

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. Winners 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. The 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 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 March 14, 2026**
3. Entry must be form or attached to this form. Neatness counts and deadlines are observed. Note: Stories may be attached.
4. Winners will be honored at SRD (State Recognition Days).
5. Female winners are required to wear semi-formal or dressy pantsuits or dresses that go past the knee. Male winners are required to wear a suit and tie.
6. Send entry to TOPS Massachusetts Coordinator Patti Jean Horton by **FIRST – CLASS MAIL ONLY**. Do **NOT** send by certified, registered, Insured, Priority, or Express Mail.

STATE LEVEL CONTEST ENTRY FORM

Instructions: Fill out completely and Mail **First-Class** to:
Patti Jean Horton, TOPS MA State Coordinator
30 Algerine Street, Berkley, MA 02779

Please print or type

Date: _____

Name: _____

City: _____ State: _____ Zip: _____

TOPS Membership # _____ Years in TOPS _____

I am a TOPS _____, or KOPS _____ Age _____

My Coordinator is: **Patti Jean Horton**

"X" proper line below to indicate contest entered

TOPS GREATEST IMPROVEMENT

(For TOPS members only)

FEMALE: Category 1: (50 years of age & older) _____
Category 2: (under 50 years of age) _____

MALE: Category 1: (50 years of age & older) _____
Category 2: (under 50 years of age) _____

KOPS CHARM & BEAUTY (for Female KOPS members only)

FEMALE: Category 1: (50 years of age & older) _____
Category 2: (under 50 years of age) _____

KOPS MOST CHARMING (for Male KOPS members only)

MALE: Category 1: (50 years of age & older) _____
Category 2: (under 50 years of age) _____

