



## Competitor Summary Sheet

Visit [www.mikefrancois.com](http://www.mikefrancois.com) for complete contest details.

### EVENT INFO

Marriott Columbus Northwest ★ 5605 Blazer Parkway ★ Dublin, OH 43017  
June 15, 2024 ★ Prejudging 10:00 a.m. ★ Finals 6:00 p.m.

### CHECK-IN

Friday, June 14th 5:30 - 7:30 p.m.  
Marriott Columbus Northwest (Franklin Room)  
All competitors must check-in on Friday.  
Check-in will be a 4-step process. All stations will be marked.

**STEP 1:** NPC Card                      **STEP 3:** Weighed and/or measured  
**STEP 2:** Registration/Number      **STEP 4:** Music (if applicable)

Visit [www.mikefrancois.com](http://www.mikefrancois.com) for important suit and music requirements.

### MANDATORY COMPETITOR MEETING

Saturday, June 15th 8:45 a.m.  
Marriott Columbus Northwest (Main Ballroom: Dublin III & Dublin IV Rooms)  
Please plan on arriving by 8:30 a.m. to get settled backstage prior to the meeting.  
Men's Staging Area: Franklin Room  
Women's Staging Area: Worthington & Westerville Rooms

### HOST HOTEL

Marriott Columbus Northwest ★ 5605 Blazer Parkway ★ Dublin, OH 43017 ★ (614) 791-1000  
Call (614) 791-1000 and ask for NPC Mike Francois Classic rate or use online reservation link on our website.  
Note: If you miss the room block cutoff date, you may book direct or make a reservation at a nearby hotel.

### COMPETITION SPRAY TANNING

Competition spray tanning services will be offered by Liquid Sun Rayz at the Marriott Columbus Northwest in the Union & Madison Rooms. To schedule an appointment, please visit [www.liquidsunrayz.com](http://www.liquidsunrayz.com).

### TRAINER'S PASS

\$75  
Backstage access only. Purchase online, at Friday check-in or day of at ticket booth.

### TICKETS

Prejudging (general admission): \$15 / \$20 at door ★ Finals (general admission): \$25 / \$30 at door  
Purchase online or at door. A limited number will be available at the Friday check-in. Children 2 and under free.

### SCHEDULE OF EVENTS

#### **Prejudging 10:00 a.m.**

Men's Masters Bodybuilding ★ Men's Novice Bodybuilding ★ Men's Open Bodybuilding ★ True Novice Bikini ★  
Masters Bikini ★ Novice Bikini ★ Open Bikini ★ Men's Novice Classic Physique ★ Men's Open Classic Physique ★  
Women's Open Wellness ★ Men's Masters Physique ★ Men's Novice Physique ★ Men's Open Physique ★  
Women's Open Physique ★ Masters Figure ★ Open Figure

#### **Finals 6:00 p.m.**

Men's Masters Bodybuilding ★ Men's Novice Bodybuilding ★ Men's Open Bodybuilding ★ True Novice Bikini ★  
Masters Bikini ★ Novice Bikini ★ Open Bikini ★ Intermission ★ Men's Novice Classic Physique ★ Men's Open  
Classic Physique ★ Women's Open Wellness ★ Men's Masters Physique ★ Men's Novice Physique ★ Men's Open  
Physique ★ Women's Open Physique ★ Masters Figure ★ Open Figure



## Competitor Checklist: What to Bring

### Check-In: Friday, June 14th 5:30 - 7:30 p.m.

Marriott Columbus Northwest (Franklin Room), 5605 Blazer Parkway, Dublin, OH 43017

*Friday check-in is mandatory ★ No Saturday check-ins allowed*

- NPC card:** All membership cards will be verified at check-in. You may also purchase your card at the check-in. The cost is \$150.
- Registration:** Pre-registered competitors will be in our system; however, we recommend you bring a copy of your confirmation from Muscwear. If you would like to add another division, you may do so at the registration table. The fee is \$100 per additional division.
- Posing suit:** Bodybuilding, Classic Physique & Bikini competitors must **wear** their suit to the check-in. All other competitors need to **bring** their suit for inspection.
- Music:** Men's Bodybuilding, Women's Physique & Men's Classic Physique competitors must provide their own music. Music will be collected at the check-in unless you already uploaded it online. If you are crossing over between Men's Bodybuilding & Men's Classic Physique, please provide music for each division.

*Forms of payment accepted at the check-in are cash, check, money order & all major credit cards. Important: In order to use a credit card to purchase your NPC membership at the check-in, you will need to scan a QR Code and complete your transaction online.*

### Prejudging: Saturday, June 15th 10:00 a.m.

Marriott Columbus Northwest (Main Ballroom), 5605 Blazer Parkway, Dublin, OH 43017

*Mandatory meeting 8:45 a.m.*

- Posing suit**
- Oil, glaze, suit glue:** Must be applied in designated areas only (Union & Madison Rooms). Note: Complimentary oil, glaze, and suit glue application will be provided to all competitors by Liquid Sun Rayz on Saturday.
- Competitor number:** The numbers will be distributed at the Friday check-in. Please remember to bring it with you on Saturday.
- Exercise band:** Per NPC regulations, weights and dumbbells are no longer allowed in the venue. Only exercise bands will be permitted. We will provide a limited number of bands. To ensure availability, we highly recommend you bring your own.

### Finals: Saturday, June 15th 6:00 p.m.

Marriott Columbus Northwest (Main Ballroom), 5605 Blazer Parkway, Dublin, OH 43017

- Posing suit**
- Oil, glaze, suit glue:** See above.
- Competitor number:** See above.
- Exercise band:** See above.

**Questions?** Email [classic@mikefrancois.com](mailto:classic@mikefrancois.com) or call/text (614) 806-3834.

*This checklist is provided as a courtesy only and is not meant to be all-inclusive.  
Visit [www.mikefrancois.com](http://www.mikefrancois.com) for complete contest details.*