

The 2010 ABFF /GNC ANCHORAGE Pro Am BODYBUILDING, FITNESS, FIGURE & Bikini CHAMPIONSHIPS

Saturday, October 2nd 2010

At the Williamson Auditorium

University of Alaska Anchorage

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

Qualifications: Masters men must be over 40 years of age; master's 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.

Entry Fee: \$40.00 per class. Bodybuilding contestants may enter one class (with the exception of couples). Cashier's check or money order preferred, made payable to: Performance Promotions, PMB1455-3705 Arctic Blvd, Anchorage, Alaska, 99503.

Entry Deadline: Application must be submitted **no later than September 25, 2010 late entry \$70.00** Early Entry competitors will receive 1 complimentary goodie bag.

Awards: Awards for the top 5 in each class, swords for overall winner and awards also for Best Poser, Most Muscular, and Overall Team Award.

Guidelines: All competitors will follow ABFF rules, guidelines, and mandatory poses. No moon poses. Section VII under ABFF guidelines states: "Poses that include lying down on stage are not allowed. Feet must remain flat on the floor. "Metallic suits are not allowed. Jewelry is not allowed (wedding bands are acceptable). Previous overall winners are now eligible to repeat if they have not placed in the top five in a national-level contest, and don't need to re-qualify. Women may wear multi-colored suits and jewelry in the evening show. Figure, Bikini Rules & Guidelines are 2-piece suit. **All Athletes are subject to drug testing.** For information on banned substances go to **alaskabodybuilding.com**

Music: CD's MUST be BLANK except for the one piece of music being used & must be free from distortion. Mark with competitor's name with a maximum length of 60 seconds music. Quality HIGH BIAS cassette tapes set on a medium recording level or CDs only. Tapes must be wound to the appropriate starting position at the beginning of the tape on side A. Music must be free from distortion and blank except for the one piece of music being used. CD's must be marked with competitor's name. **ABSOLUTELY NO PROFANITY!** We reserve the right to refuse any tapes not meeting these standards.

CD's must be turned in at WEIGH-IN!

MANDATORY SCHEDULE FOR ALL COMPETITORS:

WEIGH IN/CHECK IN: Friday, October 1st at 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 tape to weigh-in. Weigh in must be done in posing attire.

At Williamson Auditorium, U of A, Anchorage

PREJUDGING: Saturday, October 2nd 12 noon all competitors must be ready at this time.

CHECK IN: Saturday, October 2nd 6:00 pm all competitors must check in no later than this time.

MAIN SHOW: Saturday, October 2nd 7:00 pm Evening Show will begin no later than this time. ⌚

Entry form available on the web: <http://www.performancepromotions.org> or email: d@sport77.com

Ticket Prices:

\$25

Prejudging \$10

Tickets available at
GNC Sears Mall, Carr's
Huffman, & PowerHouse
Gym

Contest Hotel

Extended Stay Deluxe

907.646.4208

Extendstayhotels.com

Performance Promotions
PMB1455-3705 Arctic Blvd
Anchorage, Alaska, 99503

(907) 566-2346

Email: d@sport77.com
Alaskabodybuilding.com

The 2010 ABFF /GNC ANCHORAGE Pro Am BODYBUILDING Entry Form

The 2010 ABFF GNC ANCHORAGE Pro Am BODYBUILDING, FITNESS, FIGURE & Bikini 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: _____

E-mail: _____

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 the 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 video tapes 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

WOMEN'S OPEN

- Light Wt (176 lbs & under)
- Heavy Wt (176lbs and over)
- Junior Men (20 & under)
- Novice Men
- Masters Men (over 40)
- Mixed Pairs / name of partner:
- Pro-Natural Men

- 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 35 & over
- Women's Bikini
- Pro-Natural Figure

Ticket Purchases –quantity

x \$25

prejudging x \$10

Total Amount Enclosed for Entry Fee:

Grand Total Enclosed Entry Plus Tickets:

PERFROMANCE PROMOTIONS
P.O. 1455-3705 ARCTIC BLVD.
ANCHORAGE, AK 99503
Email:d@sport77.com
Web: www.performancepromotions.org