

**NPC SOUTHWEST USA CHAMPIONSHIPS**  
**MAY 4, 2024**  
**PLANO, TX**



**Promoters**

Ed & Betty Pariso

[Betty@VisionStarEntertainment.com](mailto:Betty@VisionStarEntertainment.com)

[TexasBodybuildingContests.com](http://TexasBodybuildingContests.com)

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**NPC EVENT SCHEDULE**

**Friday May 3, 2024**

6pm-8pm NPC Competitor Check-in

**Saturday May 4, 2024**

**NPC Prejudging**

8:30 am – Men's Prejudging

12:00 pm – Women's Prejudging

**NPC Finals**

5:00 pm – Men's Finals

7:30 pm – Women's Finals

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**HOW TO ENTER CHECKLIST**

- 1. Fill out your Online Entry Form.** Online Entry is \$139 per division. **Deadline is Wednesday May 1, 2024 at 9pm.**
- 2. We accept late entries & class additions at the Competitor Meeting.** Cash or credit cards accepted.
- 3. Do you have your NPC Card?** You must purchase your NPC card online if you do

not have one for the current year. **Purchase Here**

- <http://npcnewsonline.com/join-the-npc/>. Screenshot your NPC 'receipt of purchase' & bring to the competitor meeting.

**4. Purchase Tickets** on the show page before they sell out. Friends & Family must have a ticket to enter the venue.

**5. Book your Tanning, Makeup & Hair.** Links listed below.

**6. Review NPC Rules & Regulations**

<http://npcnewsonline.com/rules/>

**7. Read over all important information below.** Questions? Contact Promoter Betty Pariso.

[Betty@VisionStarEntertainment.com](mailto:Betty@VisionStarEntertainment.com)

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## **NPC COMPETITOR CHECK-IN**

### **MANDATORY CHECK-IN**

Friday May 3, 2024

6:00pm - 8:00pm

### **CHECK-IN LOCATION**

Plano Event Center

[2000 E Spring Creek Pkwy, Plano, TX 75074](https://www.google.com/maps/place/2000+E+Spring+Creek+Pkwy,+Plano,+TX+75074)

Collinwood Hall

**PARKING IS FREE**

### **When you arrive to check-in:**

- **There will be a brief meeting at 6pm to go over the check-in process.**
- Once the check-ins start: Please proceed to your designated check-in table. If you did not register online - you must go to the LATE ENTRY TABLE.
- **Items you must have before approaching your check-in table:** HEIGHT CARD & NPC CARD. Please have these out when going to your check-in table so they can verify your information. If you do not have a height card, you can stop by the HEIGHT CARD table at check-ins and get that. (Bodybuilding does not need a height card)
- Bodybuilders & Classic Physique must wear their posing trunks.
- Competitor posing suits must meet NPC requirements. View all division criteria

here:

[Bodybuilding](#) [Men's Classic Physique](#)

[Men's Physique](#) [Women's Physique](#)

[Bikini](#) [Fitness](#) [Figure](#) [Wellness](#)

### **ONLINE ENTRY DEADLINE**

**Wednesday May 1, 2024 at 9:00pm (CST).** You can still register at the competitor meeting.

### **LATE ENTRY FEE**

If you register at the competitor meeting, **it is still \$139 per division**, but a \$50 late fee will be APPLIED to your entry .

### **NPC CARD**

You must purchase your NPC card online if you do not have one for the current year.

**Purchase Here** - <http://npcnewsonline.com/join-the-npc/> . Screenshot your NPC 'receipt of purchase' & bring to the competitor meeting.

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**GOODIE BAGS  
OVERALL WINNERS**



It's all about **YOU** at our events! From Goodies, Champion Rings & Trophies to Beautiful 120ft Wrap-a-round Stage Backdrops.... we want your experience to be amazing from start to finish!

### **Goodie Bags**

Every athlete will get to stop by the Competitor Goodie Table to grab some yummy treats & other giveaway items when you check-in. This is our treat & thank you to you, for all of your hard work and dedication.

### **Overall Winners Receive**

- **Overall Champion Ring**
- **Overall Trophy**
- **Paid Entry to NPC Nationals**  
Maximum Amount Paid \$300.  
Reimbursement must be used in the same year you qualify.

**Check out all the details here**

<https://www.texasbodybuildingcontests.com/overall-champion-rings/>

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## CONTEST VENUE

### **Plano Event Center**

[2000 E Spring Creek Pkwy, Plano, TX 75074](#)

Collinwood Hall

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## HOTEL

### **Holiday Inn Express & Suites Dallas-Plano North**

[3340 N. Central Expressway, Plano, TX 75074](#)

[\*\*Reserve Your Room Here\*\*](#)

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## TANNING

*Pro Tan® is the Official & Exclusive Tanning, Make-Up & Hair company and the only company permitted at the host hotel, venue & backstage. Backstage services like touch-ups, oil and glue are included with all purchased Pro Tan® packages. Athletes who choose not to use Pro Tan® services but wish to receive backstage services are subject to a \$25 backstage service fee onsite.*

**Pro Tan**  
Since 1987

### **Book Your Tanning**

<https://protanusa.com/collections/spray-tan-events/products/npc-sw-usa-fit-expo>

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## HAIR & MAKE-UP

*Pro Tan® is the Official & Exclusive Tanning, Make-Up & Hair company and the only company permitted at the host hotel, venue & backstage. Backstage services like touch-ups, oil and glue are included with all purchased Pro Tan® packages. Athletes who choose not to use Pro Tan® services but wish to receive backstage services are subject to a \$25 backstage service fee onsite.*

**Pro Tan**  
Since 1987

**Book Your Hair & Makeup**

<https://protanusa.com/collections/hair-and-make-up/products/npc-southwest-usa-fit-expo-hair-and-make-up>

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**OFFICIAL STAGE  
PHOTOGRAPHER**



**James Allen Media**

[www.JamesAllenPhoto.com](http://www.JamesAllenPhoto.com)

IG [@JamesAllenMedia](https://www.instagram.com/JamesAllenMedia)



**4 photographers with unique stage angles**  
**Edited Images**  
**4 k center stage video**  
**Multiple affordable price points**  
**2 to 3 day return service**

**Pricing**

- **VIP pack \$240** – Artistic backstage angle and side and center angles, plus the video and rush order. You select the your fav 8 image File numbers to be edited. “ALL IMAGES + VIDEO”
- **VIP no video \$200** – artistic backstage angle and unique angles, plus a rush order. You select the your fav 8 image File numbers to be edited.
- **A pack \$180** – dedicated backstage coverage and unique angles except for the rear vip angle. You select the your fav 6 image File numbers to be edited.
- **B Pack \$160** – All of your images unedited except for VIP rear angle
- **D Pack \$140** – 6 edited images (photographers choice)
- **E Pack \$100** – for 4 edited images (photographers choice)
- **CSP \$80** – Standard center stage shots unedited images.
- **Critique \$50** – 2 edited images (photographers choice)
- **Video \$50** – Just individual clips of you not the whole show

### How To Order

- **Pick your package above.**
- **Email James Allen**  
[contact@jamesallenmedia.com](mailto:contact@jamesallenmedia.com)
- **Send Payment once he confirms your order.**

- Venmo @Jamesallenmedia
- CashApp \$jamesallenmedia
- PayPal [jallenphotoaustin@gmail.com](mailto:jallenphotoaustin@gmail.com)
- Zelle / Apple Pay or credit card zell or apple pay 254-220-1805

\*\*\* Once payment is made ensure that you text the same number so that we can confirm the order.

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## MUSIC

### MUSIC TIME:

BODYBUILDING – **60 seconds**

WOMEN’S PHYSIQUE – **60 Seconds**

CLASSIC PHYSIQUE – **60 Seconds**

FITNESS – **2 Minutes**

**NO music required for:** Men’s Physique, Figure, Bikini & Wellness



### **\*\*\*IMPORTANT MUSIC UPLOAD\*\*\***

When you register, you will receive an email with your **Registration Confirmation**. You will find the music upload link in that email. **YOU MUST UPLOAD YOUR MUSIC BEFORE THE EVENT**. Check your spam/junk folder if you do not see your registration confirmation email (from Muscware) in your inbox.

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### **COMPETITOR BADGE**

You will receive a Competitor Badge at the Competitor Meeting that will allow you entrance to all the events and will allow you to sit in the GENERAL SEATING area during the bodybuilding show. **IMPORTANT: It is important that you do not lose or misplace your Competitor Badge. You must have it on when entering the convention center, or you will not be allowed access into the event.**

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### **TICKETS**

Tickets can be purchased at the top of this event homepage!  
All Trainers, Friends and Family must purchase a Ticket to enter the venue.

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### **BACK STAGE PASS: \$100**

No Trainers, Friends or Family are not allowed back stage unless they purchase a backstage pass. For liability purposes, they must also be a member of the NPC with an NPC card.

A Backstage Pass can be purchased at the competitor meeting or at the Ticketing Box Office (limited # available). Must show your NPC card to purchase. **You will need to purchase a ticket (General Seating or VIP) to the show to enter the venue. The backstage pass is separate, and does not get you into the venue, it only gets you backstage.** - Cash or credit card accepted.

## NPC RULES & REGULATIONS

<http://npcnewsonline.com/rules/>

### OUR SCHEDULE



**USA FIT  
GAMES**

# EVENTS

Promoted By Ed & IFBB Pro Betty Pariso

**APR 13, 2024** NPC PHIL HEATH CLASSIC  
*PASADENA, TX*

**MAY 4, 2024** NPC SOUTHWEST USA  
CHAMPIONSHIP *PLANO, TX*

**JUN 15, 2024** **PRO/AM**  
NPC & IFBB DALLAS PRO/AM  
CHAMPIONSHIPS & USA FIT  
GAMES *DALLAS, TX*

**JUL 6, 2024** **PRO/AM**  
NPC & IFBB ORLANDO PRO/AM  
CHAMPIONSHIPS & USA FIT  
GAMES *ORLANDO, FL*

**JUL 27, 2024** IFBB Pro Bob Cicherillo &  
Ed & IFBB Pro Betty Pariso Present  
NPC SHOW OF CHAMPIONS  
*BELTON, TX*

**AUG 3, 2024** **PRO/AM**  
NPC & IFBB PHOENIX PRO/AM  
CHAMPIONSHIPS & USA FIT  
GAMES *PHOENIX, AZ*

**OCT 12, 2024** NPC TEXAS CUP  
CHAMPIONSHIPS *BELTON, TX*



**TX\_BODYBUILDING**

TexasBodybuildingContests.com



**USAFITGAMES**

USAFitGames.com

