

The competitions listed in this directory are NPC competitions in the southeast, national level shows and shows promoted by our advertisers. The shows are alphabetical, arranged by date. You can also find our competition calendar on our website at [southernmuscleguide.com](http://southernmuscleguide.com).

**ADVERTISER** ([website clickable](#))

**NATURAL**
**NATURAL + ADVERTISER**
**PRO QUALIFIER**

Date	Show	Location	Promoter/Contact	Website
<b>MARCH</b> Feb-Mar <b>27-1</b>	Arnold Classic & NPC Worldwide Arnold Amateur	Columbus, OH	Gary Udit arnoldamateur@npcevents.com gudit@garyudit.com	arnoldsports.com arnoldamateur.com
April <b>5</b>	NPC Mel Chancey Champion Muscle Classic	Punta Gorda, FL	Tim Gardner, 813.518.5995 tgflex.florida@gmail.com Mel Chancey	<a href="http://timgardnerproductions.com">timgardnerproductions.com</a> <a href="http://chanceyfitness.com">chanceyfitness.com</a>
April <b>5</b>	NPC IFBB Tri-City Classic Pro-Am & Fit Expo	Columbus, GA	Roland Huff 706.405.9539, hbodybe1@aol.com	<a href="http://tricityclassic.com">tricityclassic.com</a>
April <b>12</b>	IFBB Professional League Charlotte Pro & NPC Charlotte Cup	Charlotte, NC	Johnny Stewart, 704.449.5603 stewartfitness@yahoo.com Sanders Armstrong, 704.560.4637	<a href="http://johnnystewartproductions.com">johnnystewartproductions.com</a>
April <b>12</b>	NPC Panhandle Showdown	Ft. Walton Beach, FL	Russ Mesey, 850.499.2508 iammaxfit@yahoo.com	panhandleshowdown.com
<b>APRIL</b> April <b>19</b>	NPC Bayou Muscle	Kenner, LA	Luke Tesvich, 504.439.6224	<a href="http://louisianamuscle.com">louisianamuscle.com</a>
April <b>19</b>	NPC Diamond Classic	Boca Raton, FL	Andres Miller, 954.326.8821 qcbbpromotions@gmail.com	qcbbpromotions.com
April <b>26</b>	NPC IFBB Pro League GRL PWR, All Women's Weekend, NPC GRL PWR Championships, IFBB Pro League GRL PWR Pro Bikini & Wellness	Orlando, FL	Shannon Dey, 407.606.5200 ceo@bombshellfitness.com	npcgrlpwr.com fitgirlvents.com
April <b>26</b>	NPC Southern Tournament of Champions	Manning, SC	Kevin DeHaven 704.661.5142, KDprep@gmail.com	<a href="http://kd-promotions.com">kd-promotions.com</a>
<b>MAY</b> May <b>3-4</b>	NPC/IFBB Florida Grand Prix NPC Natural Grand Prix	Boca Raton, FL	Serge Saric, 561.247.3456 floridagrandprix@gmail.com	<a href="http://floridasportsfestival.com">floridasportsfestival.com</a>
May <b>3</b>	NPC Louisiana Open Championships	Baton Rouge, LA	Bubby Lupo, Chuck Biggio 504.303.4784, 504.303.1077, Jessica Hayman 225.937.1671	TBD

Date	Show	Location	Promoter/Contact	Website
May 3	NPC North Carolina Natural Championships	Shelby, NC	Chris Hollingsworth, 910.264.9182 info@chrishollingsworth.com	npccarolinanatural.com
May 10	NPC Iron Life Classic	St. Augustine, FL	Tony Curtis, 386.299.1314 npcironlife@gmail.com	npcironlife.com
May 10	NPC Memphis Bodybuilding Championships	Memphis, TN	Allen Sizemore, 865.384.9800 sizemore365@yahoo.com	npcmemphischampionships.com
May 10-11	NPC Pittsburgh Natural Pro Qualifier	Pittsburgh, PA	Jim Manion 412.276.5027 npcfirst@npcregistration.com	pittspowerfit.com
May 24	NPC IFBB Pro League Miami Muscle Beach Pro-Am	Miami, FL	Geobanny Paula, 786.217.2110 miamimusclebeachpro@gmail.com	miamifitexpo.com
May 24	IFBB/NPC Optimum Classic	Shreveport, LA	Robert "Supa-Mann" Blount 318.347.2208 info@optimumclassic.com	<a href="http://optimumclassic.com">optimumclassic.com</a>
May 24	NPC Palmetto Classic	Manning, SC	Kevin DeHaven 704.661.5142, KDprep@gmail.com	<a href="http://kd-promotions.com">kd-promotions.com</a>
May 24	NPC Southern USA	Orlando, FL	Shannon Dey, 407.606.5200 ceo@bombshellfitness.com	npcsouthernusa.com fitgirlvents.com
May 24	NPC Vulcan Classic	Birmingham, AL	Morris & Kelly Pruett 256.490.1115 kellywpruett@comcast.net	<a href="http://thenpcvulcanclassic.com">thenpcvulcanclassic.com</a>
May 30-31	NPC Junior USA Bodybuilding Championships	Charleston, SC	Tres Bennet, 843.270.4373 tresb@comcast.net	npcjuniorusa.com
May 31	NPC Cydney Gillon Peach Classic	Alpharetta, GA	Cydney & Tangelea Gillon 404.409.8143 Tangelea@cakefactoryfitness.com	npccydneygillonpeachclassic.com
May 31	NPC Mid-Florida Classic	Altamonte Springs, FL	Deke Warner 321.276.3057, deke@bellsouth.net	dekewarner.com
May 31	NPC Natural Battle of the Titans	Nashville, TN	Whitney Wiser Savage Allen Sizemore, 865.384.9800 sizemore365@yahoo.com	npcnaturaltitans.com
June 7	NPC Atlantic Coast Championships	Wilmington, NC	910.200.0778 grady818@aol.com	carolinanpc.com

Date	Show	Location	Promoter/Contact	Website
June 7	NPC Mid-South Muscle Showdown	Southaven, MS	Wesley & Casey Nelson 901.606.4329 casey@hustlehousegym.com	midsouthmuscleshowdown.com
June 14	NPC Battle at the River	Chattanooga, TN	Bryan Hayworth, 423.677.334 TY Hayworth IG: @coachhayworth Allen Sizemore, 865.384.9800 npcbattleattheriver@gmail.com	npcbattleattheriver.com
June 14	NPC Battle on the Gulf Coast	Madison, MS	Douglas Sellers, 225.324.9991	npcbattleonthegulfcoast.com
June 14	NPC Border Klash Championships	Aiken, SC	Joe Pishkula, 937.536.9581 jpishkula@gmail.com	theklash.com
June 14	NPC Georgia State Championships	Lilburn, GA	Daniel & Rachel Stuckart 678.761.1451, daniel@titanz.net 404.934.3327, rachel@titanz.net	npcgeorgiastatechampionships.com npctitanzclashproam.com
	Natural Clash of the Titanz Pro-Am			
June 20-21	NPC Junior Nationals & IFBB World Classic Pro	Chattanooga, TN	Sandy Williamson 818.400.1060 sandyonsandylane@gmail.com	npcjrnats.com
June 21	NPC IFBB Pro League Body Be 1 Classic Pro-Am	Montgomery, AL	Roland Huff, 706.405.9539 hbodybe1@aol.com Michelle Prater, 256.541.7273	<a href="http://bodybe1.com">bodybe1.com</a>
June 21	NPC Riptide Classic	Panama City Beach, FL	Vic Sellers, 850.541.2511 vsellers@timpcb.com	850fitproductions.com
June 21	IFBB Pro South Florida Chzld Pro Championships & NPC Chzld Classic	Boca Raton, FL	John Hnatyschak, Adam Reich 201.321.0076 info@Chzldclassic.com	chzldclassic.com
June 21	NPC Victory Classic	Shelby, NC	Kevin DeHaven 704.661.5142, KDprep@gmail.com	<a href="http://kd-promotions.com">kd-promotions.com</a>
June 28	NPC Cajun Muscle & Expo	Lafayette, LA	Bubby Lupo, 504.330.4784 Chuck Biggio, 504.303.1077	<b>TBD</b>
June 28	NPC/IFBB Pro League St. Pete Pro	St. Petersburg, FL	David Herskovitz, 850.519.058 davidm_herskovitz@yahoo.com	herskiepro.com
July 3-5	NPC Universe Championships	Teaneck, NJ	Steve Weinberger, 516.933.1111 info@bevfrancis.com	bevfrances.com/npcnortheast
	*NPC Natural – Men's Open Bodybuilding only			

Date	Show	Location	Promoter/Contact	Website
July 12	Atlanta All States Invitational	Lilburn, GA	Abdul Gibbs, 678.517.6248 abdulgibbs@hotmail.com Samuel Lin, 678.549.9695 linjsamuel@gmail.com	<a href="http://npcatlantaallstates.com">npcatlantaallstates.com</a>
July 12	NPC Greater Tennessee Valley Championships	Huntsville, AL	Will Wise, 256.653.0150 info@greatertnvalleychampionships.com	<a href="http://greatertnvalleychampionships.com">greatertnvalleychampionships.com</a>
July 12	NPC Southern States	Boca Raton, FL	Maria Bellando, 305.968.3318 npcsouthernstates@gmail.com	<a href="http://npcsouthernstates.com">npcsouthernstates.com</a>
July 16-19	NPC Teen Collegiate & Masters National Championships	Pittsburgh, PA	GMU Productions, Gary Udit, 412.377.1438, gary@garyudit.com	<a href="http://garyudit.com">garyudit.com</a>
July 17-19	IFBB Professional League Chicago Pro, IFBB Professional League Chicago Masters Pro, NPC Chicago Extravaganza	Rosemont, IL	Tim Gardner, 813.518.5995 tgflex.florida@gmail.com	<a href="http://timgardnerproductions.com">timgardnerproductions.com</a>
July 19	NPC Natural Muscle	Baton Rouge, LA	Luke Tesvich 504.439.6224	<a href="http://louisianamuscle.com">louisianamuscle.com</a>
July 19	NPC Ty Pope Classic	Lake Mary, FL	Ty & Joanna Pope, 321.460.0910 tyjopope@yahoo.com	<a href="http://tyjopopeclassic.com">tyjopopeclassic.com</a>
July 25-26	NPC Mississippi Natural Classic	Madison, MS	Judy Gaillard, 662.837.5987 Casey Nelson, 901.606.4329 Alex Byars, 901.258.9109 byarsbodybuilding@gmail.com Morris Pruett, 256.490.1115 GetFitStayFit@comcast.net	<a href="http://npc-ms/npc-ms-natural-classic.com">npc-ms/npc-ms-natural-classic.com</a> <a href="http://npcmschampionships.com">npcmschampionships.com</a>
	NPC Mississippi Championships			
July 25-26	NPC USA Bodybuilding Championships	Las Vegas, NV	Tamer El Guindy 310.796.9181 Tamer@musclecontest.com	<a href="http://musclecontest.com">musclecontest.com</a>
July 26	NPC Dexter Jackson Classic	Jacksonville, FL	Dexter Jackson, Chris Minnes 775.375.5438 events@centerpodium.com	<a href="http://centerpodium.com/dexterjacksonclassic">centerpodium.com/dexterjacksonclassic</a>
July 26	NPC South Central USA	Sulphur, LA	Jessica Hayman, 225.937.1671 Bobby Lupo, 504.330.4784	<a href="http://npcsouthcentralusa.com">npcsouthcentralusa.com</a>
July 26	NPC Tennessee State Bodybuilding Championships	Murfreesboro, TN	Allen & Becca Sizemore 865.384.9800 sizemore365@yahoo.com	<a href="http://npctn.com">npctn.com</a>
July-Aug. 31-2	IFBB Professional League Tampa Pro, IFBB Professional League Tampa Masters Pro, NPC Tampa Extravaganza	Tampa, FL	Tim Gardner, 813.518.5995 tgflex.florida@gmail.com	<a href="http://timgardnerproductions.com">timgardnerproductions.com</a>

Date	Show	Location	Promoter/Contact	Website
August 2	NPC South Carolina Natural Championships	Shelby, NC	Chris Hollingsworth 910.264.9182 info@chrishollingsworth.com	npccarolinanatural.com
August 2	NPC Knox Classic	Knoxville, TN	Brian "Beano" Wallace 865.200.5880 npcknoxclassic@gmail.com	knoxclassic.com
August 8-9	IFBB Professional League Tupelo Pro & NPC Total Body Championships	Tupelo, MS	Judy & Timmy Gaillard 662.837.5957	<a href="http://totalbodygym.net">totalbodygym.net</a>
August 9	NPC IFBB Florida State Championships	Clermont, FL	Deke Warner, 321.276.3057 deke@bellsouth.net	dekewarner.com
August 9	NPC Nashville Fit Show (female only)	Nashville, TN	Whitney Wiser info@nashvillefitshow.com	nashvillefitshow.com
August 15-16	IFBB Professional League Lenda Murray Atlanta Pro Supershow and NPC Lenda Murray Atlanta Classic	Atlanta, GA	Lenda Murray Themsolympia8@gmail.com Alex Sacasa, 480.747.7401 Alex@wingsofstrength.net	wingsofstrength.net
August 16	NPC IFBB Pro League Max Fit Classic Pro-Am	Ft. Walton Beach, FL	Russ Mesey, 850.499.2508 iammaxfit@yahoo.com	maxfitclassic.com
August 23	NPC Alabama State Championships	Gadsden, AL	Morris Pruett 256.490.1115 Kellwpruett@comcast.net	<a href="http://npcalabama.info">npcalabama.info</a>
August 23	SC NPC Excalibur Championships	Charleston, SC	Tres Bennet 843.270.4373, tresb@comcast.net	solidattitude.com
August 23	NPC Mel Chancey Harbor Classic	Punta Gorda, FL	Mel Chancey	chanceyfitness.com
August 23	NPC Night of the Gladiators	Tifton, GA	Maria & Jim Wells, 229.646.0655 Mariawells54@gmail.com	<a href="http://npcnightofthegladiators.com">npcnightofthegladiators.com</a>
August 27-30	NPC North American Championships/ IFBB Pro League Pittsburgh Pro Masters	Pittsburgh, PA	GMU Productions, Gary Udit 412.377.1438, gary@garyudit.com	garyudit.com

SEPTEMBER

OCTOBER

Date	Show	Location	Promoter/Contact	Website
Sept. 5-6	IFBB Pro League Florida Pro & NPC Tournament of Champions	Sarasota, FL	Stacy Taylor and Holly Beck 813.545.3312 npcfloridatoc@gmail.com	npcfloridatoc.com ifbbflpro.com
Sept. 13	NPC/IFBB Pro League Janet Layug's Battle of the Bodies	Ft. Lauderdale, FL	info@janetsbattleofthebodies.com	janetsbattleofthebodies.com
Sept. 20	IFBB Professional League San Antonio Pro, IFBB Professional League San Antonio Masters Pro and NPC San Antonio Extravaganza	San Antonio, TX	Tim Gardner, 813.518.5995 tgflex.florida@gmail.com	<a href="http://timgardnerproductions.com">timgardnerproductions.com</a>
Sept. 20	NPC Ultimate Muscle Extravaganza	Lakeland, FL	Deb Callahan, 863.812.8788 debsgym@gmail.com	npcultimatemuscle.com
Sept. 26-27	NPC Natural Gulf Coast	Orange Beach, AL	Ron Wedgeworth, 205.361.7137 Morris Pruett, 256.490.1115 Bubby Lupo, 504.330.4784	<a href="http://npcbeach.com">npcbeach.com</a>
	NPC Beach Bash			
Sept. 27-28	NPC IFBB Pro League Daytona Beach Classic	Daytona Beach, FL	Mike Matassa, Tony Curtis 386.299.1314 toobehuge@aol.com	thedaytonabeachclassic.com
Sept. 27	NPC Natural Battle of West Georgia Pro-Am	Carrollton, GA	Dylan Allen, 770.871.9504 battleofwestgeorgia@gmail.com	battlewga.com
Sept. 27	NPC Upstate Classic	Spartanburg, SC	Davina Cross, 828.989.0598 davina1@hotmail.com	dutchstrengthpromotions.com
Oct. 4	NPC First Callout	Coral Springs, FL	Rich Alvarez, 954.501.5858 npcfirstcallout@gmail.com	npcfirstcallout.com
Oct. 4	NPC Muscle For Heart	Panama City Beach, FL	Mike McKinney, 850.527.4479 michael4palingen@gmail.com	TBD
Oct. 4	NPC Southern Muscle Showdown & IFBB Pro League Southern Muscle Showdown Pro	Dalton, GA	Steve Payne, 678.641.9189 steve@trainwithpayne.com Rachel Payne, 678.641.9188 rachel@trainwithpayne.com	<a href="http://southernmuscleshowdown.com">southernmuscleshowdown.com</a>
Oct. 4	NPC World Klash Championships	Charleston, SC	Joe Pishkula, 937.536.9581 jpishkula@gmail.com	theklash.com

OCTOBER

NOVEMBER

Date	Show	Location	Promoter/Contact	Website
Oct. 7-11	IFBB Olympia and Olympia Amateur	Las Vegas, NV	Dan Soloman/Tamer Guindy, contact@mrolympia.com	mrolympia.com
Oct. 17-18	IFBB Professional League Hurricane Pro, IFBB Professional League Hurricane Masters Pro, and NPC Hurricane Bay Championships	St. Petersburg, FL	Tim Gardner, 813.518.5995 tgflex.florida@gmail.com	<a href="http://timgardnerproductions.com">timgardnerproductions.com</a>
Oct. 18	NPC Mid Atlantic Classic	Charlotte, NC	Kevin DeHaven 704.661.5142, KDprep@gmail.com	<a href="http://kd-promotions.com">kd-promotions.com</a>
Oct. 25-26	NPC Ultimate Grand Prix and Natural Grand Prix Extreme	Ft. Lauderdale, FL	Serge Saric, 561.247.3456 ultimategrandprix@gmail.com	<a href="http://floridasportsfestival.com">floridasportsfestival.com</a>
Nov. 1	NPC All South Championships	Orlando, FL	Shannon Dey, 407.606.5200 ceo@bombshellfitness.com	www.fitgirlvents.com
Nov. TBD	NPC Elite Muscle Classic	Greensboro, NC	Quincy Roberts, 336.987.4007 qrelite@gmail.com	quincyroberts.com
Nov. 1	NPC Iron City Classic	Birmingham, AL	Kelly Pruett, 256.490.5858 Will Wise, 256.653.0150 info@npcironcity.com	<a href="http://npcalabama.info">npcalabama.info</a>
Nov. 1	NPC Lee Haney Games	Duluth, GA	Lee Haney, 404.867.1552 info@leehaneygames.com	leehaneygames.com
Nov. 8	NPC Monsta Classic	Lake City, FL	Tony Curtis, 386.697.6315 futurefitnessfl@yahoo.com	monstaclassic.com
Nov. 8	NPC Ruby Championships	Boca Raton, FL	Andres Miller, 954.326.8821 qcbbpromotions@gmail.com	qcbbpromotions.com
Nov. 8	NPC Worldwide Caribbean Grand Prix (Pro Qualifier - Open Worldwide including USA)	Bahamas	Serge Saric, 561.247.3456 floridagrandprix@gmail.com	<a href="http://floridasportsfestival.com">floridasportsfestival.com</a>
Nov. 8	IFBB Pro League and NPC Chattanooga Night of Champions	Chattanooga, TN	Allen Sizemore & Kelly Webb 865.384.9800 sizemore365@yahoo.com	npcifbbpronightofchampions.com

NOVEMBER

DECEMBER

Date	Show	Location	Promoter/Contact	Website
Nov. 14-15	IFBB Pro League and NPC Worldwide Ben Weider Naturals	Alexandria, VA	GMU Productions, Gary Udit 412.377.1438, gary@garyudit.com	garyudit.com
Nov. 15-16	IFBB Professional League Atlantic Coast Open Pro, IFBB Professional League Atlantic Coast Masters Pro, NPC Atlantic Coast Championships,	Ft. Lauderdale, FL	Tim Gardner, 813.518.5995 tgflex.florida@gmail.com	<a href="http://timgardnerproductions.com">timgardnerproductions.com</a>
	NPC Natural Atlantic Coast Championships			
Nov. 15	Carolina NPC State Championships	Shelby, NC	Tres Bennet, 843.270.4373, tresb@comcast.net	solidattitude.com
Nov. 21-22	NPC Masters USA	Las Vegas, NV	Tamer El Guindy, 310.796.9181 tamer@musclecontest.com	musclecontest.com
Nov. 22	NPC Southern Muscle & Expo	Kenner, LA	Luke Tesvich, 504.439.6224 Bobby Lupo, 504.330.4784	<a href="http://louisianamuscle.com">louisianamuscle.com</a>
Nov. 29	NPC Triumph Classic	Boca Raton, FL	Rich Alvarez, 954.501.5858 Maria Ballando, 305.968.3318	npctriumph.com
Dec. 6	NPC Southern Natural Showdown & IFBB Southern Natural Pro	Lilburn, GA	Steve and Rachel Payne 678.641.9189 Steve@trainwithpayne.com Rachel Payne, 678.641.9188 rachel@trainwithpayne.com	<a href="http://southernnaturalshowdown.com">southernnaturalshowdown.com</a>
Dec. 11-14	NPC National Championships	Irving, TX	412.276.5027 npcfirst@npcregistration.com	npcnationalchampionship.com
Dec. 20	NPC Mel Chancey Holiday Classic	Punta Gorda, FL	Mel Chancey	chanceyfitness.com