

2009 “STINGREY CLASSIC”
BODYBUILDING, FITNESS AND FIGURE, BIKINI CHAMPIONSHIP
Sanctioned by the NATIONAL PHYSIQUE COMMITTEE # 9124
April 17, 2009 at the Pacific Beach Hotel’s Grand Ballroom
REQUIRMENTS, QUALIFICATIONS & APPLICATION
Website: www.reyronquilio.com

CONTEST INFORMATION: Rey Ronquilio #781-1133 email: rey@reyronquilio.com
Pebblz Ronquilio #393-1155 email: pebbz@hawaii.rr.com

NPC INFORMATION: Cindy Lee #732-3155, email: cleandjlee@aol.com

COMPETITORS DIVISIONS:

State of Hawaii Only

***All competitors in the following divisions must be a resident of State of Hawaii or active military stationed in Hawaii or a military dependent. You must have lived in Hawaii prior to 4 months of the contest date. Copy of Proof of residency must be attached to your application.*

Acceptable forms of documents to prove residency: One of the following, Hawaii State ID or Hawaii’s Drivers License, Hawaii State Utility Bill.

MENS NOVICE: *****STATE OF HAWAII ONLY***** Competing for the first time or have not placed 1st in a NPC sanctioned event. [Copy of Proof of residency must be attached to your application.](#)

MENS MASTER: *****STATE OF HAWAII ONLY***** Must be 40 years of age or older. [Copy of Proof of residency and age must be attached to your application.](#)

NATIONAL QUALIFIER OPEN DIVISIONS- UNITED STATES RESIDENCE ONLY

MENS OPEN: NPC National Qualifier-Open to all USA NPC Members

WOMENS FITNESS: NPC National Qualifier-Open to all USA NPC Members

WOMENS FIGURE: NPC National Qualifier-Open to all USA NPC Members

WOMENS BIKINI: NPC National Qualifier-Open to all USA NPC Members

NATIONAL QUALIFICATIONS

NATIONAL QUALIFICATIONS: Bodybuilding

Once a competitor places well enough to be nationally qualified-1st and 2nd place at the state level, they maintain the national qualification through 2 calendar years (Nationals and USA's Only). For all other nationals events you will only have 1 year to participate (Jr USA, Team Universe etc). For example if you have place 1st or 2nd on the state level in 2009, you are qualified for the Nationals or USA's up until Dec 2011. For the 1st and 2nd place winners in 2009 on the state level are qualified to participate at the Jr USA, Team Universe etc, until (Dec 2010).

NATIONAL QUALIFICATIONS: FIGURE

Once a competitor places well enough to be nationally qualified (1st, 2nd and 3rd, in each class) on a state level they are eligible for the Junior National, USA and National Figure Championship. For example if you have place 1st, 2nd or 3rd on the state level in 2009, you are qualified for the Nationals or USA's up until Dec 2011. If you place 1st, 2nd, 3rd, 4th or 5th in each class, you are eligible for the Junior USA, Teen Collegiate Master Nationals and Team Universe Figure Championship. For the 1st, 2nd, 3rd, 4th or 5th place winners (2009) on the state level are qualified to participate at the Jr USA, Team Universe etc, until (Dec 2010).

NATIONAL QUALIFICATIONS FOR: BIKINI

- Top 5 places in each class are eligible for the Junior USA Bikini Championship, Junior National Bikini Championships or the USA Bikini Championship, Team Universe Bikini Championships, IFBB North American Bikini Championship or National Bikini Championship. The following placing will qualify competitors for one year for the NPC national level Bikini contests:
 - Top 5 places in each class at National Qualifying events only.

NATIONAL QUALIFICATIONS FOR: FITNESS

Once a competitor places well enough to be nationally qualified (1st, 2nd and 3rd, in each class) on a state level they are eligible for the Junior National, USA and National Figure Championship. For example if you have place 1st, 2nd or 3rd on the state level in 2009, you are qualified for the Nationals or USA's up until Dec 2011. If you place 1st, 2nd, 3rd, 4th or 5th in each class, are eligible for the Junior USA, Teen Collegiate Master Nationals and Team Universe Figure Championship. For the 1st, 2nd, 3rd, 4th or 5th place winners in 2009 on the state level are qualified to participate at the Jr USA, Team Universe etc, until (Dec 2010).

All competitors must be a current NPC Member in good standing, if you are not a current NPC (National Physique Committee) member, you can sign up at the weigh-in, call Cindy Lee, State of Hawaii, NPC chairwoman, on NPC info. Membership is \$85.00 expires 12/09. WEB SITE: www.npcnewsonline.com

COMPETITORS CAN ONLY COMPETE IN ONE DIVISION

WEIGHT AND HEIGHT CLASSES

WEIGHT CLASSES FOR BODYBUILDING:

MENS OPEN DIVISIONS

BANTAMAWEIGHT: UP TO 143 ¼ #

LIGHTWEIGHT: OVER 143 ¼ # UP TO 154 ¼ #

MIDDLEWEIGHT: OVER 154 ¼ # UP TO 176 ¼ #

LIGHTHEAVY WEIGHT: OVER 176 ¼ # UP TO 198 ¼ #

HEAVYWEIGHT: OVER 198 ¼ #

MENS NOVICE

LIGHTWEIGHT: UP TO 154 ¼ #

MIDDLEWEIGHT: OVER 154 ¼ # UP TO 176 ¼ #

HEAVYWEIGHT: OVER 176 ¼ #

MEN MASTERS

LIGHTWEIGHT: TBD @ weigh in

HEAVYWEIGHT: TBD @ weigh in

HEIGHT CLASSES FOR FIGURE & FITNESS OPEN DIVISION

UP TO AND INCLUDING 5'4"

OVER 5'4" & UP TO AND INCLUDING 5'6"

OVER 5'6"

HEIGHT CLASS FOR BIKINI OPEN DIVISION

UP TO AND INCLUDING 5'4"

OVER 5'4"

Applications Due: April 3, 2009

ENTRY FEE: \$45.00 (MAKE CHECKS PAYABLE TO: STINGREY CLASSIC)

INCLUDES: 2009 STINGREY CLASSIC T-SHIRT & Participation Medallion

**MAIL ENTRY TO: STINGREY CLASSIC
C/O REY & PEBBLZ RONQUILIO
1129 PUOLO DR.
HONOLULU, HI 96818
808-781-1133/808-393-1155**

PLEASE SUBMIT A PICTURE (HEAD SHOT PREFERRED) FOR THE PROGRAM WITH YOUR APPLICATION.

AWARDS:

-EACH COMPETITOR WILL RECEIVE, A PARTICIPATION MEDALLION

**-AWARDS TO THE TOP THREE IN EACH WEIGHT CLASS (BODYBUILDING)
& HEIGHT CLASS (FIGURE, BIKINI & FITNESS)**

**-OVERALL CHAMPIONSHIP SWORD AWARD FOR EACH DIVISION (COMPETITION OF ALL
1ST PLACE WEIGHT CLASS & HEIGHT CLASS WINNERS WITHIN A DIVISION)**

**-STINGREY CLASSIC SIGNATURE JEWELRY PIECE WILL BE AWARDED ONLY TO "OPEN"
OVERALL DIVISION CHAMPIONS (Men's Open Bodybuilding, Women's Fitness, Figure and Bikini)**

BODYBUILDING-WEIGH IN & FITNESS, BIKINI & FIGURE-HEIGHT CHECK IN:

THURSDAY, April 16, 2009 (*complimentary parking in Honolulu Club building – first come, first serve*)
6-7PM (ONLY)
HONOLULU CLUB
932 Ward Ave, 7th Floor
808-543-3900

Athletes Cards (Weigh-in & Height) must be initialed for verification upon Weight & Height check. All cards must be left with the NPC official.

FAILURE TO APPEAR ON TIME WILL RESULT IN DISQUALIFICATION!

BODYBUILDING COMPETITION SUITS MUST BE ONE SOLID COLOR AND MUST BE WORN WHEN YOU STEP ON THE SCALE. (NO SIGNATURE DESIGNS ON TRUNKS. POINTS WILL BE DEDUCTED FOR UNACCEPTABLE TRUNKS)

PREJUDGING:

FRIDAY, April 17, 2009
9AM
PACIFIC BEACH HOTEL-GRAND BALLROOM
ADMISSION \$15 AT THE DOOR

COMPETITORS CHECK-IN TIMES:

Figure, Bikini and Fitness competitors are required to check in at 6:45am (mandatory practice at 7am sharp)

Mens Bodybuilders are required to check in at 7:30am

Promoters and NPC Head Judge will be conducting a mandatory meeting at 8:00am.

FAILURE TO APPEAR AT PRE-JUDGING WILL RESULT IN DISQUALIFICATION!

NIGHTSHOW:

FRIDAY, April 17, 2009
DOORS OPEN AT 6:00pm
SHOW STARTS AT 7:00pm
PACIFIC BEACH HOTEL-GRAND BALLROOM
TICKETS: \$40 and \$35
COMPETITORS MAY RESERVE TICKETS, MAKE ARRANGEMENTS WITH PEBBLZ (393-1155)

COMPETITORS CHECK-IN TIMES FOR NIGHT SHOW @ Grand Ballroom:

***5:00pm for Figure, Fitness and Bikini Division, mandatory practice at 5pm sharp. (Attendance will be taken so please arrive promptly)**

***6pm Bodybuilders Check in**

Schedule of Events for Evening Show:

MENS NOVICE

MENS MASTERS

FITNESS (2 piece)

BIKINI

INTERMISSION

WOMENS FIGURE

FITNESS ROUTINE COMPETITION

MENS OPEN

MUSIC: BODYBUILDING ONLY - “Music with Profanity is prohibited”

MUST SUPPLY THEIR OWN MUSIC ON A CD (2 COPIES). POSING MUSIC MUST BE AT THE BEGINNING OF THE CD AND THE ONLY SONG. (90 SECONDS)

CD'S WILL BE COLLECTED AT PRE-JUDGING.

POSING TIMES FOR BODYBUILDING COMPETITORS (NO MOON POSING):

60 SECONDS (NO MUSIC) AT PRE-JUDGING

90 SECONDS (WITH MUSIC) AT NIGHTSHOW

MUSIC: FITNESS ONLY – PREJUDGING & NIGHT SHOW - “Music with Profanity is prohibited”

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POSING ROUTINE TIME: TWO MINUTES (2 MIN) FOR PRE-JUDGING & NIGHT SHOW

HOTEL ROOMS:

IF YOU WISH TO STAY AT THE PACIFIC BEACH HOTEL SPECIAL GROUP RATES ARE \$135.00 RESERVATIONS MUST BE MADE BY March 17, 2009.

To make reservations call: 808-923-4511, mention Stingrey Classic 2009 for the special group rate. Anyone who makes there room reservations under the Stingrey Classic room rate special, will receive 50% off of there self parking.

Rey Ronquilio: 781-1133 (Dream Tan products)

Pebblz Ronquilio: 393-1155 (Figure posing, Stage presentation, Final Preparation)

Don Marco Salon: 528-3444 (Hair & Make-up)

TAN 808: 627-1005 (Indoor Tanning)

DJ Osna: 429-7665 (CD music & mixing)

Dr. Ryan Ferchoff: 988-0800 (Naturopathic needs & nutrition solutions)

Renee Paz: 285-9580 (Posing suits)

Qlaser: 524-1237 (Hair removal)

B.O.S.S. 548-4243 (Hair & Beauty Supplies)

Waikiki Videos: 783-1604 (Videos)

Claude Ayakawa: 677-5943 (Photography)

2009 STINGREY CLASSIC BODYBUILDING INFORMATION
NATIONAL QUALIFIER - OPEN – UNITED STATES
Sanctioned by the NATIONAL PHYSIQUE COMMITTEE #9124
DATE: FRIDAY, April 17, 2009
LOCATION: PACIFIC BEACH HOTEL
GRAND BALLROOM

NPC Rules and Regulations

BODYBUILDING

PREJUDGING

Attire

During the prejudging a solid color suit will be worn. Suits of metallic nature are not allowed. There will be no "G" strings worn. The style of suit that will be worn at the actual competition must be worn at the weigh-in especially at all National competitions. Numbers will be worn on the left side of the suit. No jewelry allowed, only wedding bands will be allowed.

Scoring

The Placement System is used for scoring the contest. Each round is considered to be equally important, however only one placing will be marked on the judges score sheet for each contestant. The final placing for each competitor is a reflection of the combination of all three rounds. Notes should be kept on each competitor so that a judge can tell a competitor where they excelled or where improvement is needed.

When calculating the scores from the 7 judges, the highest and lowest scores are discarded. The remaining 5 scores are added together. The contestant with the lowest score wins and the rest are placed accordingly.

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MENS NOVICE

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HEAVYWEIGHT: OVER 176 ¼ #

MEN MASTERS

LIGHTWEIGHT: TBD @ weigh in

HEAVYWEIGHT: TBD @ weigh in

MANDATORY BODYBUILDING POSES

- POSE#1 - FRONT DOUBLE BICEP
- POSE#2 - FRONT LAT SPREAD
- POSE#3 - SIDE CHEST POSE (either side)
- POSE#4 - SIDE TRICEP EXTENSION (either side)
- POSE#5 - BACK DOUBLE BICEP
- POSE#6 - BACK LAT SPREAD
- POSE#7 - ABDOMINAL POSE
- POSE#8 - MOST MUSCULAR (Men Only)

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POSING TIMES FOR BODYBUILDING COMPETITORS (NO MOON POSING):

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Schedule of Events

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MENS MASTERS

FITNESS (2 piece)

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2009 "STINGREY CLASSIC"
BODYBUILDING, FITNESS, FIGURE AND BIKINI CHAMPIONSHIP
APPLICATION FORM
Sanctioned by the NATIONAL PHYSIQUE COMMITTEE # 9124

NAME: _____ PHONE # _____

ADDRESS: _____ EMAIL: _____

OCCUPATION: _____ AGE: _____

NPC# _____ (_____) NPC CARD WILL BE PURCHASED AT WEIGH-IN

DIVISION ENTERING (CHECK ONE) MENS NOVICE _____ ****Must attach copy of residency****
MENS MASTERS _____ ****Must attach copy of proof of age/ residency****
MENS OPEN _____
FIGURE OPEN _____
BIKINI OPEN _____
FITNESS OPEN _____

INFORMATION FOR YOUR INTRODUCTION (PLEASE LIMIT INFO TO AS CAN BE PUT ON A 3 X 5 INDEX CARD):

T-SHIRT SIZE (CIRCLE ONE): MED/LRG/X-LRG/XX-LRG

GYM: _____ HOBBIES: _____

THANKS: _____

IN CONSIDERATION OF ACCEPTANCE OF THIS ENTRY, I HEREBY FOR MYSELF, HEIRS, EXECUTORS AND ADMINISTRATIONS WAIVE AND RELEASE ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE PROMOTORS, THE NPC, THE PACIFIC BEACH HOTEL, THE SPONSORS, THEIR REPRESENTATIVES AND ASSIGNS FOR ANY INJURY INCURRED BY ME IN CONNECTION WITH THIS CONTEST AND IN TRAVELING TO AND FROM. I ALSO STATE THAT I HAVE NOT RECEIVED PRIZES OR MONEY IN ANY AMOUNT WHICH IS IN VIOLATION OF NPC RULES. I AM A NPC MEMBER IN GOOD STANDING AND IF THERE IS ANY QUESTION TO THE FACT, IT IS MY DUTY TO CLEAR IT WITH A NPC OFFICIAL BEFORE ENTERING THIS CONTEST. BY SIGNING THIS FORM I AFFIRM THAT I AM MAKING APPLICATION TO ENTER, I HEREBY GRANT THE PROMOTERS PERMISSION TO USE MY PHOTO OR VIDEO FOR RESALE AND PROMOTIONAL PURPOSES AND RELEASE ALL RIGHTS THEREOF.

SIGNATURE: _____ DATE _____

PARENT OR GUARDIAN SIGNATURE (IF UNDER 18) _____

******Promoter has the right to change the final format for the night show: All contestants will be introduced at the evening event. The top five in each bodybuilding class and the top five in fitness in each height class will perform their entire routine and top five figure competitors will return to the stage". Depending on the number of athletes, the promoter and head judge have the right to revise and execute the number of routines in which will be performed at the night event.******

APPLICATIONS DUE: April 3, 2009

Entry Fee \$45.00