

NPC IRONMAN SCHEDULE AND INFO

*TRAINERS MUST BE CURRENT NPC MEMBERS TO BE ALLOWED BACK STAGE. This is in addition to purchasing a Trainers Pass and is not included in the cost of that pass.

GENERAL EVENT INFO:

DATE: September 11th, 2021.

LOCATION: Sarasota Opera House, 61 North Pineapple Ave. Sarasota FL. 34236.

HOST HOTEL: Art Ovation (Marriott) 1255 North Palm Ave Sarasota FL. 34236 (Mention IRONMAN) Price of the hotel is \$105 per night plus applicable taxes.

TIME: Prejudging: Begins 9:00am – Evening Finals: Begins 6:00pm.

PARKING: Parking is available in the parking garage around the corner on the same block located next to the host hotel at 1255 North Palm Ave. Or there will be Valet parking available directly in front of the Opera House.

TICKETS: Tickets are on sale now on this website or they can be purchased at the venue the day of the event and are CASH ONLY the day of the show. Ticket prices can be found under the “TICKETS” tab on this site. All seating is general admission. VIP seating is general seating in that section as well (Closer to the stage). First come – first served.

COMPETITOR INFO BELOW:

THIS EVENT IS A NATIONAL QUALIFIER THAT QUALIFIES YOU THROUGH 2022!

Where And When Do I Register?

You can register online on this website by clicking the “register now” link on the front page. You may also register at check-ins on Friday night between 5 PM and 8 PM at the host hotel. Credit cards and cash will be accepted for registration. No Checks will be accepted. You may also obtain your NPC card there if you do not have one. All competitors must be NPC members. NPC cards are cash only and our \$135.

When Are Check-ins?

Check ins will be at the hotel from 5pm until 8pm on the Friday evening before the event. Check with the front desk when you arrive to find out which room check-ins will be held. Check ins are MANDATORY! You must check in Friday evening at the hotel to compete on Saturday.

What Do I Wear at Check-ins?

Bodybuilders, Classic Physique competitors and Bikini competitors are required to wear their suits at check-ins.

What About Tanning and Make-Up?

Tanning and make up will be available through Hot Spot Tanning and can be scheduled via the link on the front page of this website labeled "BOOK TANNING/MAKEUP".

What is The Show Schedule? When I will I Go On Stage?

The show schedule is posted below. Just scroll down. The exact time you will go on stage cannot be determined as we do not know how many competitors will be in your class at this time.

What About Music For My Routine?

You can upload your music on this website under the "register now" Tab. After you go through the registration process you will receive an email link to upload your music. You may also bring your music to check ins the Friday evening before the event. If you do not have music then the DJ will select music for your routine.

What Awards Will Be Given?

Everyone will receive an IRONMAN COMPETITOR SHIRT and a custom IRONMAN show medal

ALL classes will be awarded with sculptures through fifth place.

Class winners will receive custom OVOMOTO watches.

Overall awards also include Custom IRONMAN RINGS.

Where Can I Purchase A Backstage/Trainer Pass?

You can purchase the backstage pass for your trainer on the front page of this website.

NOTE: ALL trainers must be NPC members to be backstage for insurance purposes. Trainers can purchase an NPC card at check-in's. Again the fee is \$135 and is cash only.

Are Kids Free?

Children five years old and under are free. Please note that if seating is sold out and the child must sit on the parents lap.

*The hotel and show venue are both on the same city block. Park at the hotel and walk less than one minute to the venue.

*Parking is included in the price of your hotel room.

*Make sure you have your NPC card. You can get yours online at www.NPCNEWSONLINE.com Under the "INFO" heading or you can purchase your card at check-ins on Friday night.

*Please be sure to bring an extra set of sheets with you to the hotel. The hotel will charge you \$150 for every item damaged by spray tan or otherwise.

*Tanning will be at the hotel Friday in the Crescendo Meeting Room. You can book your tanning and makeup by clicking "BOOK TANNING / MAKEUP" on the front page.

*Mandatory competitor meeting at 8am on Saturday morning at the venue. ALL ATHLETES MUST attend this mandatory meeting in order to compete.

*Athletes will be responsible for any color/spray tan left on any seating area in the Opera House. Please make sure you wear clothing that completely covers your body if you choose to sit in any seating at the venue.

*Text messages will be sent to athletes on the day of the show via the MUSCLEWARE app available in the iOS and Google app stores. These text messages will alert you when your class is getting ready to go on stage. They are offered as a courtesy only and should not be your only source for knowing when to be on stage. Being where you are supposed to be is YOUR responsibility as a competitor.

*Tickets for any portion of the event are non-refundable. This includes any and all entry fees for Athletes. The order of events is as follows. This order will also be posted around the backstage area of the Opera House the day of the event. THIS ORDER IS THE SAME FOR THE PREJUDGING AND FINALS:

NPC IRONMAN SCHEDULE

MENS BODYBUILDING

MASTERS - 35+, 40+, 50+, 60+
NOVICE - ONE CLASS
OPEN - BANTAM, LIGHT,
MIDDLE , LIGHTHEAVY, HEAVY - OVERALL

CLASSIC PHYSIQUE

MASTERS - 35+ ABC, 40+, 50+, 60+
NOVICE - ABCD - OVERALL
TRUE NOVICE - ONE CLASS
OPEN - ABCD - OVERALL

FITNESS - ONE CLASS

WOMENS PHYSIQUE - ONE CLASS
WOMENS BODYBUILDING - ONE CLASS

INTERMISSION

WELLNESS

NOVICE - ABCD - OVERALL
TRUE NOVICE - ONE CLASS
OPEN - ABCD - OVERALL

FIGURE

MASTERS - 35+, 40+, 50+, 60+
NOVICE - ABCD - OVERALL
TRUE NOVICE - ONE CLASS
OPEN - ABCD

MENS PHYSIQUE

MASTERS 35+ ABC, 40+, 50+, 60+
NOVICE - ABCD - OVERALL
TRUE NOVICE - ONE CLASS
OPEN - ABCD

NPC IRONMAN BIKINI CHAMPIONSHIPS

MASTERS - 35+ ABCD, 40+, 50+, 60+
NOVICE - ABCD - OVERALL
TRUE NOVICE - ONE CLASS
OPEN - ABCD - OVERALL