

2010 NPC Last Frontier State

**Fitness, Figure, Bikini and Bodybuilding Championships April 3rd
Egan Center, Anchorage, AK**

General Contest Information

Dates/Place: April 3rd, 2010 at the Egan Center, 555 W 5th Ave, Anchorage, AK
(907) 263-2800

Check-in/Weigh-in: Friday, April 2nd; 6:00pm
Hilton Anchorage - 500 W. 3rd Ave. Anchorage, AK 99501
(907) 265-7107

Competitor Meeting: April 3rd, 11:00am at Egan Center.
(ALL COMPETITORS MUST BE WEIGHED IN BEFORE THE COMPETITOR MEETING)

Judging Starts: April 3rd, 12:00 (Noon)

Evening Show: Doors open at 6:00pm.; Show begins 7:00pm

Deadline: Saturday, March 27th, 2009. *(Late entries will be accepted up until the check in at 10:00am on April 3rd. Late entries are \$100.00 – no exceptions.) Please note that late entry competitors' names may not be printed in the program and trophies may be mailed*

Entry Fee: *\$50.00* for all divisions. Mixed Pairs are an additional *\$25* per couple, with at least one partner entered in another division. Competitors may enter multiple divisions. Cashier's checks or money orders are preferred.

Mail entries to:

AlaskaFit Productions
P. O. Box 110771
Anchorage, AK 99515-0771
(907) 441-1959

*****Please make checks payable to ALASKAFIT PRODUCTIONS.*****

Awards: Niels Andersen Awards for the top five athletes in each class. Special Awards for the Overall Men's, Women's, and Figure Champions. There will also be a best poser award for Men and Women.

Qualifications: Entrants must be NPC registered athletes. Competitors may register with the NPC the day of the show. (\$95.00) Masters Men must be at least 40 years of age by April 3rd, 2009. Masters Women must be at least 35 years of age by April 3rd, 2009. Junior Men must be twenty years of age or younger on April 3rd, 2009. Proof of age (ie. Birth Certificate, Drivers License, state ID) must accompany all Masters Men, Masters Women and Junior Men entries.

Contest Headquarter Hotel:

Hilton Anchorage - 500 W. 3rd Ave. Anchorage, AK 99501
(907) 265-7107 ***Mention NPC for our special rate of \$89.00 per night***

Photography and video: See <http://www.npcalaska.com/photography> for details

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Name: _____ **Age:** _____
Street Address: _____
City: _____ **State:** _____ **Zip:** _____
Phone: (____) _____ **Occupation:** _____
Titles & Interests: _____
E-mail Address (Required): _____
Gym Name & Address: _____
Team Representing: _____

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 National Physique (NPC) of the USA Inc., the International Federation of Body Building (IFBB), the Egan Center, AlaskaFit Productions, Weider Publications and their agents and representatives, for any and all injuries suffered in connection with this AlaskaFit Fitness, Figure, Bikini, and Bodybuilding Championships and in traveling to and from them. I further agree to hold harmless and waive and release all photo rights for media (television, magazines, newspapers and websites) to AlaskaFit Productions, for the purpose of promoting Bodybuilding and Figure through the sale of videotapes, photos and any network, cable or local television airing.

Athletes Signature: _____ Date: _____

Guardian's Signature (required if under 18): _____
 Date: _____

“Please check competition entered”

<p>LAST FRONTIER MEN'S (BODYBUILDING)</p> <p><input type="checkbox"/> Bantam (143 ¼ and under) <input type="checkbox"/> Light (Over 143 ¼ up to 154 ¼ lbs.) <input type="checkbox"/> Middle (Over 154 ¼ to 176 ¼ lbs.) <input type="checkbox"/> Light-Heavy (Over 176 ¼ to 198 ¼ lbs.) <input type="checkbox"/> Heavy (Over 198 ¼ to 225 1 bs.)</p> <p><input type="checkbox"/> MASTER'S MEN (Over 40) <input type="checkbox"/> JUNIOR MEN (20 & under)</p>	<p>LAST FRONTIER WOMEN'S (BODYBUILDING)</p> <p><input type="checkbox"/> Light (up to and including 125 lbs.) <input type="checkbox"/> Middle (Over 125 - including 140 lbs.) <input type="checkbox"/> Heavy (Over 140 lbs.) <input type="checkbox"/> MASTERS WOMEN (Over 35) <input type="checkbox"/> COUPLES (Partner Name) _____</p>
<p>FIGURE/FITNESS</p> <p><input type="checkbox"/> Under 5-04 <input type="checkbox"/> Over 5-04 <input type="checkbox"/> Masters</p>	<p>BIKINI</p> <p><input type="checkbox"/> Under 5-04 <input type="checkbox"/> Over 5-04 <input type="checkbox"/> FITNESS</p>

NPC Guidelines and Regulations

Judging: In order – Fitness Routines, Junior Men, Master's Women (over 35), Master's Men (Over 40), Bikini (two-piece), Figure (two-piece), Fitness (two-piece), Open Women (Light, Middle & Heavy), Mixed Pairs, Open Men (Bantam, Light, Middle, Light-Heavy, Heavy and Super-Heavy).

Mandatory poses 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 behind your head with one leg extended forward). Moon poses are not allowed. Previous overall winners are eligible to compete if they need to re-qualify. All competitors will perform their routines at the finals. Competitors may wear multi-colored suits and jewelry at the evening performance. (Fitness and Figure see guidelines below)

Music: Quality High Bias CDs are recommended, recorded on a medium recording level. CDs must be distortion free and blank, with the exception of the one piece of music being used. CDs must be marked with the competitor's name and the competition entered. CDs must be recorded at the appropriate starting position and music should start at the beginning of the CD, with a maximum length of ninety seconds. Absolutely no profanity is allowed and competitors with profanity-laced music will be subject to disqualification. AlaskaFit Productions reserves the right to refuse music not meeting these standards. Figure competitors will use house music. Fitness competitors have a maximum time limit of two minutes and must provide a CD with their music on it meeting the above specifications.

Score sheets: Copies of competitor's score sheets will be made available after their respective classes are completed.

Fitness, Figure and Bikini Information

Figure and Bikini Competitors: Will have **ONE** round of judging, consisting of a Two-Piece Swimsuit Round. Figure and bikini competitors must wear high heels. Swimsuits must be in good taste and thongs and T-back suits are not allowed. Exhibition of poor sportsmanship will be grounds for automatic disqualification. Due to insurance requirements, safety concerns and space restrictions, only NPC registered athletes and members are permitted backstage with the promoters approval.

Fitness Competitors: (Women) Will have two rounds of judging, consisting of a Fitness Round (50%) and a Two-Piece Swimsuit Round (50%) Awards will be received in the Two-Piece Swimsuit.

Round 1: Fitness Round (Men & Women Fitness): 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 talent. Props are permitted but anything that cannot be carried by the competitor must be approved in advance.

Round 2: (Two-Piece Swimsuit Round) Figure and Fitness Women: 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.

Figure and Bikini Competitors: (Women)

Round 1: Bikini Round - competitors will walk onstage alone and perform their model walk (personal preference) Walk to the center of the stage, stop and do a front stance then a full turn and do a rear stance then turn to the front again in front of the judges and then proceed to the side of the stage.

Comparison Round: Bikini - competitors will be brought out in a group and directed to do a full front and rear stance. Judges will be scoring on balance and shape, overall physical appearance including complexion, skin tone, poise and overall presentation.

Competitor Resources

There is a list of local resources in the Anchorage/Fairbanks area at <http://www.npcalaska.com/resources>

If you would like to be listed as a resource on our website, please contact Garry Lodoen: alaskafit@npcalaska.com

For more information about the show contact AlaskaFit Productions at (907) 441-1959 or alaskafit@npcalaska.com

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