

# 2026 NPC SOUTHEAST NATURAL

## MAY 2, 2026 – FAYETTEVILLE, NC

### NEW CLASS: JUNIOR

Athlete must be between the ages of 18-23 on the day of the competition. A "Junior" athlete may cross over into all other classes they are eligible for. The Junior class is available in ALL divisions of competition.

## DIVISIONS

- **CROSSOVERS ALLOWED FOR ALL DIVISIONS & CLASSES EXCEPT FIT MODEL**  
- **1ST AND 2ND PLACE IN ALL OPEN DIVISIONS RECEIVE NATIONAL QUALIFICATION**

### OPEN MEN'S BB

1st - 5th & Overall  
\_\_ Bantamweight - Up to 143<sup>1/4</sup>  
\_\_ Lightweight - Over 143<sup>1/4</sup> - 154<sup>1/4</sup>  
\_\_ Middle Weight - Over 154<sup>1/4</sup> - 176<sup>1/4</sup>  
\_\_ Lightheavy - Over 176<sup>1/4</sup> - 198<sup>1/4</sup>  
\_\_ Heavyweight - Over 198<sup>1/4</sup> - 225<sup>1/4</sup>  
\_\_ Superheavy - Over 225<sup>1/4</sup>

### TRUE NOVICE MEN'S BB

\_\_ One Class 1st - 5th

### NOVICE MEN'S BB

1st - 5th & Overall  
\_\_ Lightweight - Up to 176  
\_\_ Heavyweight - Over 176

### JUNIOR BODYBUILDING

\_\_ One Class 1st - 5th

### MASTERS MEN'S BB 40+

\_\_ One Class 1st - 5th

### MASTERS MEN'S BB 50+

\_\_ 1 Class - 1st - 5th

### MASTERS MEN'S BB 60+

\_\_ One Class - 1st - 5th

### MASTERS MEN'S BB 70+

\_\_ One Class - 1st - 5th

### HERO MEN'S BODYBUILDING

\_\_ One Class - 1st - 5th

### COLLEGIATE MEN'S BODYBUILDING

\_\_ One Class - 1st - 5th

### OPEN WOMEN'S BB (Not Available in NPC Natural Events)

\_\_ One Class 1st - 5th

### HERO WOMEN'S BODYBUILDING

\_\_ One Class - 1st - 5th

### OPEN FIGURE

1st - 5th & Overall  
\_\_ Class A - Up to 5'2"  
\_\_ Class B - 5'2"<sup>1/4</sup> - 5'4"  
\_\_ Class C - 5'4"<sup>1/4</sup> - 5'6"  
\_\_ Class D - Over 5'6"

### TRUE NOVICE FIGURE

\_\_ One Class - 1st - 5th

### NOVICE FIGURE

\_\_ One Class 1st - 5th

### MASTERS FIGURE 35+

\_\_ One Class - 1st - 5th

### MASTERS FIGURE 45+

\_\_ One Class 1st - 5th

### MASTERS FIGURE 50+

\_\_ One Class 1st - 5th

### HERO FIGURE

\_\_ One Class - 1st - 5th

### OPEN MEN'S CLASSIC PHYSIQUE

1st - 5th & Overall  
\_\_ Class A - Up to 5'7"<sup>\*\*\*</sup>  
\_\_ Class B - Over 5'7" to 5'10"<sup>\*\*\*</sup>  
\_\_ Class C - Over 5'10"<sup>\*\*\*</sup>

### TRUE NOVICE CLASSIC PHYSIQUE

\_\_ One Class 1st - 5th<sup>\*\*\*</sup>  
All Height & Weight Limits Apply

### NOVICE CLASSIC PHYSIQUE

\_\_ One Class 1st - 5th<sup>\*\*\*</sup>  
All Height & Weight Limits Apply

### MASTERS CLASSIC PHYSIQUE 35+

\_\_ One Class 1st - 5th<sup>\*\*\*</sup>

### MASTERS CLASSIC PHYSIQUE 40+

\_\_ One Class 1st - 5th<sup>\*\*\*</sup>  
All Height & Weight Limits Apply

### HERO CLASSIC PHYSIQUE

\_\_ One Class - 1st - 5th

### OPEN BIKINI

1st - 5th & Overall  
\_\_ Class A - Up to 5'2"  
\_\_ Class B - Over 5'2" up to & including 5'4"  
\_\_ Class C - Over 5'4" up to & including 5'6"  
\_\_ Class D - Over 5'6"

### TRUE NOVICE BIKINI

1st - 5th & Overall  
\_\_ Class A - Up to 5'4"  
\_\_ Class B - Over 5'4"

### NOVICE BIKINI

\_\_ One Class 1st - 5th

### MASTERS BIKINI 35+

\_\_ One Class 1st - 5th

### MASTERS BIKINI 45+

\_\_ One Class 1st - 5th

### MASTERS BIKINI 50+

\_\_ One Class 1st - 5th

### HERO BIKINI

\_\_ One Class - 1st - 5th

### OPEN MEN'S PHYSIQUE

1st - 5th & Overall  
\_\_ Class A - Up to & including 5'7"  
\_\_ Class B - Over 5'7" up to & including 5'8"  
\_\_ Class C - Over 5'8" up to & including 5'9"  
\_\_ Class D - Over 5'9"

### TRUE NOVICE MEN'S PHYSIQUE

1st - 5th & Overall  
\_\_ Class A - Up to 5'7"  
\_\_ Class B - Over 5'7"

### NOVICE MEN'S PHYSIQUE

\_\_ One Class 1st - 5th

### MASTERS MEN'S PHYSIQUE 35+

\_\_ One Class 1st - 5th

### MASTERS MEN'S PHYSIQUE 40+

\_\_ One Class 1st - 5th

### HERO MEN'S PHYSIQUE

\_\_ One Class - 1st - 5th

### OPEN WOMEN'S PHYSIQUE

1st - 5th & Overall  
\_\_ Class A - Up to 5'6"  
\_\_ Class B - Over 5'6"

### TRUE NOVICE WOMEN'S PHYSIQUE

\_\_ One Class 1st - 5th

### NOVICE WOMEN'S PHYSIQUE

\_\_ One Class 1st - 5th

### MASTERS WOMEN'S PHYSIQUE 35+

\_\_ One Class 1st - 5th

### HERO WOMEN'S PHYSIQUE

\_\_ One Class - 1st - 5th

### OPEN FITNESS

\_\_ One Class 1st - 5th

### HERO FITNESS

\_\_ One Class - 1st - 5th

### OPEN WOMEN'S WELLNESS

1st - 5th & Overall  
\_\_ Class A - Up to 5'4"  
\_\_ Class B - Over 5'4"

### TRUE NOVICE WELLNESS

\_\_ One Class 1st - 5th

### NOVICE WELLNESS

\_\_ One Class 1st - 5th

### MASTERS WELLNESS 35+

\_\_ One Class 1st - 5th

### HERO WELLNESS

\_\_ One Class - 1st - 5th

### OPEN WOMEN'S FIT MODEL

1st - 5th & Overall  
\_\_ Class A - Up to 5'4"  
\_\_ Class B - Over 5'4"

### TRUE NOVICE FIT MODEL

\_\_ One Class 1st - 5th

### NOVICE FIT MODEL

\_\_ One Class 1st - 5th

### MASTERS FIT MODEL 35+

\_\_ One Class 1st - 5th

### HERO FIT MODEL

\_\_ One Class - 1st - 5th

## EVENT INFO

### EVENT REGISTRATION

- Register Online by clicking the Register to Compete tab online at [www.NPCCarolinaNatural.com](http://www.NPCCarolinaNatural.com)

### ENTRY FEE & DEADLINES

- Enter by April 22 - \$125 (Late Fee \$50 after 4/22)  
- Crossovers - \$100

Registration available online until the Wednesday prior to the show.  
Walkup registration available at checkins

### NPC CARDS

- Must have 2026 NPC Card to compete  
NPC Cards may be purchased online at [www.NPCCarolinaNatural.com](http://www.NPCCarolinaNatural.com)

### SCHEDULE OF EVENTS

- Weigh-In's: Friday May 1, 2026  
6:00pm - 7:00pm Homewood Suites (Host Hotel)

### COMPETITION: May 2, 2026

- PREJUDGING - 10:00am  
- FINALS - 3:00pm  
*Times Subject to Change*

Mandatory Athletes Meeting at 9:00am prior to prejudging.

### HOST HOTEL

**Homewood Suites**  
4028 Legend Ave, Fayetteville, NC 28303

### COMPETITION TANNING, MAKEUP & HAIR

**Elite Performance Tanning**  
[www.ElitePerformanceTanning.com](http://www.ElitePerformanceTanning.com)

### EVOLV (Posing, Makeup & Hair)

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

### CONTEST VENUE

Crown Coliseum Theater  
1960 Coliseum Dr, Fayetteville, NC 28306

### TICKETS

- **Prejudging:** \$30 Gen. Admin / \$40 VIP  
- **Finals:** \$40 Gen. Admin / \$65 VIP  
- **KIDS 12 & UNDER FREE with purchase of adult ticket**  
Tickets Available online & at the Door  
- Backstage Passes: \$100 (Must be a Ticket Holder & have a 2026 NPC Membership)

### RULES

- This is a **DRUG TESTED NPC Event**. Please review and familiarize yourself with the **Banned Substances list** online at [www.NPCCarolinaNatural.com](http://www.NPCCarolinaNatural.com). It is the duty of the athlete to review all supplements they are taking and check compared to the **Banned Substances list**. Please do not contact the promoter to verify a supplement you are taking.

- All contestants must supply their own music.  
- Music required **ONLY** for Bodybuilding, Fitness, Women's Physique & Classic Mens Physique  
- Posing music must be uploaded to MuscleWare after registering.  
- Posing Music for finals must be no longer than 60 seconds  
- Music is not used during prejudging.  
- Competition suits must be worn at weigh-ins  
- No "T" back suits.  
- Bikini suits must be in good taste.

### MUSIC

After registering, all athletes will receive a confirmation email from NPC Muscularware. In the confirmation email, there is a link provided to upload your posing routine music. Posing routine music is only required for Bodybuilding, Fitness, Women's Physique & Classic Physique Athletes. This link is active throughout the online registration period. You may upload your music at any time between the time you register and when online registration is closed on Wednesday prior to the show.

### DRUG TESTING

All first and second place winners in the open divisions will perform a Urinalysis Test.

### ELIGIBILITY

Must be a member of the National Physique Committee  
Crossovers available to compete in all divisions & categories in which they qualify.

- **Open** - Open to any NPC Athlete  
- **True Novice** - For first time NPC competitors only.  
- **Novice** - An NPC athlete that has never placed first in their class in a Novice, Masters or Open contest.  
- **Masters** - Must be at least 35, 40, 45, 50 or 60 years of age or older as of May 2, 2026 (Proof of Age Required)  
- **Hero** - This division is dedicated to the active & retired members of our military, police fire, medical & first responder community.  
- **Junior** - Open to any NPC Athlete between the ages of 18 & 23.  
- **Collegiate** - Open to any NPC Athlete currently enrolled in college. Must present student ID and be between the ages of 18 & 25 on the day of the contest.

**JUNIOR, COLLEGIATE, HERO & WHEELCHAIR CLASSES ARE AVAILABLE IN ALL DIVISIONS OF COMPETITION**

**ADDITIONAL MASTERS CLASSES MAY BE ADDED AS-NEEDED**  
TO REQUEST ADDITIONAL CLASSES PLEASE EMAIL [INFO@CHRISHOLLINGSWORTH.COM](mailto:INFO@CHRISHOLLINGSWORTH.COM)