

2019 Competition Schedule

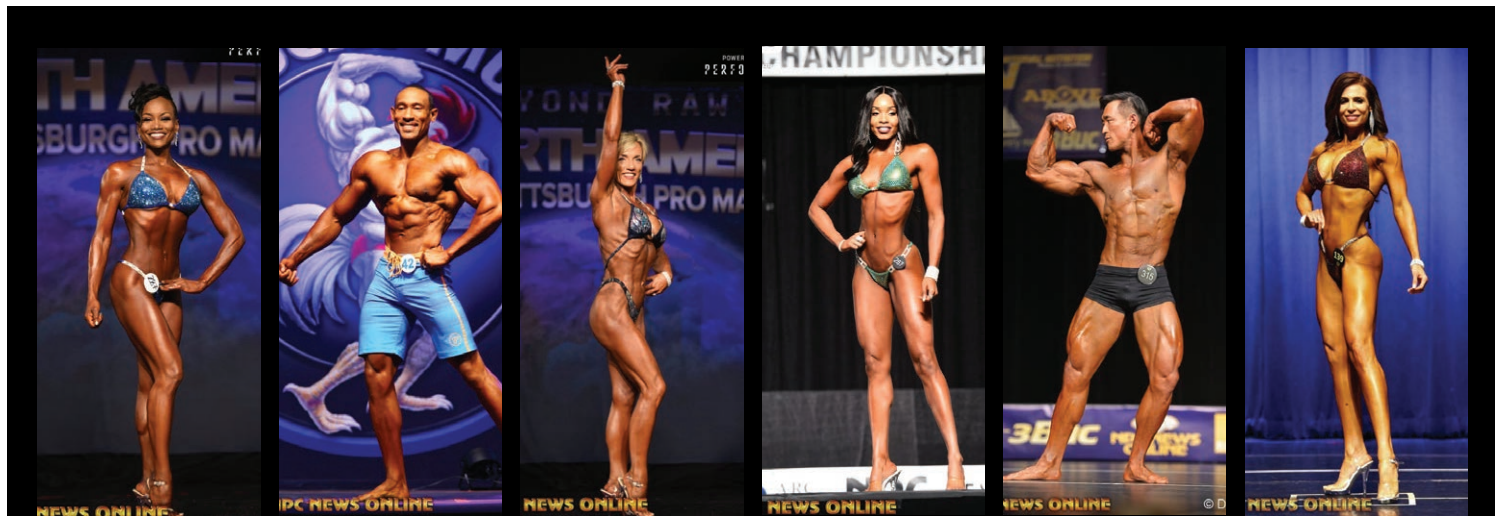
The competitions listed in this directory are shows that are npc competitions in the southeast plus national level shows and submitted their information to this publication as of the January 21st deadline. The shows are alphabetical, arranged by date. All shows are national qualifiers unless denoted by \*. Pro Qualifiers are in **Bold**. Shows that are in **RED** you can click through directly to their website from the digital version of this publication.

Show Name	Date	Location	Website
<b>NPC IFBB Arnold Classic &amp; Arnold Amateur NPC Bodybuilding, Fitness, Figure, Bikini &amp; Physique Championships</b>	<b>Feb 28-Mar 2</b>	<b>Columbus, OH</b>	<b>arnoldsportsfestival.com, Bob Lorimer &amp; Schwarzenegger, www.arnoldsportsfestival.com/usa/</b>
NPC Sunshine State & CJ Classic and National Wheelchair	Mar-9	West Palm Beach, FL	frankdaltopromotions.com, Frank Dalto & CJ James, 516.627.9638, frankdalto44@yahoo.com
NPC Atlantic USA	Mar-16	Atlanta, GA	georgianpc.com/RopeElite, 770.962.7682
<b>IFBB World Klash &amp; NPC Border Klash Championships</b>	Mar-23	Aiken, SC	npcborderklash.com/ elite promotions, Joe Pishkula, Jpishkula@gmail.com, 937.536.9581
NPC Rocket City Classic*	Apr-6	Huntsville, AL	rocketcitybodybuilding.com, Robert McAlldory, Robertmcaldory@gmail.com, 256.468.6166
<b>Clean Eatz NPC North Carolina State Championships &amp; Clean Eatz IFBB Champions of Power &amp; Grace</b>	Apr-13	Raleigh, NC	NCNPC.com, Mike Valentino, (910) 790-9598 ext 106
NPC Panhandle Showdown	Apr-13	Pensacola, FL	panhandleshowdown.com, Russ Mesey, 850.499.2508, iammaxfit@yahoo.com
IFBB/ NPC Europa Games and NPC All National Military Forces Championships	Apr 13-14	Orlando, FL	europaexpo.com, Ed & Betty Pariso, 817.498.3631, bettypariso@aol.com
NPC Charlotte Cup Charlotte Championships	Apr-27	Charlotte, NC	JohnnyStewartPromotions.com, Johnny Stewart, stewartfitness@yahoo.com, 704.449.5603, Sanders Armstrong, 704.560.4637
NPC Diamond Classic	Apr-27	Boca Raton, FL	QcbbPromotions.com, Andres Miller, 954.326.8821, qcbbpromotions@gmail.com
NPC Lee Banks Natural Championships* (steroid tested)	Apr-27	Ponte Verde, FL	leebanksnaturalchampionships.com, Lee Banks, 904.422.3251, admin@olympianleebanksfitness.com
NPC Southeastern Championships	Apr-27	Mobile, AL	npcsec.com, Jason Green, jason@jasonfitness.com, 251.391.1234
NPC Florida Grand Prix	May-4	West Palm, FL	floridasportsfestival.com, Serge Saric, 561.460.6000, floridagrandprix2016@gmail.com
NPC Nashville Fit Show* (female only)	May-4	Nashville, TN	tennesseebodybuilding.org/ nashvillefitshow.com, Whitney Wiser, info@nashvillefitshow.com
<b>NPC Palmetto Classic Competition</b>	May-4	Columbia, SC	kd-promotions.com/ Kevin DeHaven, KDprep@gmail.com, 704.661.5142
<b>NPC Riptide Classic</b>	May-4	Panama City Beach, FL	npcRIPTIDEclassic.com, Mike McKinney/ Vic Sellers, 850.527.4479, michael4palingen@gmail.com or 850-541-2511, vsellers@timpcb.com
NPC Battle on the Bluff Bodybuilding	May-11	Tunica, MS	battleonthebluffbodybuilding.com, Chris Caudy, chriscaudy@att.net, 901.857.2499, Cindy Caudy, cindycaudy@att.net, 901.619.6064
NPC Eastern Seaboard	May-11	Duluth, GA	georgianpc.com/RopeElite, 770.962.7682
NPC NPC Southern USA	May-11	Orlando, FL	npcsouthernusa.net, Shannon Dey, 407.757.2804, ceo@bombshellfitness.com
<b>NPC Junior USA Bodybuilding Championships</b>	<b>May 17-18</b>	<b>North Charleston, SC</b>	<b>npcjuniorusa.comscnpc.com, Tres Bennet, tresb@comcast.net, 843.270.4373</b>
NPC (HRD-LVN) Championships*	May-25	St. Augustine, FL	www.hrdlvn-championships.com, Tony Curtis, 386.697.6315, futurefitnessfl@yahoo.com

Show Name	Date	Location	Website
NPC Hub City Fitness Quest	May-25	Jackson, TN	tennesseebodybuilding.org/hubcityfitnessquest.com, Nick Shelby, 731.695.1067
<b>NPC Vulcan Classic</b>	May-25	Birmingham, AL	npcvulcanclassic.com, Morris & Kelly Pruett, Kellywpruett@comcast.net, 256.490.1115
NPC Iron Muscle Championships*	Jun-1	Pearl, MS	ironmusclechampionships.com, Richard & Amanda Clack Stegall, ironmusclechampionships.com, 601.540.5182
NPC Southeast Classic	Jun-1	Hollywood, FL	npcseclassic.com, Alex & Maggy Cambranero, 786.877.0438, maggy305@gmail.com
NPC Southeastern USA	Jun-1	Tampa, FL	eaddypromotions.com, Chris Eaddy, 407.474.8502, chris.eaddy@gmail.com
<b>NPC 2018 South Carolina Upstate Classic</b>	Jun-1	Spartenburg, SC	dutchstrengthpromotions.com, Dutch Hulst
NPC Battle at the River	Jun-8	Chattanooga, TN	tennesseebodybuilding.org/Bryan Hayworth, 423.677.3347
IFBB/NPC Miami Muscle Beach	Jun-8	Miami, FL	miamifitexpo.com, Paula Geobanny, 786.217.2110, miamimusclebeachpro@gmail.com
<b>NPC Jr National Championships</b>	<b>June 14-15</b>	<b>Chicago, IL</b>	<b>Betz/Larsen Event Mgt, npcjrnationals.com, Pam Betz, PamBetz@aol.com, 407.876.4467</b>
<b>NPC Battle on the Gulf Coast*</b>	Jun-15	Biloxi, MS	battleonthegulfcoast.com, Douglas Sellers, 225.324.9991
Clean Eatz NPC Atlantic Coast Classic	Jun-15	Wilmington, NC	ncnpc.com
NPC Mid-Florida Classic	Jun-15	Orlando, FL	dekewarner.com, Deke Warner, 321.276.3057, deke@bellsouth.net
IFBB/NPC Atlantic Coast	Jun-22	Lauderdale, FL	Timgardnerproductions.com, Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
NPC Anna Level Figure, Fitness & Bikini Championships and the 34th Annual West Palm Beach Bodybuilding & Physique Championships	Jun-29	West Palm Beach, FL	frankdaltopromotions.com, Frank Dalto, 516.627.9638, frankdalto44@yahoo.com
NPC Clash at the Capstone	Jun-29	Tuscaloosa, AL	npcclashatthecapstone.com, Ron & Michelle Wedgeworth, 205.361.7137 or 256.390.1087, clashatthecapstone@hotmail.com
<b>NPC Universe Championships</b>	<b>July 5-6</b>	<b>Teaneck, NJ</b>	<b>bevfrances.com, NPCnortheast@gmail.com</b>
NPC Topamania	Jul-6	Miami, FL	topamaniaclassic.com, Stan Mccary, 786.399.8743, topamania2006@gmail.com
<b>NPC Georgia Bodybuilding Championships</b>	Jul-13	Atlanta, GA	georgiabodybuilding.com/Kenneth "Doc" Neely, doc@docsports.com, 770.471.9006
<b>NPC Mississippi Championships</b>	Jul-13	Jackson, MS	npcmsbodybuilding.com, Gordon & Cyndi Weir, gcweir@comcast.net, 601.906.8772 or 601.906.8837
<b>NPC Southern States Championships</b>	Jul-13	Ft. Lauderdale, FL	npcsouthernstates.com, Maria Ballando & Peter Potter, 305-968-3318, npcsonthernstates@gmail.com
<b>NPC Victory Classic</b>	Jul-13	Albemarle, NC	kd-promotions.com/ Kevin DeHaven, KDprep@gmail.com, 704.661.5142
<b>Teen Collegiate &amp; Masters National Championships</b>	<b>July 17-20</b>	<b>Pittsburg, PA</b>	<b>GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438</b>
NPC Body Be 1 Classic*	Jul-20	Dothan, AL	BodyB1Classic.com, Roland Huff, hbodybe1@aol.com, 706.405.9539
NPC Ty Pope Classic	Jul-20	Lake Mary, FL	seminoleclassic.com, Ty & Joanna Pope, 407.910.7074, tyjopope@yahoo.com
<b>NPC USA Championships</b>	<b>July 26-27</b>	<b>Las Vegas, NV</b>	<b>Lindsay Productions/ musclecontest.com, Tracey@musclecontest.com, 310.796.9181</b>
NPC Dexter Jackson Classic	Jul-27	Jacksonville, FL	dexterjacksonclassic.com, Dexter Jackson, Gayle Elle, Chris Minnes, 775-375-5438, events@centerpodium.com
IFBB/NPC Prestige Crystal Cup	Jul-27	Boca Raton, FL	qcpromotions.com, Andres Miller, 954.326.8821, qcbbpromotions@gmail.com

Show Name	Date	Location	Website
<b><u>NPC Tennessee State Championships</u></b>	Jul-27	Nashville, TN	tennesseebodybuilding.org
<b><u>NPC Knox Classic</u></b>	Aug-3	Knoxville, TN	tennesseebodybuilding.org/knoxclassic.com, Brian "Beano" Wallace, 865.200.5880, npcknoxclassic@gmail.com
NPC Stewart Fitness Championship	Aug-3	Rock Hill, SC	stewartfitness.com, Johnny Stewart, stewartfitness@yahoo.com, 704.449.5603
IFBB/ NPC Tampa Pro/Tim Gardner Tampa Extravaganza	Aug-3	Tampa, FL	Timgardnerproductions.com, Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
NPC City of Champions*	Aug-10	Birmingham, AL	cityofchampionsbodybuilding.com, Chris Carter, cityofchampionsbodybuilding@charter.net, 205.267.9631
NPC Monsta Classic	Aug-10	Lake City, FL	monstaclassic.com, Tony Curtis, 386.697.6315, futurefitnessfl@yahoo.com
NPC Coastal USA's	Aug-17	Duluth, GA	georgianpc.com/RopeElite, 770.962.7682
<b><u>NPC Florida State Championships</u></b>	Aug-17	Orlando, FL	dekewarner.com, Deke Warner, 321.276.3057, deke@bellsouth.net
NPC Total Body Championships	Aug-17	Tupelo, MS	totalbodygym.net, Judy & Timmy Gaillard, 662.837.5957
SC NPC Excalibur Championships	Aug-17	Charleston, SC	scnpc.com, Tres Bennet, tresb@comcast.net, 843.270.4373
<b><u>NPC Alabama State Championships</u></b>	Aug-24	Gadsden, AL	npcalabama.info, Morris Pruett, GetFitStayFit@comcast.net, 256.490.1115
NPC Greater Naples Classic	Aug-24	Naples, FL	goldenlionproductions, Giovanni Conigliaro & Mel Chancey, 239.322.2694, gio@goldenlionproductions.com
NPC Max Fit Classic	Aug-24	Ft. Walton Beach, FL	maxfitclassic.com, Russ Mesey, 850.499.2508, iammaxfit@yahoo.com
<b>NPC North American Championships</b>	<b>Aug 28-31</b>	<b>Pittsburg, PA</b>	<b>GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438</b>
<b><u>NPC Southern Tournament of Champions</u></b>	Sep-7	Manning, SC	npctoc.com, kd-promotions/ elite promotions, Kevin DeHaven, KDprep@gmail.com, 704.661.5142 Joe Pishkula, Jpishkula@gmail.com, 937.536.9581
NPC Iron Bay Classic	Sep-7	Tampa, FL	ironbodyproductions, Jose E. Santiago & Son Tran, 813.440.9258, jsantiago169@hotmail.com
<b>IFBB Olympia and Olympia Amatuer</b>	<b>Sep 10-15</b>	<b>Las Vegas, NV</b>	<b>MrOlympia.com, Robin Chang</b>
NPC Muscle Heat	Sept 14	Greensboro, NC	qrelite.com
<b>IFBB Pro League Ben Weider Natural Pro Championships</b>	<b>Sept 20-21</b>	<b>Montreal Quebec, Canada</b>	<b>GMU Productions, Gary Udit, gary@garyudit.com, 412.377.1438</b>
IFBB Professional League Hurricane Pro/ NPC Hurricane Bay Championships & NPCTyphoon Bay Naturals	Sep-21	Clearwater, FL	Timgardnerproductions.com, Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
NPC Datoyna Beach Classic	Sep-28	Daytona Beach, FL	thedaytonabeachclassic.com, Tony Curtis & Mike Matassa, 386.299.1314, toobehuge@aol.com
NPC Peach State Championships <b>New Date</b>	Oct-5	Thomasville, GA	georgianpc.com/RopeElite, 770.962.7682, Maria Wells, mwellsnpcjudge58@gmail.com
NPC Ruby Championships	Sep-28	Boca Raton, FL	qcbbpromotions.com, Andres Miller, 954.326.8821, qcbbpromotions@gmail.com
NPC First Callout	Oct-5	Pompano Beach, FL	npcfirstcallout.com, Rich Alvarez, 954.501.5858, getpumped121@aol.com
<b><u>NPC Muscle For Heart</u></b>	Oct-5	Panama City Beach	muscleforheart.com, Mike McKinney, 850.527.4479, michael4palingen@gmail.com, or 850-541-2511, vsellers@timpcb.com
NPC Flex Lewis Classic	Oct-12	Murfreesboro, TN	tennesseebodybuilding.org/ FlexLewis.net, flexlewisclassic@gmail.com

Show Name	Date	Location	Website
NPC Ultimate Muscle Extravaganza	Oct-12	Lakeland, FL	thedebsgym.com, Deb Callahan, 863-812-8788, debsgym@gmail.com
NPC Ultimate Grand Prix	Oct-19	Ft. Lauderdale, FL	floridasportsfestival.com, Serge saric, 561.460.6000, floridagrandprix2016@gmail.com
<b><u>NPC 2019 Lee Haney Games</u></b>	Nov-2	Sandy Springs, GA	leehaneygames.com, Lee Haney, info@leehaneygames.com
NPC Mel Chancey Champion Coast Classic	Oct-26	Coral Springs, FL	timgardnerproductions.com, Mel Chancey/Tim Gardner, 813.243.7800, tgflex.florida@gmail.com
<b><u>NPC Mid Atlantic Classic</u></b>	Oct-26	Charlotte, NC	kd-promotions.com/ Kevin DeHaven, KDprep@gmail.com, 704.661.5142
<b><u>NPC Klash Series All South Championships</u></b>	Nov-2	St. Augustine, FL	theklash.com, Gene Schlossberg & Joe Pishkula, 904.687.4191, flexgene@aol.com, 937-536-9581, jpishkula@gmail.com
<b><u>NPC Nashville Night of Champions*</u></b>	Nov-2	Nashville, TN	tennesseebodybuilding.org/ Allen Sizemore & Kelly Webb, sizemore365@yahoo.com, 865.384.9800
NPC Amanda Marinelli Classic & Florida Gold Cup	Nov-9	West Palm Beach, FL	frankdaltoevents.com, Frank Dalto & Amanda Marinelli, 561.627.938, frankdalto44@yahoo.com
NPC Elite Muscle Classic	Nov-9	Greensboro, NC	qrelite.com
NPC Paradise Coast*	Nov-9	Panama City Beach, FL	npcparadisecoast.com, Russ Mesey & Aaron Stillwater, 850-499-2508, iammaxfit@yahoo.com
<b><u>IFBB/ NPC South Carolina Grand Prix Pro-Am</u></b>	Nov-9	Charleston, SC	scnpc.com, Tres Bennet, tresb@comcast.net, 843.270.4373
<b><u>NPC National Championships</u></b>	<b>Nov 22-23</b>	<b>Miami, FL</b>	<b>Betz/Larsen Event Mgt, nationalbodybuilding.com, Pam Betz, PamBetz@aol.com, 407.876.4467</b>
NPC Holiday Classic	Dec-14	Ft. Lauderdale, FL	goldenlionproductions, Giovanni Conigliaro & Mel Chancey, 239.253.9956, gio@goldenlionproductions.com



## COMPETITION PREP & POSING



Contact us to schedule a complimentary consultation.

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