

# METROFLEX EVENTS

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## NPC BRANCH WARREN CLASSIC

# 2026

**TEXAS SHOWDOWN**

Saturday, June 20, 2026 • George R. Brown Convention Center • Houston, TX

*Presented by Brian Dobson and Branch Warren*

**NPC NATIONAL QUALIFIER**

**OFFICIAL COMPETITOR GUIDE**

**METROFLEXEVENTS.COM**

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## EVENT OVERVIEW

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<b>Event</b>	NPC Branch Warren Classic 2026
<b>Sanction</b>	NPC National Qualifier
<b>Presented By</b>	Brian Dobson and Branch Warren
<b>Date</b>	Saturday, June 20, 2026
<b>Venue</b>	George R. Brown Convention Center
<b>Address</b>	1001 Avenida De Las Americas, Houston, TX 77010
<b>Host Hotel</b>	The Westin Houston Downtown — Marriott group block, \$379/night. <b>Book by May 27, 2026.</b> Reservation link on <a href="https://metroflexevents.com">metroflexevents.com</a> .
<b>Website</b>	<a href="https://metroflexevents.com">metroflexevents.com</a>

The NPC Branch Warren Classic returns to Houston at the George R. Brown Convention Center — the largest convention venue in Texas and a hard-stage test for Texas and Gulf Coast athletes. Onsite garage parking is available; the official host hotel — The Westin Houston Downtown — is a short walk from the venue. Final hall, room, and load-in logistics are emailed to registered competitors the week of the show.

### Divisions (Run-of-Show Order)

- Men's Bodybuilding
- Women's Bodybuilding
- Men's Classic Physique
- Women's Physique
- Men's Physique
- Women's Figure
- Women's Fitness
- Women's Wellness
- Women's Bikini
- Women's Fit Model

All divisions follow NPC national qualifier rules. Teenage, True Novice, Novice, Open, Masters, and Heroes classes where applicable. Final class assignment (height/weight) confirmed at check-in from your Musclexware registration.

# CLASS INDEX & ELIGIBILITY

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## Who Goes in Which Class

<b>True Novice</b>	You have never competed in any NPC contest.
<b>Novice</b>	In the current year, you have not won an Overall in Novice, Masters, or Open, and have not won an Open class of 3 or more. Top 10 at a National show also disqualifies. Resets every January.
<b>Open</b>	Everyone else.
<b>Teenage</b>	Age 18–19 years (final cutoff confirmed during Muscwarehouse registration).
<b>Masters</b>	Age 35 or older on contest day.
<b>Heroes</b>	Military, first responders, and healthcare workers. Bring ID to check-in.

Source: NPC Worldwide Rule 10 and [npcnewsonline.com/rules](http://npcnewsonline.com/rules). Eligibility is verified at registration against your NPC record. If you're unsure which tier applies, email [brian@metroflexgym.com](mailto:brian@metroflexgym.com) before you register.

## Division Classes

Height and weight cutoffs are assigned at check-in per NPC standards. The class lists below mirror the Muscwarehouse registration form for the 2026 Branch Warren Classic.

### Men's Bodybuilding

**Teenage** 18–19 years

**True Novice**

**Heroes**

**Masters** 35+ · 45+ · 50+ · 55+ · 60+ · 70+

**Novice** Lightweight ≤165¼ lbs · Middleweight >165¼–187¼ · Heavyweight >187¼

**Open** Bantamweight ≤143¼ · Lightweight >143¼–154¼ · Middleweight >154¼–176¼ · Light Heavyweight >176¼–198¼ · Heavyweight >198¼–225¼ · Super Heavyweight >225¼

### Women's Bodybuilding

**Heroes**

**Masters** 35+

**Open**

### Men's Classic Physique

**Teenage** 18–19 years

**True Novice**

**Heroes**

**Masters** 35+ · 40+ · 45+ · 50+ · 55+ · 60+

**Novice** Class A ≤5'7" · Class B >5'7"–5'10" · Class C >5'10"

**Open** Class A · Class B · Class C (multi-tier height/weight combinations assigned at check-in per NPC formula)

**Women's Physique****Teenage** 18–19 years**True Novice****Heroes****Masters** 35+ · 40+ · 45+ · 50+ · 55+ · 60+**Novice****Open** Class A ≤5'6" · Class B >5'6"**Men's Physique****Teenage** 18–19 years**True Novice****Heroes****Masters** 35+ · 40+ · 45+ · 50+ · 55+ · 60+**Novice** Class A ≤5'7" · Class B >5'7"–5'10" · Class C >5'10"**Open** Class A · Class B · Class C · Class D · Class E · Class F (six height-based classes ≤5'7" through >6')**Women's Figure****Teenage** 18–19 years**True Novice****Heroes****Masters** 35+ · 40+ · 45+ · 50+ · 55+ · 60+**Novice** Class A ≤5'4" · Class B >5'4"–5'6" · Class C >5'6"**Open** Class A ≤5'2" · Class B >5'2"–5'4" · Class C >5'4"–5'6" · Class D >5'6"**Women's Fitness****Teenage** 18–19 years**Open****Women's Wellness****Teenage** 18–19 years**True Novice****Heroes****Masters** 35+ · 40+ · 45+ · 50+ · 55+ · 60+**Novice** Class A ≤5'4" · Class B >5'4"–5'6" · Class C >5'6"**Open** Class A ≤5'2" · Class B >5'2"–5'4" · Class C >5'4"–5'6" · Class D >5'6"**Women's Bikini****Teenage** 18–19 years**Heroes****True Novice** Class A ≤5'4" · Class B >5'4"**Masters** 35+ · 40+ · 45+ · 50+ · 55+ · 60+**Novice** Class A ≤5'4" · Class B >5'4"–5'6" · Class C >5'6"**Open** Class A ≤5'1" · Class B >5'1"–5'2½" · Class C >5'2½"–5'4" · Class D >5'4"–5'5½" · Class E >5'5½"–5'7" · Class F >5'7"

### Women's Fit Model

**Teenage** 18–19 years

**True Novice**

**Masters** 35+

**Novice** Class A  $\leq 5'4"$  · Class B  $> 5'4"$

**Open** Class A  $\leq 5'4"$  · Class B  $> 5'4"$

*Class structure mirrors the Muscware registration form for the 2026 Branch Warren Classic. NPC reserves the right to combine or split classes based on entry count.*

### How Classes Are Confirmed

Muscware records the division and class you select at registration. Height and weight are measured at Friday check-in and your final class is locked then. If you're between two classes on paper, register for the lower one — check-in measurements push up when needed, but won't drop you down.

### If My Class Has Only 1 or 2 People

NPC may combine your class with the next adjacent class to make the judging pool competitive. If your class is combined, you still compete for the same qualifier credit. Combinations are announced at the athlete meeting Friday night.

### If My Class Has 12 or More

Large classes may be split into A/B groups by check-in measurement. Both groups are judged and both groups have a class winner — both class winners move into the Overall.

### Crossovers

You can enter additional divisions for a crossover fee paid during Muscware registration or at check-in. No limit on how many — but talk to your coach about peak-week protocol if you're crossing into more than two.

### Not Sure Which Class?

Email [brian@metroflexgym.com](mailto:brian@metroflexgym.com) with your division, your last show (if any), and your measurements. We'll point you to the right class before you pay.

# FIRST-TIME COMPETITOR? READ THIS.

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## Three things first-timers miss

- Check-in isn't just paperwork. It's where you meet the staff, see the venue, get your backstage pass, and calm your nerves. Come. Even if your packet was mailed.
- Tan color is one shade darker than you think. Trust ProTan. Don't second-guess the application the morning of.
- The athlete meeting is at Friday check-in — not Saturday. That's where you learn the call order and show-day timing. Skip check-in and you miss the briefing.

## If your division runs early or late

Divisions can shift by 30–60 minutes either direction. Stay backstage from the moment your division is called on deck. If you are backstage, tanned, numbered, and ready, you will not miss your class. Trust the call order — don't leave backstage to check your phone or eat lunch.

## Houston-specific notes

- June in Houston is hot and humid. Protect your tan — Uber the short walk from the host hotel (The Westin Houston Downtown) to the venue if the sun is up, don't walk in sun after base coat.
- If you're staying at the host hotel block, allow a few extra minutes Saturday morning — short walk or quick Uber to the GRB competitor entrance.
- Bring extra dark cotton. Humidity makes ProTan transfer harder to manage than it is at our drier Texas shows.

## Medical notice

NPC does not permit pregnant athletes to compete. If your circumstances change after you register, email [brian@metroflexgym.com](mailto:brian@metroflexgym.com) immediately.

# PEAK WEEK COUNTDOWN

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## T-7 DAYS (SATURDAY, JUNE 13)

- Final posing session with your coach — lock your routine
- Upload your posing music through your Muscware account (MP3, labeled first and last name)
- Confirm your ProTan appointment (tanning booking link on [metroflexevents.com](https://metroflexevents.com))
- Confirm your hair & makeup booking if you need it
- Confirm hotel booking — call ahead if you need late check-out Saturday

## T-3 DAYS (WEDNESDAY, JUNE 17)

- Start your peak-week water and sodium protocol (follow your coach's plan)
- Pack your competition bag — use the Packing Checklist in this guide
- Label your USB drive with your full name and division
- Charge your phone, camera, and backup battery

## T-1 (FRIDAY, JUNE 19) — CHECK-IN DAY

- Arrive in Houston by 4:00 PM if you're flying in
- Check-in at the venue — 6:00 PM – 8:00 PM (mandatory)
- Athlete meeting happens at check-in — division order and show-day timing. No Saturday meeting.
- ProTan base coat appointment (book your window in advance — online booking closes 72 hours before the show)
- Light posing practice — no heavy lifting, no new foods
- Bed by 10:00 PM. Dark sheets. Set two alarms.

## SHOW DAY — SATURDAY, JUNE 20

- Wake early. Breakfast per your coach's peak plan.
- ProTan final glaze window
- Arrive at the venue with your handler — prejudging 9:00 AM
- Stay backstage from on-deck call until you're on stage

# COMPETITOR CHECK-IN

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**Check-in is mandatory.** No check-in, no stage. No exceptions.

<b>Date</b>	Friday, June 19, 2026
<b>Time</b>	6:00 PM – 8:00 PM
<b>Location</b>	George R. Brown Convention Center — exact room emailed to registered competitors the week of the show

*If you're flying in Friday, book arrival no later than 4:00 PM to give yourself a buffer before the 6:00 PM window opens. IAH to GRB is 25–35 minutes, HOU to GRB is 20–30 minutes — pad both for Friday afternoon downtown traffic.*

## If you're running late for check-in

Text Noel Pena at 361-354-3208 as soon as you know. Include:

- Your name
- Your division
- Approximate arrival time

Reach out before 8:00 PM — we'll work with you if you get the message to us in time. After 8:00 PM, exceptions are not guaranteed. Don't assume — text.

## What to Bring

- Government-issued photo ID
- Current 2026 NPC membership card (get one at [npcusamembership.com](http://npcusamembership.com) if you don't have it)
- Registration confirmation email
- Crossover fee if you're entering additional divisions
- Signed liability waiver (available at check-in if you haven't signed during Muscleware registration; minors need parent or legal guardian signature)
- Posing music on USB drive (MP3, labeled first and last name — bring a backup)
- Heroes division verification (military / first responder / healthcare ID) if applicable

## NPC Membership

You need a current 2026 NPC membership to compete. It's \$160/year at [npcusamembership.com](http://npcusamembership.com). You can buy one at check-in, but handle it ahead of time so you're not standing in two lines Friday night.

## Athlete Meeting

The mandatory athlete briefing happens at Friday check-in — division order, show-day timing, backstage access, and Q&A.; There is no Saturday meeting. If you miss check-in, you miss the briefing.

## SHOW DAY

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<b>Doors</b>	8:00 AM
<b>Prejudging</b>	9:00 AM
<b>Break</b>	After prejudging — exact window confirmed at the Friday athlete meeting
<b>Finals</b>	3:00 PM

Division order and break timing are confirmed at the Friday athlete meeting and posted backstage. If your division's exact call time is critical for you (flight, medical, childcare), flag it at check-in so we can give you a best-estimate window.

### Getting to the Venue

George R. Brown Convention Center sits in downtown Houston between Discovery Green and the Toyota Center. The venue has multiple entrances — watch for event signage directing competitors and spectators to their respective doors. Allow extra time Saturday morning; parking fills fast before prejudging.

- Competitor entrance: follow 'Athletes / Competitors' signage at the GRB entrance specified in your week-of email
- Spectator entrance: main GRB lobby on Avenida De Las Americas
- Handler drop-off: curbside at the competitor entrance
- Host hotel: The Westin Houston Downtown is a short walk to the GRB competitor entrance — Uber the distance if the sun is up and you've already applied base coat
- Accessibility: accessible parking and wheelchair seating available — email [brian@metroflexgym.com](mailto:brian@metroflexgym.com) in advance so we can reserve space

### Parking

GRB has multiple connected garages (Avenida North/South and adjacent decks) with event-day rates typically \$15–\$30. Pay-by-app is faster than waiting at the booth Saturday morning. Street parking is limited downtown — plan for a garage.

## SERVICES

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Book early. All three fill up during show week.

### **Competition Tanning — ProTan USA**

Official tanning partner. Book your window in advance at [protanusa.com/collections/spray-tan-events/products/npc-branch-warren-classic](https://protanusa.com/collections/spray-tan-events/products/npc-branch-warren-classic).

- Standard Package — \$155 (one base coat + one top coat; backstage touch-ups, oil, and suit glue included)
- Enhanced Package — \$180 (Standard plus an additional base coat across three separate appointments)
- Online booking closes 72 hours before the show
- Appointments available Friday evening and Saturday morning
- Touch-up stations backstage throughout the day
- Walk-ins only if slots remain — don't count on it
- Dark, loose cotton after your base coat — no friction spots

### **Hair & Makeup — The Leopard Wears Slashes Beauty Co.**

Professional stage hair and makeup on-site. Slots fill fast. Book at [theleopardwearslashesbeautyco.com](https://theleopardwearslashesbeautyco.com).

### **Stage Photography**

Official event photography is shot for every competitor on stage. Gallery access details are emailed to registered competitors after the show.

# BACKSTAGE

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## Your Handler

Throughout this guide we use the word *handler*. Your handler is the one person — coach, partner, parent, friend — you bring backstage with you. One pass per competitor. They help you stay tanned, warmed up, and on time.

**Active 2026 NPC card required.** Every backstage pass purchase — at registration or at check-in — requires a current 2026 NPC membership in the handler's name. No NPC card, no backstage pass. Get one at [npcsamembership.com](http://npcsamembership.com) (\$160/year) before you arrive. This is NPC policy, not a MetroFlex rule.

## Pump-Up Area

Resistance bands and floor space will be backstage. No weights of any kind are allowed — pump up with bands and bodyweight only. Share the space. Be a good teammate — even to people you've never met.

## Rules

- No spray tanning or self-tanning backstage
- No glass containers
- Bring your own food and drinks, no outside food vendors
- Keep your area clean
- No flash photography backstage (phone photos OK)
- Stay backstage when your division is within two of being called
- Wear your competitor number at all times

## Posing Music

Upload your music through your Muscware account at least 5 days before the show. Also bring it on a USB to check-in as a backup. Label the USB with your first and last name and division.

- MP3 only — non-MP3 files will be replaced with house music
- 60 seconds maximum for finals posing routine (Men's Bodybuilding, Classic Physique, Women's Bodybuilding, Women's Physique)
- Fitness routines up to 2 minutes
- No vulgar, profane, or explicit lyrics — grounds for disqualification
- Other divisions (Men's Physique, Figure, Bikini, Wellness, Fit Model) do not perform an individual posing routine — no music required

# COACHES & HANDLERS

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Your handler keeps you on time, on tan, and on-pose. One pass per competitor. See Backstage → Your Handler for the NPC-card requirement.

## Handler Quick Rules

- Pick up backstage pass at check-in with your competitor (bring photo ID + 2026 NPC card)
- One handler per athlete — no rotating crews
- No flash photography backstage; phone photos OK
- Help keep the pump-up area clear for competitors on deck
- Tan touch-ups only in designated touch-up stations

# PACKING CHECKLIST

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## Competition Essentials

- NPC membership card (2026)
- Government-issued photo ID
- Registration confirmation
- Posing suit (bring a backup)
- Posing music on USB (MP3)
- Competition heels (Bikini, Figure, Wellness, Fit Model)
- Competitor number pins

## Backstage & Pump-Up

- Resistance bands
- Dark towel or robe to protect your tan
- Flip-flops or slides
- Rice cakes, honey, nut butter, whatever you use to pump up
- Water and sports drink

## Appearance

- Bikini Bite or suit glue
- Body oil or glaze for finals
- Makeup and touch-up supplies
- Hair tools and products
- Extra hair pins and ties

**Personal**

- Phone and charger
- Cash for vendors
- Cooler with your food for the day
- Comfortable clothes for before and after stage
- Dark bed sheets for the hotel (tanning stains)

**TICKETS & SPECTATORS**

<b>General Admission (Morning)</b>	\$35
<b>General Admission (Evening)</b>	\$50
<b>All-Day Pass</b>	\$75
<b>Reserved Seating (Finals)</b>	\$75
<b>Kids 5 &amp; Under</b>	FREE

Tickets at [metroflexevents.com](http://metroflexevents.com) or at the door.

**HOUSTON ESSENTIALS**

The venue sits in downtown Houston facing Discovery Green, with the Toyota Center, Avenida Houston dining, and multiple host hotels within a two-block walk. Official hotel block, dining, and group-rate details are emailed to registered competitors the week of the show.

**Airports**

- George Bush Intercontinental (IAH) — primary international — 25–35 min from venue
- William P. Hobby (HOU) — Southwest hub — 20–30 min from venue

**Walkable to GRB**

- The Westin Houston Downtown — official host hotel via the Marriott group block (\$379/night, book by May 27, 2026); short walk to the GRB competitor entrance
- Hilton Americas-Houston — adjacent to GRB; backup option if the host block is sold out
- Marriott Marquis Houston — directly across Avenida De Las Americas
- Discovery Green — 12-acre park across from venue; handler/family wait space
- Avenida Houston — restaurants and coffee within the GRB campus, most open by 6:30 AM Saturday

**Weather Note**

Houston in late June: highs in the low 90s, humidity 70%+, afternoon thunderstorms possible. Plan tan-protection accordingly — short Uber rides, loose dark cotton, no sun-walking after base coat.

## FREQUENTLY ASKED

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*The questions first-time competitors send our ARIA assistant most often. If yours isn't here, email Brian or ask ARIA on [metroflexevents.com](http://metroflexevents.com).*

### **Where do I even start?**

Two steps. First, get your 2026 NPC membership card at [npcusamembership.com](http://npcusamembership.com) (\$160/year). Then register at [muscleware.com/contests/2026-BCHW-CLS/register](http://muscleware.com/contests/2026-BCHW-CLS/register). Pick your division, pay the entry, done.

### **Open vs. Novice — which one am I?**

True Novice = you have never competed in any NPC Worldwide contest, ever. Novice (per NPC Rule 10) = in the current contest year, you have not won an Overall in Novice/Masters/Open and have not won an Open class of 3+ competitors; Top-10 at a National show also disqualifies you. Open = everyone else. Eligibility is verified at registration against your NPC record — not at check-in. If you're unsure, email [brian@metroflexgym.com](mailto:brian@metroflexgym.com) BEFORE you register.

### **Can I enter more than one division?**

Yes — that's a crossover. Add additional divisions and pay the crossover fee during Muscleware registration or at check-in. No limit, but stagger your peak-week plan with your coach.

### **Do I have to get a spray tan through ProTan?**

ProTan is the official partner and the recommended path — their pigment matches stage lighting. Self-tanning is allowed off-site only. No spray tanning or self-tanning backstage. If you go ProTan, book early — Friday and Saturday slots fill first, and online booking closes 72 hours before the show.

### **Will my routine be photographed and filmed?**

Gilco Productions is our official stage photographer and videographer. Pre-sale only — they shoot the athletes who buy a package in advance, not the whole show. Packages: \$200 stage photos, \$200 stage video (PKG1), or \$300 for the combo. One package covers you in one division (across all classes — Open, Novice, Masters); add another package per additional crossover division. Book at [gilcoproductions.com/branchwarrenclassic](http://gilcoproductions.com/branchwarrenclassic).

### **Can my coach / partner / family member come backstage?**

One handler per competitor, with a backstage pass. The handler must hold an active 2026 NPC card — no card, no pass (NPC policy). Purchase the pass at registration or at check-in. See Backstage → Your Handler.

### **Do I really have to go to check-in Friday night?**

Yes. Check-in is Friday, June 19, 2026 from 6:00 PM – 8:00 PM at the venue — mandatory. That's where we verify your registration, confirm your class, hand out backstage passes, and run the athlete meeting. No check-in, no stage.

### **How long can my posing music be?**

60 seconds maximum for finals posing (Men's Bodybuilding, Classic Physique, Women's Bodybuilding, Women's Physique). Fitness routines up to 2 minutes. MP3 only — non-MP3 files get replaced with house music. Upload via Muscleware at least 5 days before the show and bring a labeled USB backup.

**Can I buy my NPC card at check-in?**

Yes — but don't. Handle it at [npcusamembership.com](https://npcusamembership.com) before you arrive. Friday night lines are long enough without adding an extra one.

**What's the youngest I can compete?**

Teenage divisions are offered in most categories (see Class Index) and follow NPC's 18–19 cutoff. Anyone under 18 needs a parent or legal guardian signature on the waiver.

**What happens if I don't place?**

Top placements in each class win trophies. Overall winners qualify for NPC Nationals and the path to an IFBB Pro card. Every competitor is photographed on stage — galleries are emailed to registered competitors after the show.

**Is the show streamed?**

Watch-live and streaming details are emailed to registered competitors the week of the show and posted on [metroflexevents.com](https://metroflexevents.com).

**Can I get a refund if I have to cancel?**

Entry fees are non-refundable. Transfers and deferrals are not guaranteed. If you must cancel, email [brian@metroflexgym.com](mailto:brian@metroflexgym.com) as soon as possible — exceptions are considered case-by-case but not promised.

# AFTER THE STAGE

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## Photos

Official event photography is shot for every competitor on stage. Gallery access details are emailed to registered competitors after the show.

## Results & What's Next

Overall winners qualify for NPC Nationals — the path to an IFBB Pro card. Division champions receive national-qualifier credit per NPC rules.

## Share It

Tag us when you post so we can amplify:

- Instagram · [@originalmetroflexgym](#)
- Facebook · [facebook.com/OriginalMetroflexGym](https://facebook.com/OriginalMetroflexGym)

# CONTACT

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<b>Website</b>	<a href="https://metroflexevents.com">metroflexevents.com</a>
<b>NPC Membership</b>	<a href="https://npcusamembership.com">npcusamembership.com</a>
<b>NPC Rules</b>	<a href="https://npcnewsonline.com/rules">npcnewsonline.com/rules</a>
<b>Competitor Registration</b>	<a href="https://muscleware.com/contests/2026-BCHW-CLS/register">muscleware.com/contests/2026-BCHW-CLS/register</a>
<b>ProTan Booking</b>	<a href="https://protanusa.com/collections/spray-tan-events/products/npc-branch-warren-classic">protanusa.com/collections/spray-tan-events/products/npc-branch-warren-classic</a>
<b>Photographer / Media</b>	<a href="https://gilcoproductions.com/branchwarrenclassic">gilcoproductions.com/branchwarrenclassic</a>
<b>Vendor &amp; Expo Booth</b>	<a href="https://metroflexevents.regfox.com/bwc-2026-houston">metroflexevents.regfox.com/bwc-2026-houston</a>

Watch email for updates. ARIA (AI assistant) on [metroflexevents.com](https://metroflexevents.com) answers most common questions. For anything official, email Brian.

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*Pump up backstage. Breathe. You've already done the hard part.*

**We'll see you in Houston.**

NPC Branch Warren Classic 2026 • Saturday, June 20, 2026 • George R. Brown Convention Center • Houston, TX

**METROFLEX EVENTS**

**[METROFLEXEVENTS.COM](https://metroflexevents.com)**

*All event details, schedules, and logistics are subject to change. Updates go out via email and [metroflexevents.com](https://metroflexevents.com). Entry fees are non-refundable; transfers and deferrals are not guaranteed. This guide is for informational purposes only. All NPC rules and regulations as governed by NPC USA and NPC Worldwide apply.*