

CONTEST RULES

TOPS Greatest Improvement Contest is open to all TOPS members in good standing, both Male and Female.

KOPS Charm & Beauty Contest is open to all Female KOPS in good standing. Winner must be KOPS in good standing at the time this award is presented.

KOPS Most Charming Contest is open to all Male KOPS in good standing. Winner must be KOPS in good standing at the time this award is presented.

Judging is based primarily on the story and photo submitted. Winners are determined on the basis of the improvement in appearance through successful weight loss. So, be sure to SMILE and show confidence and pride in your weight loss success and awesome accomplishments.

REMEMBER

1. This is a State Level Contest only.
2. Entries for this contest must be mailed BEFORE the deadline date, which is 30 days prior to your SRD.
3. Entry must be on this form ONLY. Neatness counts and deadlines are observed.
4. Winners will be honored at SRD (State Recognition Days) and must be present to receive this award.
5. Female winners are required to wear semi-formal or dressy pantsuits or dresses-below-the-knee. Male winners are required to wear a suit and tie.
6. Send entry to TOPS Regional Director Judith Pettit by **FIRST -CLASS MAIL ONLY**. Do **NOT** send by Certified, registered, Insured, or Express Mail.

STATE LEVEL CONTEST ENTRY FORM

**Institutions: Fill out completely and Mail First Class to:
Judith Pettit, TOPS Regional Director,
523 North Main St., Excelsior, NY 12073**

<u>Please print or type</u>	<u>Date</u>
<u>Name</u>	
<u>City</u>	<u>State</u> <u>Zip</u>
<u>KOPS Membership #</u>	<u>Years in KOPS</u>
<u>Am I KOPS</u> <u>or KOPS</u>	<u>Age</u>
<u>My Coordinator's</u>	<u>#</u>

X *properly in the below to indicate contest entered*

TOPS GREATEST IMPROVEMENT
(for TOPS members only)

MALE **Category 1 (50 yrs. of age & older)**
Category 2 (Under 50 yrs. of age)

FEMALE **Category 1 (50 yrs. of age & older)**
Category 2 (Under 50 yrs. of age)

KOPS CHARM & BEAUTY **(for female KOPS members only)**

MALE **Category 1 (50 yrs. of age & older)**
Category 2 (Under 50 yrs. of age)

KOPS MOST CHARMING **(for Male KOPS members only)**

MALE **Category 1 (50 yrs. of age & older)**
Category 2 (Under 50 yrs. of age)

Success Story

**In the space below, write a brief story,
100 words or less, about how you came to join ICPS
and what it has done for you.
Remember, 100 words are the MAXIMUM allowed.**

BE POSITIVE!

Before and After Photos

**Attach a BEFORE photo and an AFTER photo in the space below.
Photos will not be returned, so keep copies. Colored photos, as
well as black/white, are acceptable.**

**AFTER-photo must be completely FULL-LENGTH, showing
head and feet. Confesiants must be pictured alone.
No jeans are allowed in AFTER photo.**

REMEMBER TO SMILE!

**All winners' photos, both BEFORE and AFTER, will be displayed
at SRD. Photos cannot be returned.**