

# The 2011 ABFF /GNC Alaska State Pro Am BODYBUILDING, FITNESS, FIGURE & Bikini CHAMPIONSHIPS

**Saturday March 26<sup>th</sup>, 2011**

**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 and 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: Ultra-fit Productions, PMB413-3705 Arctic Blvd, Anchorage, Alaska, 99503

**Entry Deadline:** Application must be submitted no later than March 20<sup>th</sup>, 2011. All Athletes must have a current ABFF card which may be purchased at the weigh in for an annual fee of \$30.00. Early Entry competitors will receive 1 complimentary goodie bag.

**Awards:** Awards for the top 5 athletes in each class, swords for overall winners and best poser, most muscular, and overall team award. Pro-natural status will be awarded for overall open men and women's champions.

**Guidelines:** All competitors will follow ABFF rules, guidelines, and mandatory poses with 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.

Women may wear multi-colored suits in the evening show. Fitness, Figure, Bikini Rules & Guidelines are a 2 piece suit. **All Athletes are subject to drug testing.** For information on banned substances and release forms go to [alaskabodybuilding.com](http://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. 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 music not meeting these standards.

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

## **MANDATORY SCHEDULE FOR ALL COMPETITORS:**

**At Powerhouse Gym**

**WEIGH IN/CHECK IN:** Friday, March 25<sup>th</sup> 2011 at 7:00 pm

MANDATORY Competitor Meeting & Weigh-In will be held at Powerhouse Gym 202 E Northern Lights Unit #B Anchorage (907) 277-6937. All competitors must check in no later than 7pm. You will weigh in, be assigned numbers & check in music at this time. Weigh in must be done in posing attire.

**At Williamson Auditorium, U of A, Anchorage**

**PREJUDGING:** Saturday, March 26<sup>th</sup> at 12 noon all competitors must be ready at this time.

**CHECK IN:** Saturday, March 26<sup>th</sup> at 6:00 pm all competitors must check in no later than this time.

**MAIN SHOW:** Saturday, March 26<sup>th</sup> at 7:00 pm Evening Show will begin no later than this time. ☺

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

## **Contest Hotel**

### **Long House Hotel**

907.243.2133

mention the ABFF rate of \$49.00

E-mail: [info@longhousehotel.com](mailto:info@longhousehotel.com)

Website: [longhousehotel.com](http://longhousehotel.com)

Ticket Prices:

\$25

Prejudging \$10

Tickets available at

GNC Sears Mall, Huffman

Carr's, Powerhouse Gym

Ultrafit Productions  
PMB413-3705 Arctic Blvd  
Anchorage, Alaska, 99503

(907) 764.5257

(907) 566.2346

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

[Alaskabodybuilding.com](http://Alaskabodybuilding.com)

# The 2011 ABFF /GNC ALASKA STATE Pro Am BODYBUILDING Entry Form

The 2011 ABFF GNC ALASKA Pro Am BODYBUILDING, FITNESS, FIGURE & Bikini CHAMPIONSHIPS

“Please print or type legibly”

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

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

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

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

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

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

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

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

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

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

\_\_\_\_\_

Phone work: (\_\_\_\_) \_\_\_\_\_

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)
- Grand Master's Men (over 50)
- 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

Amount Enclosed: \$ \_\_\_\_\_

ULTRA-FIT PRODUCTIONS  
P.O. 413-3705 ARCTIC BLVD.  
ANCHORAGE, AK 99503  
Email:d@sport77  
ALASKABODYBUILDING.COM