



I would like to thank you for your participation in the NPC Iron Viking of the North Bodybuilding, Classic Physique, Physique, Figure and Bikini Championships! This day is all about YOU, if you have any questions please don't hesitate to ask! The backstage crew is there to assist you and to make your experience at the Viking as seamless as possible. I wish you the best of luck at the 2017 NPC Iron Viking of the North!

Also I would like to thank the Iron Viking sponsors, NPC Chair and promoter Christine Bongiovanni-Stiff, promoter Tom Kemper and all the volunteers who helped make this event possible!

- Please read the contents of this packet carefully and once again contact me if you have any questions.

Sherri Irving
 Promoter of the NPC Iron Viking of the North
www.IronVikingoftheNorth.com
www.TeamTrainingMN.com
sherri@ironvikingofthenorth.com



sanction# 10882

for updates & more info:

www.Facebook.com/IronVikingoftheNorth

www.IronVikingoftheNorth.com

Email: Sherri@IronVikingoftheNorth.com



VENUE & Date:

June 3rd 2017

Duluth Entertainment and Convention Center
350 Harbor Dr, Duluth, MN (218) 722-5573



SHOW TIMES:

Prejudging: 9:00am (doors open at 8:30am)

Night show: 6:00pm (doors open at 5:00pm)

TICKETS:

Pre-judging: Tickets for Prejudging (\$25 cash only, \$5.00 will be donated to the Essentia Health ICU) will be available at the door of the auditorium and NOT on Ticketmaster

Night Show: www.ticketmaster.com Night Show Tickets available at Ticketmaster locations, online and DECC Box Office. Gold seats – \$45, Bronze seats – \$25 *All seats are reserved seating, (with the exception of pre-judging) If the show is not sold out, athletes with their athlete pass on may watch the show in open seats. However, you may be asked to leave if seated in a sold seat.

HOST HOTEL: The Suites Hotel at Waterfront Plaza

The Suites Hotel, 325 Lake Avenue S Duluth, MN 55802 www.thesuitesduluth.com

Ask for the Iron Viking discount. 1-800-794-1716

- Per Hotel Rules: Must bring dark sheets and towels, to avoid damage to hotel property
- All rooms have kitchens or kitchenettes equipped with full size refrigerator, stove, microwave and dishwasher



COMPETITION TAN: Hardbody Bronze spray Tanner will be at The Suites Hotel

*You are judged on tanning, we recommend a competition tan.

Hardbody Bronze our sponsoring tanner, Call 612-910-9306 for an appointment

They will have all the information on optimal skin preparation before and after tan.

<https://www.facebook.com/HardBodyBronze/?fref=ts>



HAIR & MAKEUP: Jill Fish & Co. Located at The Suites Hotel

Call Jill Fish & Co. To set up your appointment, get more information on all services offered!

Spots fill up fast! 763-360-7314

<https://www.facebook.com/Jill-Fish-Co-126328514186872/?fref=ts>



Before, During and After Party:

Grandma's Sports Garden

425 South Lake Avenue, Duluth, MN 55802,
(218) 722-4724

You can't miss this after party! It will be held at Grandma's Sports Garden.

Big dance floor. Grandma's is located just steps away from the DECC and host hotel.

<https://www.facebook.com/grandmas.sportsgarden.5>



Grandma's Saloon & Grill

522 South Lake Avenue, Duluth, MN 55802,
(218) 727-4192

Enjoy food and drinks and only steps away from the host hotel, venue and Grandma's Sports Garden.

PHOTOGRAPHER: Cory Wilaby Photography

Cory Wilaby Photography, stage and individual photoshoots

Contact: corywilaby@yahoo.com ~ 507.381.2529

<https://www.facebook.com/corywilabyphotography/?fref=ts>



ATTENTION: Number buttons may be worn on either side of the hip.

ATTENTION BODYBUILDERS, CLASSIC PHYSIQUE & WOMEN'S PHYSIQUE:

Email your :60 Sec music to sherri@ironvikingofthenorth.com (if music contains profanity you will pose to house music)

Friday, June 2nd SCHEDULE OF EVENTS , Registration - The Suites Hotel:

Registration: Men 6-7 pm, Women 7-8 pm

(The Suites Hotel - 325 Lake Avenue S. Duluth, MN 55802) Athletes who don't register on Friday will not be able to compete on Saturday June 4th, no exceptions. If you are a late entry who has not yet turned in an entry form, please have your form filled out . You must pay the late entry fee with either cash or money order. All entry fees are non-refundable.

The following must be brought to registration:

1. Music (above) - you may also bring a back-up copy on a flash drive just in case there are problems with music at registration. Again, all music will be checked for profanity.
2. NPC Card, receipt of or a filled out registration card & check or money order for payment. (\$125, made out to NPC). If you have registered with the NPC, and haven't received your card or don't have a receipt, you will have to write a check for membership. If the national office has you registered they will return your check.
3. Proof of Age, for anyone entering an age class, drivers license, passport, birth certificate (master's and teen).
4. Height Card, if you were heighted at a previous local show you don't have to be heighted at the Viking.
5. Posing suites **MUST** be worn for all weigh-ins.
6. Figure and Bikini athletes **MUST** wear the suits they plan on competing in, all suits are subject to inspection and must be cut according to NPC rules, see Competitor Information. **ALL SUITES WILL BE INSPECTED AND MUST HAVE 50% GLUTE COVERAGE.**

Saturday, June 3rd SCHEDULE OF EVENTS - NPC Iron Viking DECC Auditorium

8:15 am:..... Athlete Meeting, men and women. Located backstage of the auditorium. **ATHLETES ONLY, NO EXCEPTIONS.**

8:30 am:..... Doors open for prejudging.

9:00 am:..... Pre-judging starts, \$20 Tickets available at door to auditorium. Vendors will be open.

5:00 pm:..... Doors open for the night show, tickets available at the Ticketmaster.com & DECC box office. Vendors will be open.

5:15 pm:..... Athlete Meeting, men and women. Located backstage of the auditorium. **ATHLETES ONLY, NO EXCEPTIONS.**

6:00 pm:..... Evening Finals start, Tickets available at the Ticketmaster & DECC box office.

{ Important Information for YOU to know }

- Athletes **WILL NOT** be allowed to bring trainers or any helpers backstage. We will have athlete expeditors backstage to help you get stage ready. Also only athletes at the athlete meeting prior to pre-judging and the night show.
- Please display good sportsmanship at all times.
- Must wear athlete pass to gain access to backstage and athlete meetings.
- Bring your own oil, we will provide the glue for suits. **NO SPRAY GLUE BACKSTAGE.** Backstage staff will assist you with oiling and suit gluing.
- Tanners will be backstage for touch-ups day of show.
- Please stay in the designated athlete area you are assigned to, if you are not in designated area when your class is called to go on stage - you will not be judged and automatically disqualified.
- * Number buttons can be worn on either side of the hip.
- Pump up room will be available backstage.
- Please travel on the routes that will be covered with protective coverings, keep tanning product off of walls and chairs.
- Per Hotel Rules: Must use dark sheets and towels, to avoid damage to hotel property
- Hot plates and other cooking devices will not be allowed in Hotel guest rooms, and **CONFISCATED** and returned to you at the end of your stay.

