

The competitions listed in this directory are NPC competitions in the southeast, national level shows and shows promoted by our advertisers. All shows are alphabetical, arranged by date. Advertiser shows are highlighted in **RED** and their websites are clickable directly from the digital version of this publication. Pro Qualifiers are highlighted in **YELLOW**. You can also find our competition calendar on our website at southernmuscleguide.com.

DATE	COMPETITION NAME	LOCATION	PROMOTER / CONTACT	WEBSITE
FEB 29 - MAR 1	ARNOLD CLASSIC & NPC WORLDWIDE ARNOLD AMATEUR	Columbus, OH	arnoldamateur@npcevents.com udit@garyudit.com	arnoldsports.com arnoldamateur.com
MAR 30	NPC BAYOU MUSCLE	Kenner, LA	Luke Tesvich - 504.439.6224	louisianamuscle.com
MAR 30	NPC IFBB PRO LEAGUE KLASH SERIES CHAMPIONSHIP NPC BORDER KLASH CHAMPIONSHIPS IFBB PRO LEAGUE WORLD KLASH PRO BIKINI	Orlando, FL	Joe Pishkula - 937.536.9581 jpishkula@gmail.com	theklash.com
APR 6-7	IFBB PROFESSIONAL LEAGUE CHARLOTTE PRO & NPC CHARLOTTE CUP	Charlotte, NC	Johnny Stewart - 704.449.5603 stewartfitness@yahoo.com Sanders Armstrong - 704.560.4637	johnnystewartproductions.com
APR 6	NPC MEL CHANCEY REDCON1 CHAMPION MUSCLE CLASSIC	Punta Gorda, FL	Mel Chancey	chanceyfitness.com
APR 13	NPC PANHANDLE SHOWDOWN	Ft. Walton Beach, FL	Russ Mesity - 850.499.2508, iammaxfit@yahoo.com	panhandleshowdown.com
APR 13	NPC IFBB TRI-CITY CLASSIC PRO-AM & FIT EXPO	Columbus, GA	Roland Huff - 706.405.9539 hbodybe1@aol.com	tricityclassic.com
APR 20	NPC CLASH ON THE COAST	Orange Beach, AL	Ron Wedgeworth - 205.361.7137 Morris Pruett - 256.490.1115 clashatthecapstone@hotmail.com	npcclashatthecapstone.com
APR 20	NPC DIAMOND CLASSIC	Boca Raton, FL	Andres Miller - 954.326.8821 qcbbpromotions@gmail.com	qcbbpromotions.com
APR 20	NPC SOUTHERN TOURNAMENT OF CHAMPIONS	Manning, SC	Kevin DeHaven - 704.661.5142 KDprep@gmail.com	kd-promotions.com
APR 27	NPC IFBB PRO LEAGUE GRL PWR (ALL WOMEN'S WEEKEND) NPC GRL PWR CHAMPIONSHIPS IFBB PRO LEAGUE GRL PWR PRO BIKINI	Orlando, FL	Shannon Dey/Joe Pishkula - 407.757.2804 ceo@bombshellfitness.com	npcgrlpwr.com/theklash.com

MARCH

APRIL

MAY

DATE	COMPETITION NAME	LOCATION	PROMOTER / CONTACT	WEBSITE
MAY 4	NPC FLORIDA GRAND PRIX	Boca Raton, FL	Serge Saric - 561.247.3456 floridagrandprix@gmail.com	floridasportfestival.com
MAY 4	NPC RIPTIDE CLASSIC	Panama City Beach, FL	Mike McKinney - 850.527.4479 michael4palingen@gmail.com Vic Sellers - 850.541.2511 vsellers@timpcb.com	850fitproductions.com
MAY 4	NPC CAROLINA NATURAL NORTH CAROLINA CHAMPIONSHIPS	Shelby, NC	Chris Hollingsworth - 910.264.9182 info@chrishollingsworth.com	npccarolinanatural.com
MAY 5	NPC NATURAL GRAND PRIX	Boca Raton, FL	Serge Saric - 561.247.3456 floridagrandprix@gmail.com	floridasportfestival.com
MAY 11	NPC IRON LIFE CLASSIC	St. Augustine, FL	Tony Curtis - 386.299.1314 npcironlife@gmail.com	npcironlife.com
MAY 11	NPC MEMPHIS BODYBUILDING CHAMPIONSHIPS	Memphis, TN	Allen Sizemore - 865.384.9800 sizemore365@yahoo.com	npcmemphischampionships.com
MAY 17-18	NPC JUNIOR USA BODYBUILDING CHAMPIONSHIPS (PRO QUALIFIER)	Charleston, SC	Tres Bennet - 843.270.4373 tresb@comcast.net	npcjuniorusa.com
MAY 18	NPC TRIUMPH CLASSIC	Boca Raton, FL	Rich Alvarez - 954.501.5858 Maria Ballando - 305.968.3318	npctriumph.com
MAY 25	NPC CYDNEY GILLON PEACH CLASSIC	Newnan, GA	Cydney & Tangelea Gillon - 404.409.8143	cydneygillonpeachclassic.com
MAY 25	NPC IFBB PRO LEAGUE KLASH SERIES SOUTHERN USA	Orlando, FL	Shannon Dey/Joe Pishkula - 407.757.2804 ceo@bombshellfitness.com	npcsouthernusa.com/ theklash.com
MAY 25	NPC OPTIMUM CLASSIC	Shreveport, LA	Robert "Supa-Mann" Blount 318.347.2208 info@optimumclassic.com	optimumclassic.com
MAY 25	NPC PALMETTO CLASSIC	Columbia, SC	Kevin DeHaven - 704.661.5142 KDprep@gmail.com	kd-promotions.com

MAY

DATE	COMPETITION NAME	LOCATION	PROMOTER / CONTACT	WEBSITE
MAY 25	NPC VULCAN CLASSIC	Birmingham, AL	Morris & Kelly Pruett - 256.490.1115 kellywpruett@comcast.net	thenpcvulcanclassic.com
JUN 1	NPC LOUISIANA OPEN CHAMPIONSHIPS	Boca Raton, FL	Bubby Lupo - 504.303.4784 Chick Biggio - 504.303.1077 Jason Neatherlin - 404.754.8355	louisianabodybuilding.com
JUN 1	NPC IFBB PRO LEAGUE MIAMI MUSCLE BEACH PRO-AM	Miami, FL	Paula Geobanny - 786.217.2110 miamimusclebeachpro@gmail.com	miamifitexpo.com
JUN 1	NPC MID-SOUTH MUSCLE SHOWDOWN	Southaven, MS	Wesley & Casey Nelson - 901.606.4329 casey@hustlehousegym.com	midsouthmusclerest.com
JUN 8	NPC ATLANTIC COAST CHAMPIONSHIPS	Wilmington, NC	grady818@aol.com 910.200.0778	carolinanpc.com
JUN 8	NPC BATTLE ON THE GULF COAST	Biloxi, MS	Douglas Sellers - 225.324.9991	npcbattleonthegulfcoast.com
JUN 8	NPC BATTLE AT THE RIVER	Chattanooga, TN	Bryan Hayworth - 423.677.3347 TY Hayworth IG: @coachhayworth Allen Sizemore - 865.384.9800 npcbattleattheriver@gmail.com	npcbattleattheriver.com
JUN 8	NPC CLASH OF THE TITANZ	Lilburn, GA	Daniel Stuckart - 706.449.9809 daniel@titanz.net	titanzklash.com
JUN 8	NPC MID-FLORIDA CLASSIC	Orlando, FL	Deke Warner - 321.276.3057 deke@bellsouth.net	dekewarner.com
JUN 21-22	NPC JUNIOR NATIONALS (PRO QUALIFIER)	Chattanooga, TN	@spectrumfitnessproductions @robinchang_ifbcpro	npcjrnats.com
JUN 22	IFBB PRO SOUTH FLORIDA PRO 212 CHAMPIONSHIPS & NPC CHIZLD CLASSIC	Boca Raton, FL	John Hnatyschak info@Chzldclassic.com	Chzldclassic.com
JUN 22	NPC IFBB PRO LEAGUE BODY BE 1 CLASSIC PRO-AM	Montgomery, AL	Roland Huff - 706.405.9539 Michelle Prater - 256.541.7273 hbodybe1@aol.com	bodybe1.com

JUNE

JUNE

DATE	COMPETITION NAME	LOCATION	PROMOTER / CONTACT	WEBSITE
JUN 22	NPC VICTORY CLASSIC	Charlotte, NC	Kevin DeHaven - 704.661.5142 KDprep@gmail.com	kd-promotions.com
JUN 29	NPC BORDER KLASH CHAMPIONSHIPS	Aiken, SC	Joe Pishkula - 937.536.9581 jpishkula@gmail.com	theklash.com
JUN 29	NPC SOUTH CENTRAL USA	Sulphur, LA	Bubby Lupo - 504.330.4784 Jessica Hayman - 225.937.1671	npcsouthcentralusa.com
JUN 29	NPC/ IFBB PRO LEAGUE ST.PETE PRO	St. Petersburg, FL	David Herskovitz - 850.519.0580 davidm_herskovitz@yahoo.com	Herskiepro.com
JUL 4-6	NPC UNIVERSE CHAMPIONSHIPS (PRO QUALIFIER)	Teaneck, NJ	Steve Weinberger - 516.933.1111 info@bevfrancis.com	bevfrancis.com/shows.html
JUL 6	NPC IFBB PRO LEAGUE ORLANDO CHAMPIONSHIPS	Orlando, FL	Ed & Betty Pariso - 817.404.7828 betty@visionstarentertainment.com	ubexpo.com
JUL 12-14	IFBB PROFESSIONAL LEAGUE LENDA MURRAY ATLANTA PRO AND NPC LENDA MURRAY ATLANTA CLASSIC	Atlanta, GA	Alex Sacasa - 480.747.7401 Alex@wingsofstrength.net	wingsofstrength.net
JUL 13	NPC SOUTHERN STATES	Pompano Beach, FL	Maria Bellando - 305.968.3318 npcsouthernstates@gmail.com	npcsouthernstates.com

JULY

JUL 17-20	NPC TEEN COLLEGIATE & MASTERS NATIONAL CHAMPIONSHIPS (PRO QUALIFIER)	Pittsburgh, PA	GMU Productions Gary Udit - 412.377.1438 gary@garyudit.com	garyudit.com
JUL 18-20	IFBB PROFESSIONAL LEAGUE WOLFPACK CHICAGO PRO, IFBB PROFESSIONAL LEAGUE CHICAGO MASTERS PRO, WINGS OF STRENGTH NPC WORLDWIDE MS INTERNATIONAL CLASSIC WOMEN'S BODYBUILDING, NPC CELSIUS CHICAGO EXTRAVAGANZA	Rosemont, IL	Tim Gardner - 813.518.5995 tgflex.florida@gmail.com	timgardnerproductions.com
JUL 20	NPC GREATER TENNESSEE VALLEY CHAMPIONSHIPS	Huntsville, AL	Will Wise - 256.653.0150 info@greatertnvalleychampionships.com	greatertnvalleychampionships.com
JUL 20	NPC NATURAL MUSCLE	Baton Rouge, LA	Luke Tesvich - 504.439.6224	louisianamuscle.com
JUL 20	NPC TY POPE CLASSIC	Lake Mary, FL	Ty & Jo Anna Pope - 321.460.0910 tyjopope@yahoo.com	tyopeclassic.com

JULY

DATE	COMPETITION NAME	LOCATION	PROMOTER / CONTACT	WEBSITE
JUL 26-27	NPC USA BODYBUILDING CHAMPIONSHIPS (PRO QUALIFIER)	Las Vegas, NV	Lindsay Productions 310.796.9181 Tamer@musclecontest.com	musclecontest.com
JUL 27	NPC DEXTER JACKSON CLASSIC	Jacksonville, FL	Dexter Jackson, Gayle Elie, Chris Minnes 775.375.5438 events@centerpodium.com	centerpodium.com/dexterjacksonclassic
JUL 27	NPC CAROLINA NATURAL SOUTH CAROLINA CHAMPIONSHIPS	Columbia, SC	Chris Hollingsworth - 910.264.9182 info@chrishollingsworth.com	npccarolinanatural.com
JUL 27	NPC MISSISSIPPI CHAMPIONSHIPS	Madison, MS	Alex Byars - 901.258.9109 byarsbodybuilding@gmail.com Morris Pruett - 256.490.1115 GetFitStayFit@comcast.net	npcmschampionships.com
AUG 1-3	IFBB PROFESSIONAL LEAGUE TITAN MEDICAL CENTER TAMPA PRO, IFBB PROFESSIONAL LEAGUE WINGS OF STRENGTH TAMPA MASTERS PRO, NPC CELSIUS TAMPA EXTRAVAGANZA	Tampa, FL	Tim Gardner - 813.518.5995 tgflex.florida@gmail.com	timgardnerproductions.com
AUG 3	SC NPC EXCALIBUR CHAMPIONSHIPS & IFBB PRO BIKINI	Charleston, SC	Tres Bennet - 843.270.4373 tresb@comcast.net	solidattitude.com
AUG 3	NPC KNOX CLASSIC	Knoxville, TN	Brian "Beano" Wallace - 865.200.5880 npcknoxclassic@gmail.com	knoxclassic.com
AUG 10	NPC ATLANTA ALL STATES INVITATIONAL	Lilburn, GA	Abdul Gibbs - 678.517.6248 abdulgibbs@hotmail.com Steve Payne - 678.641.9189 steve@trainwithpayne.com	npcatlantaallstates.com
AUG 10	NPC FLORIDA STATE CHAMPIONSHIPS	Orlando, FL	Deke Warner - 321.276.3057 deke@bellsouth.net	dekewarner.com
AUG 10	NPC TENNESSEE STATE BODYBUILDING CHAMPIONSHIPS	Chattanooga, TN	Allen & Becca Sizemore - 865.384.9800 sizemore365@yahoo.com	npctn.com
AUG 11	NPC ATLANTA NATURAL CHAMPIONSHIPS	Lilburn, GA	Steve Payne - 678.641.9189 steve@trainwithpayne.com Abdul Gibbs - 678.517.6248 abdulgibbs@hotmail.com	atlantanaturalchampionships.com
AUG 17	NPC IFBB PRO LEAGUE MAX FIT CLASSIC PRO-AM	Ft. Walton Beach, FL	Russ Mesey - 850.499.2508 iammaxfit@yahoo.com	maxfitclassic.com

AUGUST

AUGUST

DATE	COMPETITION NAME	LOCATION	PROMOTER / CONTACT	WEBSITE
AUG 17	IFBB PRO LEAGUE AND NPC NASHVILLE FIT SHOW (FEMALE ONLY)	Nashville, TN	Whitney Wiser info@nashvillefitshow.com	nashvillefitshow.com
AUG 17	IFBB PROFESSIONAL LEAGUE TUPELO PRO & NPC TOTAL BODY CHAMPIONSHIPS	Tupelo, MS	Judy & Timmy Gaillard - 662.837.5957	totalbodygym.net
AUG 24	NPC ALABAMA STATE CHAMPIONSHIPS	Gadsden, AL	Morris Pruett - 256.490.1115 Kellwpruett@comcast.net	npcalabama.com
AUG 24	NPC CAJUN MUSCLE & EXPO	Lafayette, LA	Bubby Lupo - 504.330.4784 Chuck Biggio - 504.303.1077 Jason Neatherlin - 404.754.8355	louisianabodybuilding.com
AUG 24	NPC MEL CHANCEY HARBOR CLASSIC	Punta Gorda, FL	Mel Chancey	chanceyfitness.com
AUG 24	NPC NIGHT OF THE GLADIATORS	Tifton, GA	Maria & Jim Wells - 229.646.0655 Mariawells54@gmail.com	npcnightofthegladiators.com
AUG 24	NPC IFBB PRO LEAGUE WORLD KLASH CHAMPIONSHIPS	Charleston, SC	Joe Pishkula - 937.536.9581 jpishkula@gmail.com	theklash.com
AUG 28 - SEPT 1	NPC NORTH AMERICAN CHAMPIONSHIPS/ IFBB PRO LEAGUE PITTSBURGH PRO MASTERS (PRO QUALIFIER)	Pittsburgh, PA	GMU Productions Gary Udit - 412.377.1438 gary@garyudit.com	garyudit.com
SEPT 7	IFBB PRO LEAGUE FLORIDA PRO & NPC FLORIDA TOURNAMENT OF CHAMPIONS	Sarasota, FL	Stacy Taylor - 813.545.3312 npcfloridatoc@gmail.com	npcfloridatoc.com
SEPT 14	NPC/IFBB PRO LEAGUE JANET LAYUG'S BATTLE OF THE BODIES	Ft. Lauderdale, FL	info@janetsbattleofthebodies.com	janetsbattleofthebodies.com
SEPT 14	IFBB PROFESSIONAL LEAGUE WOLFPACK SAN ANTONIO PRO, IFBB PROFESSIONAL LEAGUE WINGS OF STRENGTH SAN ANTONIO MASTERS PRO, AND NPC CELSIUS SAN ANTONIO EXTRAVAGANZA	San Antonio, TX	Tim Gardner - 813.518.5995 tgflex.florida@gmail.com	timgardnerproductions.com
SEPT 20	NPC NATURAL GULF COAST	Orange Beach, AL	Ron Wedgeworth - 205.361.7137 Morris Pruett - 256.490.1115 Bubby Lupo - 504.330.4784 ronwedgeworth@outlook.com	npcnatural.com

SEPTEMBER

SEPTEMBER

OCTOBER

DATE	COMPETITION NAME	LOCATION	PROMOTER / CONTACT	WEBSITE
SEPT 21	NPC BEACH BASH	Orange Beach, AL	Ron Wedgeworth - 205.361.7137 Morris Pruett - 256.490.1115 Bubby Lupo - 504.330.4784 info@npcbeachbash.com	npcbeachbash.com
SEPT 21	NPC GEORGIA STATE CHAMPIONSHIPS	Lilburn, GA	Daniel Stuckart - 706.449.9809 daniel@titanz.net	npcgeorgiastatechampionships.com
SEPT 21	NPC ULTIMATE MUSCLE EXTRAVAGANZA	Lakeland, FL	Deb Callahan - 863.812.8788 debsgym@gmail.com	npcultimatemuscle.com
SEPT 28-29	NPC IFBB PRO LEAGUE DAYTONA BEACH CLASSIC	Daytona Beach, FL	Mike Matassa - 386.299.1314 toobehuge@aol.com	thedaytonabeachclassic.com
SEPT 28	NPC NATURAL BATTLE OF WEST GEORGIA	Carrollton, GA	Dylan Allen - 770.871.9504 battleofwestgeorgia@gmail.com	battlewga.com
SEPT 28	NPC UPSTATE CLASSIC	Spartanburg, SC	Davina Cross - 828.989.0598 davina1@hotmail.com	dutchstrengthpromotions.com
OCT 5	NPC FIRST CALLOUT	Coral Springs, FL	Rich Alvarez - 954.501.5858 npcfirstcallout@gmail.com	npcfirstcallout.com
OCT 5	NPC MUSCLE FOR HEART	Panama City Beach, FL	Mike McKinney - 850.527.4479 michael4palingen@gmail.com Vic Sellers - 850.541.2511 vsellers@timpcb.com	850fitproductions.com
OCT 5	NPC IFBB PRO LEAGUE SOUTHERN MUSCLE SHOWDOWN AND SPRAY TANS BY MAGGIE CLASSIC AND BIKINI PRO	Dalton, GA	Steve Payne - 678.641.9189 steve@trainwithpayne.com Rachel Payne - 678.641.9188 rachel@trainwithpayne.com	southernmuscleshowdown.com
OCT 8-12	IFBB OLYMPIA AND OLYMPIA AMATEUR (PRO QUALIFIER)	Las Vegas, NV	Dan Solomon/Tamer Guindy contact@mrolympia.com	mrolympia.com
OCT 18-19	IFBB PROFESSIONAL LEAGUE HOT SPOT TANNING HURRICANE PRO, IFBB PROFESSIONAL LEAGUE WINGS OF STRENGTH HURRICANE MASTERS PRO, AND NPC CELSIUS HURRICANE BAY CHAMPIONSHIPS	St. Petersburg, FL	Tim Gardner - 813.518.5995 tgflex.florida@gmail.com	timgardnerproductions.com

OCTOBER

DATE	COMPETITION NAME	LOCATION	PROMOTER / CONTACT	WEBSITE
OCT 19	NPC MID ATLANTIC CLASSIC	Charlotte, NC	Kevin DeHaven - 704.661.5142 KDprep@gmail.com	kd-promotions.com
OCT 26	IFBB PRO LEAGUE AND NPC CHATTANOOGA NIGHT OF CHAMPIONS	Chattanooga, TN	Allen Sizemore & Kelly Webb 865.384.9800 sizemore365@yahoo.com	npcifbbpronightofchampions.com
OCT 26	NPC HOTNFITNESS GYM PUERTO RICO CHAMPIONSHIPS	Santurce, Puerto Rico	Tim Gardner - 813.518.5995 tgflex.florida@gmail.com	timgardnerproductions.com
OCT 26	NPC ROCK HARD SHOW OF CHAMPIONS	Ft. Walton Beach, FL	Russ Mesey - 850.499.2508 iammaxfit@yahoo.com	npcrockhard.com
OCT 26	NPC ULTIMATE GRAND PRIX	Ft. Lauderdale, FL	Serge Saric - 561-247-3456 ultimategrandprix@gmail.com	floridasportfestival.com
NOV 2	NPC ELITE MUSCLE CLASSIC	Greensboro, NC	Quincy Roberts - 336.987.4007 qrelite@gmail.com	quincyroberts.com
NOV 2	NPC IRON CITY CLASSIC	Birmingham, AL	Kelly Pruet - 256.490.5858 Will Wise - 256.653.0150 info@npcironcity.com	npcironcity.com
NOV 2	IFBB PRO LEAGUE KLASH CHAMPIONSHIP SERIES NPC KLASH SERIES ALL SOUTH CHAMPIONSHIPS	Orlando, FL	Joe Pishkula - 937.536.9581 jpishkula@gmail.com	theklash.com
NOV 2	LEE HANEY'S OPEN PHYSIQUE INVITATIONAL	Duluth, GA	Lee Haney info@leehaneygames.com	leehaneygames.com
NOV 9	NPC RUBY CHAMPIONSHIPS	Boca Raton, FL	Andres Miller - 954.326.8821 qcbbpromotions@gmail.com	qcbbpromotions.com
NOV 9	NPC MONSTA CLASSIC	Lake City, FL	Tony Curtis - 386.697.6315 futurefitnessfl@yahoo.com	monstaclassic.com
NOV 15-16	IFBB PRO LEAGUE AND NPC WORLDWIDE BEN WEIDER NATURALS (PRO QUALIFIER)	Alexandria, VA	GMU Productions Gary Udit - 412.377.1438 gary@garyudit.com	garyudit.com

NOVEMBER

NOVEMBER

DEC.

DATE	COMPETITION NAME	LOCATION	PROMOTER / CONTACT	WEBSITE
NOV 16-17	IFBB PROFESSIONAL LEAGUE HEALTHY FUZE VITALITY ATLANTIC COAST OPEN PRO, IFBB PROFESSIONAL LEAGUE WINGS OF STRENGTH ATLANTIC COAST MASTERS PRO, NPC CELSIUS ATLANTIC COAST CHAMPIONSHIPS, AND NPC BOMBSHELL INC.NATURAL ATLANTIC COAST CHAMPIONSHIPS	Ft. Lauderdale, FL	Tim Gardner - 813.518.5995 tgflex.florida@gmail.com	timgardnerproductions.com
NOV 16	CAROLINA NPC STATE CHAMPIONSHIPS	Shelby, NC	Tres Bennet - 843.270.4373 tresb@comcast.net	solidattitude.com
NOV 23-24	NPC MASTERS USA (PRO QUALIFIER)	Venice, CA	Tamer El Guindy - 310.796.9181 tamer@musclecontest.com	musclecontest.com
NOV 23	NPC SOUTHERN MUSCLE	Kenner, LA	Luke Tesvich - 504.439.6224 Bubby Lupo - 504.330.4784	louisianamuscle.com
DEC 12-14	NPC NATIONAL CHAMPIONSHIPS	Irving, TX	412.276.5027 npcfirst@npcregistration.com	npcnationalchampionship.com
DEC 21	NPC MEL CHANCEY HOLIDAY CLASSIC	Punta Gorda, FL	Mel Chancey	chanceyfitness.com
DATES PENDING				
TBD	NPC ARMED FORCES NATIONALS	Alexandria, VA	GMU Productions Gary Udit - 412.377.1438 gary@garyudit.com	garyudit.com