

2010 Gold's Gym Treasure Valley Bodybuilding, Fitness & Figure
Championships



Saturday, April 10th
Egyptian Theatre

Boise, Idaho

Pre-Judging at 10 AM * Evening Show at 6pm



QUALIFICATIONS: *Must be ABFF registered. ABFF Cards may be purchased at the Weigh In for \$30.* There is a random polygraph drug test and must be 2 year drug free. Masters men must be over 40 years of age and Grand Masters Men must be at least 50 years of age and over. Masters women must be over 35 or 50 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 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, PO Box 4286 Mountain Home AFB, ID 83648.

Deadline: Entries must be received by **March 30th. Late entries \$80.00.** There will be no exceptions.

Awards: Sculpture Concept Awards for the top 5 in each class. Barbarian Swords for overall winners. There will be special Awards for best poser men & women and 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 and Figure guidelines written below.

Fitness & Figure: In the fitness section, there will be two rounds of judging which will consist of a fitness round (50%) and a two-piece swimsuit round (50%). Awards will be received in the two-piece swimsuit. In the figure section there will be a 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) and wearing high heels. 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.

Bikini Class: Swim suit two piece.

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/Registration: Friday, April 9th, 6PM **MANDATORY Competitor Meeting & Weigh-In at Cambria Inn, 2970**

West Elder Street, Boise, ID 83705 (208) 344-7444. 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 MUSIC to weigh-in. Weigh in must be done in posing attire, except Novice or Masters.

Polygraphing: Men and Women Bodybuilding: 3 month Grace Period

Women's Fitness, Figure, and Bikini: 1 Year Grace Period

At Egyptian Theatre

CHECK IN: Saturday, April 10th, 8:30 AM all competitors must be ready at this time

PREJUDGING: Saturday, April 10th, 10 AM all competitors must be ready at this time.

MAIN SHOW CHECK IN: Saturday, April 10th, 5 PM all competitors must check in promptly at this time.

MAIN SHOW: Saturday, April 10th, 6 pm Evening Show will begin no later than this time.

For Contest Advertising, Tickets, or Vendor Booth Information: Contact Performance Promotions 253-380-4829.

Contest Hotel – must mention show

The Cambria Inn 2970 West Elder Street, Boise, ID 83705 (208) 344-7444

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"Please print or type legibly"

Name: _____
Age: _____
Street Address: _____

City: _____
State: _____ Zip: _____
Phone home : (_____) _____
Phone w: (_____) _____
Email: _____

Occupation: _____
Titles and/or Hobbies: _____

Gym Name & City: _____
Sponsors: _____

Special Thanks: _____

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 Egyptian Theatre, 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 body building and fitness 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

- Light Wt (143 ¼ to 154 ¼ lbs)
- Middle Wt (154 ¼ - 176 ¼ lbs)
- Light Heavy Wt (176 ¼ lbs - 198 ¼ lbs)
- Heavy Wt (198 ¼ lbs - 225 lbs)
- Junior Men (20 & under)
- Novice Men Light Wt (176 lbs & under)
- Novice Men Heavy Wt (176 lbs & over)
- Masters Men (over 40)
- Grand Masters Men (over 50)
- Pro Natural Men
- Mixed Pairs / name of partner:

WOMEN'S OPEN

- Open Women
- Masters Women over 35
- Masters Women over 50
- Novice Women
- Women's Figure over 35
- Women's Figure up to & including 5'4"
- Women's Figure over 5'4"
- Women's Natural Pro Figure
- Novice Figure
- Women's Fitness
- Women's Bikini

Contest Hotel: The Cambria Inn Suites
Mention show for discount



(208) 344-7444

Mail completed entry form and Entry fee (cashier's check or money order) to:

Performance Promotions

www.performancepromotions.org
<http://www.Alaskabodybuilding.com>

P.O. Box 4286

Mountain Home AFB, ID 83648

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