## **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 <u>Female KOPS</u> 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 <u>Male KOPS</u> 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 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 May 1, 2024
- 3. Entry must be on this form **ONLY**. Neatness counts and deadlines are observed.
- 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 <u>FIRST CLASS MAIL ONLY</u>. 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 TOPS	S, or KOPS		Age	
My Coordin	nator is:	:	#	
"X" proper line below to indicate contest entered				
	TOPS GREATE (For TOP)	EST IMPRO' S members o		
FEMALE:	Category 1: (50 years Category 2: (under 5	_	,	
MALE:	Category 1: (50 year Category 2: (under 5	_	,	
KOPS CHARM & BEAUTY (for Female KOPS members only)				
FEMALE:	Category 1: (50 years Category 2: (under 5	-	•	
KOPS MOST CHARMING (for Male KOPS members only)				
	Category 1: (50 years o Category 2: (under 50 y	-	r)	

## Success Story

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

Remember: 100 words are the **MAXIMUM** allowed.

BE POSITIVE

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## 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. Contestants must be pictured alone.

No jeans are allowed in AFTER photo.