Classic & NPC Upstate Natural events.

NPC CARDS

- Must have 2025 NPC Card to compete
- NPC Cards may be purchased online at www.NPCUpstateClassic.com

MANDATORY ATHLETE CHECKIN

- Friday August 1, 2025
6:00pm - 7:00pm Four Points (Host Hotel)

COMPETITION: August 2, 2025

- NPC Upstate Natural - 9:00am
- NPC Upstate Classic - 3:00pm
Times Subject to Change

Each event will operate with a continuous format with a 30 minute intermission between each events respective prejudging and finals portion. This format will create a smooth and seamless competition experience for the athlete.

ATHLETES MEETINGS

- NPC Upstate Natural - Mandatory Athletes Meeting at 8:00am prior to prejudging.
- NPC Upstate Classic - Mandatory Athletes Meeting at 2:00pm prior to prejudging.
Times Subject to Change

HOST HOTEL

Four Points Spartanburg
9027 Fairforest Rd, Spartanburg, SC 29301

COMPETITION TANNING, MAKEUP & HAIR

Elite Performance Tanning
www.ElitePerformanceTanning.com

ASCEND (Makeup & Hair)

www.AscendByLaurenAdams.com

CONTEST VENUE

Chapman Cultural Center
200 E St John St, Spartanburg, SC 29306

TICKETS

TICKET INFORMATION COMING SOON

RULES

- The NPC Upstate NATURAL is a DRUG TESTED NPC Event.
Please review and familiarize yourself with the Banned Substances list online at www.NPCCarolinaNatural.com. It is the duty of the athlete to review all supplements they are taking and check compared to the Banned Substances list.
Please do not contact the promoter to verify a supplement you are taking.

- 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.
- **FIT MODEL SUITS MUST MAINTAIN 50% GLUTE COVERAGE.**

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.

DRUG TESTING FOR NPC UPSTATE NATURAL

All first and second place winners in the open divisions will perform a Urinalysis Test after the completion of the event. There is no additional fee for drug testing. There will be NO DRUG TESTING for the NPC Upstate Classic. The only athletes drug tested will be athletes registered in the NPC UPSTATE NATURAL.

ELIGIBILITY

- Must be a member of the National Physique Committee
- Athletes may compete in both the NPC Upstate Classic & NPC Upstate Natural.
- Crossovers available to compete in all divisions & categories in which they qualify.
- Fit Model athletes may compete in multiple classes in the Fit Model division but MAY NOT crossover into other divisions of competition such as Bikini or Wellness within the same event. A Fit Model athlete MAY compete in Fit Model in the NPC Upstate Natural and Bikini in the NPC Upstate Classic though or any other division.
- **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 August 2, 2025 (Proof of Age Required)
- **Hero** - This division is dedicated to the active & retired members of our military, police fire, medical & 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.