

**Saturday, March 27th**  
**At the Williamson Auditorium**  
**University of Anchorage, AK**

Pre-Judging at 12 noon \* Evening Show at 7pm



**Qualifications:** Entrants must be ABFF-registered athletes. 1-year drug free and random drug tested. Masters men must be over 40 years of age, masters women must be over 35 years of age. Junior men must be 20 years of age or under. Proof of age (birth certificate copy or drivers license) must accompany any masters or junior entries. **This is a PRO Natural Qualifier!**

**Entry Fee:** \$40 per class. Bodybuilding contestants may enter one class (with the exception of couples). Cashier's check or money order preferred, made payable to: Ultra Fit Productions. 3705 arctic PMB 413 Anchorage, Alaska, 99503. Your **ABFF cards are to be purchased during weigh in, an application fee is \$30 per Athlete per year.**

**Entry Deadline:** Application must be submitted **no later than March 20th, late entry \$70.** There will be no exceptions

**Awards:** Sculpture concepts awards for the top 5 in each class. Excalibur Swords for Overall Winners, Awards also for Best Poser, Most Muscular, and Overall Team Award.

**Guidelines:**

**Bodybuilding:** All competitors will follow rules, guideline, and mandatory poses. Mandatory poses include for men and women for 2010 are: front double biceps, front lat spread, side chest (your favorite side), rear double biceps, rear lat spread, side triceps (your favorite side) and abdominal/thigh (hands are behind your head with one leg extended forward). Moon poses are not allowed. Competitors may wear multi-colored suits and jewelry at the evening show.

**Fitness & Figure:** In the fitness section, there will be two rounds of judging which will consist of a fitness round and a two-piece swimsuit round. Awards will be received in the two-piece swimsuit. In the figure section there will be one round of judging which will consist of the two-piece swimsuit round. Fitness and Figure competitors must wear high heels in the two-piece swimsuit round. The Swimsuits must be in good taste and thongs and T-back suits are not allowed.

**Round 1:** Fitness Round: each athlete will perform a routine to music, with a maximum time limit of two minutes. Judges will be looking for style, personality, athletic ability, strength, flexibility, and overall performance. Contestants should give special attention to apparel because that too may be judged. Routines may include aerobic, dance, gymnastics, or other demonstrations of athletic ability. Props are permitted but anything that cannot be carried by the competitor must be approved in advance.

**Round 2:** Figure & Fitness round (Two-piece swimsuit). Contestants will be brought out in one or more lines for quarter turns. The judges will be scoring symmetry, conditioning, and overall appearance including complexion, poise, and overall presentation. The judges will move competitor's positions in the line up to make comparisons between various competitors and repeat quarter turns.

**Music:** CDs MUST be BLANK except for the one piece of music being used & must be free from distortion. Mark with competitor's name. ***CDs must be turned in at WEIGH-IN!***

**MANDATORY SCHEDULE FOR ALL COMPETITORS:**

**WEIGH IN/CHECK IN:** Friday, March 26<sup>th</sup>, 7:00 pm

MANDATORY Competitor Meeting & Weigh-In at Powerhouse Gym 202 E Northern Lights Unit #B Anchorage (907) 277-6937. All competitors must check in no later than this time. You will weigh in, be assigned numbers & check in music at this time. Remember to bring your CD to weigh-in. Weigh in must be done in posing attire.

**At Williamson Auditorium of University of Alaska Anchorage**

**PREJUDGING:** Saturday, March 27, 12 noon all competitors must be ready at this time.

**CHECK IN:** Saturday, March 27, 5:30 pm all competitors must check in no later than this time.

**MAIN SHOW:** Saturday, March 27, 7:00 pm Evening Show will begin no later than this time. ⌚

Entry form available on the web [alaskabodybuilding.com](http://alaskabodybuilding.com) or email: [d@sport77.com](mailto:d@sport77.com)

Ticket Prices:

\$30, \$20

Prejudging \$10

Tickets available at  
GNC Huffman Cars Sears Mall  
Max Muscle Powerhouse Gym  
907-566-2346

**Contest Hotel:**

**Extended Stay Suites**

700 E. 34Th Avenue, Anchorage, AK  
(907) 646-4208

mention show for discount

✉ Mail Completed entry form, Entry fee (cashiers check or money order)



Ultra Fit Productions  
3705 arctic PMB 413  
Anchorage, Alaska, 99503  
(907) 566-2346

Email: [d@sport77.com](mailto:d@sport77.com)

www [Alaska bodybuilding.com](http://Alaska bodybuilding.com)

# The 2010 Alaska State PROAM Bodybuilding Fitness & Figure Championships.

*"Please print or type legibly"*

Name: \_\_\_\_\_

Occupation: \_\_\_\_\_

Age: \_\_\_\_\_

Titles and/or Hobbies: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

Gym Name & City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Sponsors: \_\_\_\_\_

Phone home :(\_\_\_\_\_) \_\_\_\_\_

Phone w: (\_\_\_\_\_) \_\_\_\_\_

Special Thanks: \_\_\_\_\_

Email: \_\_\_\_\_

In consideration of accepting this entry, I, hereby intending to be legally bound for myself, my heirs, executors or administrators, waive any and all right and claim for damages I may have against Alaska Bodybuilding and Fitness Federation (ABFF), Performance Promotions, their agents and representatives, for any and all injuries suffered in connection with the contest and in traveling to and from it. By signing this form, I affirm that I meet all eligibility requirements for the contest, which I am making application to enter. Further, I agree to hold harmless and waive and release all photo rights for media (TV, magazines and newspapers) for the purpose of promoting bodybuilding and FIGURE through the sale of videotapes and photos and any network, cable or local TV airing.

Contestant's Signature: \_\_\_\_\_

Guardian's Signature (if under 18): \_\_\_\_\_

"Please check competition entered"

## **MEN'S OPEN**

- Light Wt (176 & Under)
- Heavy Weight Wt (176 & Over)
- Junior Men (20 & under)
- Novice Men
- Masters Men (over 40)
- Grand Masters Men over 50
- Pro Men
- Mixed Pairs / name of partner:

## **WOMEN'S OPEN**

- Open Women
- Teenage Fitness (10-19 yrs)
- Masters Women (over 35)
- Novice Women
- Women's Fitness
- Women's Figure 5'4" & under
- Women's Figure 5'4" & over
- Women's Figure over 35
- Natural Pro Women's Figure
- Open Bikini

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[www.performancepromotions.org](http://www.performancepromotions.org)

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