

# The 2010 ABFF /Kenai Peninsula Natural BODYBUILDING, FITNESS, FIGURE CHAMPIONSHIPS

**Saturday, May 8th**

**At the Soldotna High School Auditorium**

**524 W. Marydale Ave**

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

**Qualifications:** Entrants must be ABFF – registered athletes, 2 year drug free and random drug tested Masters Men must be over 40 years of age. Junior Men must be 20 years of age or under. Proof of age birth certificate copy or current 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: Kenai Peninsula Natural Bodybuilding PO Box 4125 Soldotna, AK. An ABFF card is required for all events and can be purchased during the weigh in. The cost and application fee is \$ 30.00 per year beginning Jan 1 and ending Dec 31 of each year.

**Entry Deadline:** Application must be submitted no later than May1, 2010. **A late entry fee of \$70 will be due to event information and programs.**

**Awards:** Awards for the top 5 competitors in each class, swords for overall winner and awards 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, Rules & Guidelines are a 2 piece suit. **All Athletes are subject to drug testing.** For information and a full list of banned substances go to [alaskabodybuilding.com](http://alaskabodybuilding.com) and **download application.**

**Music:** CD's MUST be BLANK except for the one piece of music being used & must be free from distortion. Mark CD with competitor's name with a maximum length of 60 seconds of music. **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, May 7th, 7:00 pm: MANDATORY Competitor Meeting & Weigh-In at **The Fitness Place: 35514 Kenai Spur Hwy Soldotna, AK,** 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 Soldotna High School Auditorium**

<b><u>PREJUDGING:</u></b>	<b>Saturday, May 8th</b>	<b>12 noons</b>	All competitors must be ready at this time.
<b><u>CHECK IN:</u></b>	<b>Saturday, May8th,</b>	<b>6:00 pm</b>	All competitors must check in no later than this time.
<b><u>MAIN SHOW:</u></b>	<b>Saturday, May 8<sup>th</sup></b>	<b>7.00 pm</b>	Evening Show will begin promptly at this time. ⌚

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

Ticket Prices:\$25 & \$20

Prejudging: \$10  
Tickets available at  
**The Fitness Place,**  
**GNC Live Well,**  
**Signature Salon**

**Contest Hotel**  
**King Salmon Best Western Motel**  
**(907) 262-5857**  
Mention this event for discounted  
prices.

Kenai Natural  
Bodybuilding  
PO Box 4125  
Soldotna, AK 99669  
(907) 262-6591  
(907) 252-1959  
**Alaskabodybuilding.com**

# The 2010 ABFF Kenai Peninsula Natural 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: (\_\_\_\_) \_\_\_\_\_

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

phone w: (\_\_\_\_) \_\_\_\_\_

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 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 body building 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**

- 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:

## **WOMEN'S OPEN**

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

## **Total Amount Enclosed for Entry Fee**

_____	\$
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Kenai Natural Bodybuilding  
P.O. Box 4125  
Soldotna, AK 99669

