

OCTOBER 13, 2018

**NPC BEST OF THE WEST CLASSIC
COMPETITOR INFORMATION**



Sanction #15123

BODYBUILDING DIVISIONS:

Open Men, Novice Men, Teenage Men, Masters Men (Over 40, Over 50, Over 60)

NOVICE MEN	WEIGHT CLASSES	OPEN MEN	WEIGHT CLASSES
Lightweight	Up to 165 ¼	Lightweight	Up to 154 ¼
Middleweight	Over 165 ¼ up to and including 187 ¼	Middleweight	Over 154 ¼ to 176 ¼
Heavyweight	Over 187 ¼	Light Heavyweight	Over 176 ¼ to 198 ¼
Teen Men	No weight classes	Heavyweight	Over 198 ¼ to 225 ¼
Masters	No weight classes	Super Heavyweight	Over 225 ¼

PREJUDGING: Comparisons & Mandatory Poses – no free posing routine

FINALS: 60 second routine to music. ***NO GYMNASTICS MOVES***

**MUSIC MUST BE BROUGHT TO WEIGH-IN. CD/RW ONLY.
BODY BUILDERS MUST WEIGH IN POSING SUITS.**

MEN'S PHYSIQUE

NOVICE A	Up to and including 5'7"	OPEN A	Up to and including 5'7"
NOVICE B	Over 5'7" & up to & including 5'10"	OPEN B	Over 5'7" & up to & including 5'8"
NOVICE C	Over 5'10"	OPEN C	Over 5'8" & up to & including 5'9"
TEEN PHYSIQUE	NO HEIGHT CLASS	OPEN D	Over 5'9" & up to & including 5'11"
MASTER 35	NO HEIGHT CLASS	OPEN E	Over 5'11" & up to & including 6'0"
MASTER 45	NO HEIGHT CLASS	OPEN F	Over 6'0"

CLASSIC MEN'S PHYSIQUE	
CLASS A: UP TO & INCLUDING 5'7"	CLASS C: OVER 5'10"
UP TO & INCLUDING 5'4" – UP TO & INCLUDING 160 LBS.	OVER 5'10" UP TO & INCLUDING 5'11" – UP TO & INCLUDING 205 LBS.
OVER 5'4" UP TO & INCLUDING 5'5" – UP TO & INCLUDING 165 LBS.	OVER 5'11" UP TO & INCLUDING 6'0" – UP TO & INCLUDING 212 LBS.
OVER 5'5" UP TO & INCLUDING 5'6" – UP TO & INCLUDING 170 LBS.	OVER 6'0" UP TO & INCLUDING 6'1" – UP TO & INCLUDING 220 LBS.
OVER 5'6" UP TO & INCLUDING 5'7" – UP TO & INCLUDING 175 LBS.	OVER 6'1" UP TO & INCLUDING 6'2" – UP TO & INCLUDING 230 LBS.
	OVER 6'2" UP TO & INCLUDING 6'3" – UP TO & INCLUDING 237 LBS.
CLASS B: OVER 5'7" UP TO & INCLUDING 5'10"	OVER 6'3" UP TO & INCLUDING 6'3" – UP TO & INCLUDING 245 LBS.
OVER 5'7" UP TO & INCLUDING 5'8" – UP TO & INCLUDING 182 LBS.	OVER 6'4" UP TO & INCLUDING 6'3" – UP TO & INCLUDING 252 LBS.
OVER 5'8" UP TO & INCLUDING 5'9" – UP TO & INCLUDING 190 LBS.	OVER 6'5" UP TO & INCLUDING 6'3" – UP TO & INCLUDING 260 LBS.
OVER 5'9" UP TO & INCLUDING 5'10" – UP TO & INCLUDING 197 LBS.	OVER 6'6" UP TO & INCLUDING 6'3" – UP TO & INCLUDING 267 LBS.
	OVER 6'7" – UP TO & INCLUDING 275 LBS.
TEEN	ONE CLASS, BUT YOU MUST MEET THE HEIGHT/WEIGHT REQUIREMENTS OF THE ABOVE CLASSES.
MASTERS OVER 35	ONE CLASS, BUT YOU MUST MEET THE HEIGHT/WEIGHT REQUIREMENTS OF THE ABOVE CLASSES.

PREJUDGING: Comparisons & Mandatory Poses – no free posing routine

Finals: 60 second routine to music. ***NO GYMNASTICS MOVES***

**MUSIC MUST BE BROUGHT TO WEIGH-IN. CD/RW ONLY.
CLASSIC MEN'S PHYSIQUE MUST WEIGH IN POSING SUITS.**