

# 2016 Heart of Alaska Fitness, Figure, Bikini, Physique and Bodybuilding Championships

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

Street Address: \_\_\_\_\_

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

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail Address (Required) \_\_\_\_\_

Gym Name & Address: \_\_\_\_\_ Team Name \_\_\_\_\_

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 Pioneer Park, the Fairbanks North Star Borough, Sheila Bratten, Sheila Bratten Productions and their agents and representatives, for any and all injuries suffered in connection with the Heart of Alaska Fitness, Figure, Bikini, Physique 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 (posters, television, magazines, newspapers and websites) to Sheila Bratten Productions, for the purpose of promoting Bodybuilding, Fitness, Figure, Bikini and Physique through the sale of videos, photos and any network, cable or local television airing. I understand that the 2016 Heart of Alaska Fitness, Figure, Bikini, Physique and Bodybuilding Championships is not affiliated with any other organization. **\*\*\*Competitors must be age 18 or older to enter\*\*\***

Athletes Signature: \_\_\_\_\_ Date \_\_\_\_\_

"Please check competition entered"

**MEN'S BODYBUILDING**

**WOMEN'S BODYBUILDING**

- \_\_\_\_ NOVICE (1st time competitors only)
- \_\_\_\_ LIGHT WEIGHT (Up to and including 165lbs)
- \_\_\_\_ MIDDLE WEIGHT (Over 165 Up to and including 187 lbs)
- \_\_\_\_ HEAVY WEIGHT (Over 187 lbs)
- \_\_\_\_ MASTERS MEN (Over 40)

\_\_\_\_ Women's Open Class

\_\_\_\_ MIXED PAIRS (BODYBUILDING): Partner Name: \_\_\_\_\_

- \_\_\_\_ MEN'S PHYSIQUE (up to and including 5'7")
- \_\_\_\_ MEN'S PHYSIQUE ( Over 5'7" up to including 5'10)
- \_\_\_\_ MEN'S PHYSIQUE (Over 5'10)

- \_\_\_\_ WOMEN'S PHYSIQUE (up to and including 5'6")
- \_\_\_\_ WOMEN'S PHYSIQUE (over 5'6")

**FIGURE**

**BIKINI**

- \_\_\_\_ Up to & including 5'4"
- \_\_\_\_ Over 5'4"
- \_\_\_\_ MASTERS FIGURE (Over 35)

- \_\_\_\_ Up to and including 5'4"
- \_\_\_\_ Over 5'4" and up to and including 5'6"
- \_\_\_\_ Over 5'6"
- \_\_\_\_ MASTERS BIKINI (Over 35)

**FITNESS**

**BIO to be read introducing you on stage during the evening show, limited to 3 lines**

(example: name, age, hobbies, who you would like to thank for their support or sponsorship)

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

# 2016 Heart of Alaska

## Fitness, Figure, Bikini, Physique and Bodybuilding Championships June 4th Pioneer Park Theater Fairbanks, AK

### COMPETITOR INFORMATION

**CHECK-IN/WEIGH-IN:** Friday, June 3, 2016, 6:00 pm – THE ALASKA CLUB, 747 Old Richardson Hwy. Fairbanks  
\*\*\**ALL COMPETITORS must check-in at the weigh-in.*\*\*\*

**CONTEST DATE:** Saturday, June 4, 2016 – PIONEER PARK THEATER 2300 Airport Way Fairbanks, AK

**COMPETITOR MEETING:** Saturday, June 4th, 11:00am - Pioneer Park Theater auditorium

**PRE-JUDGING STARTS:** Saturday, June 4th- 12:00 (Noon)

**EVENING SHOW:** Saturday, June 4<sup>th</sup> - Doors open at 6:00pm; Show begins 7:00 pm. At the evening show the top 5 winners of each class are announced and presented awards. The 1<sup>st</sup> place winner of each class will then compete against all 1<sup>st</sup> place winners in their division for the overall title. Please note if you win the overall title in your division, you must stay for the group photo at the end of the show. This will take place on stage immediately after the evening show ends. You will need to have your overall award with you on stage for the group photo.

**ENTRY FEE:** The entry fee is **\$60.00 per class**. Cash, cashier check or money order is the preferred methods of payment.

**ENTRY DEADLINE:** Friday, May 7, 2016. (The deadline for late entries will be *May 20th*. *The late entry fee will apply if received between May 8th and May 20<sup>th</sup>*. *Late fee is \$100.00 per division – no exceptions.* \*\*) No personal checks will be accepted after May 7, 2016.

To enter Mixed Pairs at least one partner must enter another division. Please note: competitors will not be not allowed to cross over into multiple divisions this year to compete. However, a master competitor will be allowed to compete in an open class, as long as it is in the same division. For example: a master bikini competitor will be allowed to compete in an open bikini class, but not in masters figure or open figure, a physique competitor can only compete in physique classes, bodybuilders only in bodybuilding classes, etc.

#### **MAIL ENTRIES TO:**

**Sheila Bratten Productions**

P. O. Box 73423

Fairbanks, AK 99707-3423

**Please make checks payable to \*\*\*SHEILA BRATTEN PRODUCTIONS**

**Awards:** Niels Andersen Awards for the top three athletes in each class. Special Awards for the Overall winners in Men's bodybuilding, Women's bodybuilding, Figure, Fitness, Bikini and Physique Champions. There will also be a team award and a gym award presented. So be sure to list the name of your team and the gym you workout at on the entry form.

**Qualifications:** All competitors must be age 18 or older on June 4, 2016 to enter. Masters Men must be at least 40 years of age by June 4, 2016. Masters Women must be at least 35 years of age by June 4, 2016. **Proof of age** (ie. Birth Certificate, Drivers License, state ID) **must accompany all Masters Men and Masters Women entries.**

**SPRAY TANNING :** 1 Stop Beauty is the official professional tanning artists for the 2016 Heart of Alaska. They will be traveling from Anchorage to spray tan competitors beginning Friday, June 3, 2016. Contact Lori or Bae at 1(907) 276-4247 to book an appointment. They will be set up at GBC Inc. at 3133 Davis Rd, Fairbanks AK on June 3rd. 1 Stop Beauty staff is the only spray tanners allowed to do touch ups inside the venue the day of the show. They have expert staff to help you with all of your tanning needs. If you don't want to hassle with tanning yourself, let their professional tanning artists airbrush your tan for you. They use tanning products that are specifically formulated for our stage and lighting. The fee is \$125.00 which includes full service- the initial spray tan, touchups and glazing. They accept credit card if you schedule in advance and cash only if you book at the last minute. If you do not use their services prior to the event and you request their services at the show, they cannot guarantee their products will compliment or blend with any other product on your skin and the same \$125.00 fee will apply. Call 1 (907) 276-4247 to book your appointment today or with questions and concerns. 1 Stop Beauty and the Heart of Alaska suggest that you make your appointment as soon as possible as reservations fill up fast. We highly recommend them for their professionalism and convenience. They strive to make you feel as comfortable as possible.

**PHOTOGRAPHER:** To be announced.

**HOST HOTEL:** Westmark Fairbanks Hotel 813 Noble Street Fairbanks, AK

**Special Rate for 6/03/16 & 6/04/16-**

- 2 Queens/King Standard: 139.00
- 2 Queens/King Suites: \$159.00
- \$15.00 for each additional person greater than two persons per room
- \*\*24-hour notice is required for all individual cancellations \*\*\*

**For reservations call 800-544-0970 or book online at [www.westmarkhotels.com](http://www.westmarkhotels.com). Use group code BRATTEN2016 for the special rate. (Reservations must be made by 5/03/16 to get these special rates, rates do not include tax.)**

**AFTER PARTY:** The official no-host after party will be held at Gallo's Mexican Restaurant & Cantina 60 College Rd. Fairbanks, AK on June 4, 2016 (will be a buffet) beginning at 10:30 pm.

**JUDGES RESOURCES**

Questions, please contact Tom Gamza, Judging Coordinator at 907-888-9590.

For more information about the show contact Sheila Bratten at (907) 388-6794 or send email to [sheila@sheilabratten.com](mailto:sheila@sheilabratten.com)