

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
REQUIREMENTS, 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”

MUST SUPPLY THEIR OWN MUSIC ON A CD (2 COPIES). POSING MUSIC MUST BE AT THE BEGINNING OF THE CD AND THE ONLY SONG. CD'S WILL BE COLLECTED AT PRE-JUDGING.

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 **FITNESS CONTEST INFORMATION**
NATIONAL QUALIFIER - OPEN – UNITED STATES
Sanctioned by the NATIONAL PHYSIQUE COMMITTEE #9124

DATE: FRIDAY, April 17, 2009
LOCATION: PACIFIC BEACH HOTEL
GRAND BALLROOM

Once a fitness athlete competes in an NPC sanctioned fitness contest, you have declared yourself an amateur. If you then go and compete in another fitness contest for cash or cash prizes (i.e. car, vacations trips, etc.) you are no longer considered an amateur by the NPC. But that does not make you a professional in the IFBB either. This must be done by qualifying through our NPC sanctioned fitness contests.

PHYSIQUE: Small degree of muscularity with separation no visible striations. Overall muscle tone, shapely lines, overall firmness, no excessive leanness, healthy appearance, face, makeup & skin tone.
***NO EXCESSIVE OVERALL MUSCULARITY**

ROUTINE: 1) *Strength*: Number of strength moves, degree of difficulty in executing movements, creativity in performing strength moves. 2) *Flexibility*: Number of flexibility moves, degree of difficulty in executing movements, creativity in performing flexibility moves. 3) *Tempo of Routine*: Presentation & showmanship.

- **MUSIC:** Maximum TWO Minutes for fitness round during Prejudging and Evening Performances. Vulgar music is not permitted. Must supply own music on a CD (2 copies) Music must be at the beginning of the CD and the only song. Music will be collected at Prejudging Check-In. Props are allowed but must be approved by the Promoter & Head Judge prior to prejudging. Athlete must be able to carry own Prop on & off of stage.
- Swimsuits must be in good taste. Please bring your Two Piece Swimsuit, High Heels and Fitness Outfit Apparel to prejudging and evening performances. **“POINTS WILL BE DEDUCTED FOR UNACCEPTABLE SWIM WEAR”.**
If you have any questions, bring your swim wear to Height Check-in.

PREJUDGING ROUNDS OF COMPETITION

- **ROUND ONE: (50%)TWO-PIECE SWIMSUIT WITH HIGH HEELS**
 - 1) The contestants will be brought out in a group and directed to do quarter turns as a group and will also be compared against each other. Judges will be scoring the competitors on the degree of firmness, symmetry and proportion along with their overall physical appearance including complexion, skin tone, poise and overall presentation.
 - 2) Jewelry is allowed. Thongs or T-back swimsuits are not permitted. Acceptable two piece swimsuits are two separate pieces that covers 50% of the glute area, triangle top or push-ups.
- **ROUND TWO: (50%) FITNESS ROUTINE ROUND - FITNESS OUTFIT APPAREL**
“NO JEWELRY OR BODY OIL ALLOWED”
 - 1) Each contestant will perform a routine with own music, with a maximum time limit of 2 minutes. Contestants must wear tennis/athletic shoes in the fitness round.
 - 2) Routines at local, state and regional level contest may include aerobics, dance, gymnastics or other demonstrations of athletic talent, but are no required movements. Props are allowed but must be approved by the Promoter & Head Judge prior to prejudging and the athlete must carry own prop on & off stage. The working area for the fitness routines will be at least 32 feet wide by 12 feet deep.
 - 3) Judges will be looking for style, personality, athletic coordination and overall performance.
 - 4) Competitors should give special attention to their apparel, as it too will be judged.

5) Routines at all National level events (JR. USA, JR. NATIONALS, USA, TEAM UNIVERSE & NATIONALS) must include the five mandatory fitness moves:

1. One Arm Push-Up
2. High Kick
3. Leg Extension Hold
4. Straddle Hold
5. Full Split Side

EVENING PERFORMANCE ALL CONTESTANTS MUST BRING:

- **TWO PIECE SWIMSUIT, FITNESS OUTFIT APPAREL AND HIGH HEELS**
- Only the winner from each height class will be re-judged for the overall.
- The number of competitors that will perform their Fitness Routine will be determined by the promoter and the Head Judge depending on the number of total athletes in the event.

- Please read the new update N.P.C. rules and regulations as well as the Fitness guidelines rules carefully.

- Contestants must report to the Honolulu Club, 932 Ward Ave at 6:00-7:00pm on Thursday, April 16, 2009 (Height-check in) to determine which height classification they will be competing in. Check in at the front desk on the 7th floor.

- **PRE-JUDGING:** Figure, Fitness and Bikini Contestants must check in to the Pacific Beach Hotel, Grand Ballroom on contest day for pre-judging at 6:45am. We will have a mandatory practice for the figure, fitness and bikini competitors at 7am. Right after practice, we will be having a mandatory meeting with the Promoters and the NPC Chairperson. There will be **NO EXCEPTIONS**. Those who fail to show for pre-judging will automatically be disqualified from this event.

- No monetary, prizes may be given at the amateur level.

NATIONAL QUALIFICATIONS:

****For information regarding qualifications, please see General Information Tab****

*** FIVE MANDATORY FITNESS ILLUSTRATION PICTURES FOR NATIONAL LEVEL EVENTS ONLY**

One Arm Push-Up



Straddle Hold



Leg Extension Hold



High Kick



Full Split-Side



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