

HARD CORPS

CLASSIC BODYBUILDING & FITNESS COMPETITION

FOR MEN & WOMEN OF ALL SKILL LEVELS

June 1, 2019
Camp Lejeune Base Theater

EARLY REGISTRATION FEE \$75

(Now until May 14 by Noon)

LATE REGISTRATION FEE \$85

(after Noon on May 14; may also register 7-8 a.m. on day of competition)

MANDATORY ATHLETES MEETING

June 1 at 9 a.m.

Camp Lejeune Base Theater

WEIGH-INS

- **EARLY WEIGH-IN:** May 31, 4:30-8 p.m. at French Creek Fitness Center
- **DAY OF WEIGH-IN:** June 1, 7-8:30 a.m. at Camp Lejeune Base Theater

ELIGIBILITY

- Over the age of 18
- **CLASS A:** Up to 5'7", max weight 175
- **CLASS B:** Over 5'7"-5'10", max weight 197
- **CLASS C:** Over 5'10", max weight 275

RULES

- All contestants must supply their own music (*Bodybuilding & Physique classes only*).
- Posing music must be on CD and must contain NO vulgarity.
- Music must be at the beginning of the CD, and must be the only thing on the CD.
- Posing music for the Final must be no longer than 90 seconds.
- No music will be used during prejudging.
- Competition suits must be worn at weigh-ins.
- No "T-back" suits.
- Bikini suits* and posing trunks must be in good taste – minimum 50% glute coverage.

**Bikini competitors are recommended to bring 2 suits.*

CROSSOVERS

All competitors must pay the normal entry fee (\$75 for early registration and \$85 for late registration) for the main category they enter. There is an additional fee of \$50 for competitors who choose to crossover in the same category to compete in a different category. A competitor is only allowed to crossover once and it must be in the same category. A bodybuilder competitor would not be able to crossover to physique. Bodybuilder competitors must stay within the bodybuilding category, physique competitors must stay within the physique category, and bikini competitors stay within the bikini category, and etc.

CHECK ONE: **MILITARY** (*active duty, reserve, retired, family member*) **DoD CIVILIAN**

NAME _____ GENDER _____ AGE (*on day of competition*) _____ DATE OF BIRTH _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
EMAIL _____ PHONE () _____

GENERAL RELEASE: In consideration of this entry being accepted and desiring to be legally bound to myself, my heirs, assigns, executors, administrators, etc., I hereby release the sponsors, officials, Marine Corps Base, Camp Lejeune, and all those associated with this event, of all claims for injuries and damages incurred or arising from my participation in the Hard Core Natural Bodybuilding & Fitness Competition. I grant permission for the use of all information submitted in my application, and any other photograph, videotape, motion picture, recording, and any other record of this event including results, my likeness, name, and scores, for any purpose, including event publicity.

Signature _____ Date _____

MEN'S DIVISIONS

MEN'S PHYSIQUE [1-5TH PLACE]

Novice* ___ [A] Under and including 5'7"
___ [B] Over 5'7"

Open ___ [A] Under and including 5'7"
___ [B] Over 5'7" up to including 5'10"
___ [C] Over 5'10"

Masters ___ [A] Class 35+ Open

MEN'S BODYBUILDING [1-5TH PLACE]

Novice* ___ [A] Lightweight – up to and including 154.25 lbs.
___ [B] Middleweight – over 154.25 up to and including 176.25 lbs.
___ [C] Light-heavyweight – over 176.25 up to and including 198.25 lbs.
___ [D] Heavyweight – over 198.25

Open ___ [A] Lightweight – up to and including 154.25 lbs.
___ [B] Middleweight – over 154.25 up to and including 176.25 lbs.
___ [C] Light-heavyweight – over 176.25 up to and including 198.25 lbs.
___ [D] Heavyweight – over 198.25 up to and including 225.25 lbs.
___ [E] Super-heavyweight – over 225.25 lbs.

Masters ___ [A] Class 35+ Open
___ [B] Class 45+ Open

MEN'S RETRO PHYSIQUE [1-5TH PLACE]

Open ___ [A] Under and including 5'7" with 170 max weight
___ [B] Over 5'7" with no max weight

**First time competitors only.*

WOMEN'S DIVISIONS

WOMEN'S BIKINI [1-5TH PLACE]

Novice* ___ [A] Under and including 5'5"
___ [B] Over 5'5"

Open ___ [A] Under and including 5'4"
___ [B] Over 5'4" up to including 5'6"
___ [C] Over 5'6"

Masters ___ [A] Class 35+ Open

WOMEN'S PHYSIQUE [1-5TH PLACE]

Novice* ___ [A] Under and including 5'5"
___ [B] Over 5'5"

Open ___ [A] Under and including 5'4"
___ [B] Over 5'4" up to including 5'6"
___ [C] Over 5'6"

Masters ___ [A] Class 35+ Open

WOMEN'S FIGURE [1-5TH PLACE]

Novice* ___ [A] Under and including 5'5"
___ [B] Over 5'5"

Open ___ [A] Under and including 5'2.5"
___ [B] Over 5'2.5" up to including 5'4"
___ [C] Over 5'4" up to including 5'5.5"
___ [D] Over 5'5.5"

Masters ___ [A] Class 35+ Open
___ [B] Class 45+ Open

WOMEN'S FITNESS [1-5TH PLACE]

___ [A] Open

**First time competitors only.*

REGISTER AT FITNESS CENTERS OR BY MAIL.

EARLY REGISTRATION: \$75 = \$ _____
(by Noon on May 14)

LATE REGISTRATION: \$85 = \$ _____
*(after Noon on May 14; may also register
7-8 a.m. on day of competition)*

CROSSOVER FEE: \$50 = \$ _____
(one per competitor)

TOTAL AMOUNT: \$ _____

PAYMENT ENCLOSED

SHIRT SIZE *(check one)*: S M L XL XXL

PLEASE NOTE: Must register by May 13 to guarantee shirt size.

MAKE CHECKS PAYABLE TO:
MCCS ACTIVITY
MAIL THIS APPLICATION,
ALONG WITH APPROPRIATE ENTRY FEE, TO:
Marine Corps Community Services
Attn: Bodybuilding Competition/Wallace Creek Fitness Center
1401 West Rd.
Camp Lejeune, NC 28547-2539