



Media Contacts:

npm | pr  
natalie p. mikolich  
natalie@npmpr.com  
(561) 414-4047

npm | pr  
elayne i. sommers  
elayne@npmpr.com  
(561) 523-5661

5/30/11

**Calendar Listing – July 8<sup>th</sup> & 9<sup>th</sup> 2011**

**WHO:** Men and women ranging from senior citizens to adults to teenagers, who are registered with the National Physique Committee (NPC) will compete in the 2011 NPC Southern States Championships. New to this year's competition is the women's 30+ bikini contest and men's physique competition.

**WHAT:** July 8<sup>th</sup> & 9<sup>th</sup> –  
The 31<sup>st</sup> Annual 2011 NPC Southern States Bodybuilding, Fitness, Figure & Bikini Championships is the largest regional national qualifier in the Eastern United states. The NPC, which sanctions amateurs in the U.S., and is part of the International Federation of Body Builders (IFBB), helps organize the judging of this event to take place at the War Memorial Auditorium in Ft. Lauderdale, FL.

**WHERE:** July 8<sup>th</sup> & 9<sup>th</sup> –  
The War Memorial Auditorium  
800 NE 8<sup>th</sup> Street  
Fort Lauderdale, Florida  
(954) 828-5380

**WHEN:** Friday, July 8<sup>th</sup> – 10:00 a.m.  
Pre-judging Women's Fitness,  
Figure, Bikini & Men's Fitness  
& Physique  
Tickets: \$20 General Admission

Friday, July 8<sup>th</sup> – 6:00 p.m.  
Evening Show-Women's Fitness, Figure,  
Bikini & Men's Fitness & Physique  
VIP Tickets: \$30- Reserved Tickets: \$20

Saturday, July 9<sup>th</sup> – 9:00 a.m.  
Pre-Judging- Men & Women's  
Bodybuilding  
Tickets: \$20 General Admission

Saturday, July 9<sup>th</sup> – 6:00 p.m.  
Evening Show- Men & Women's  
Bodybuilding  
VIP Tickets: \$35 – Reserved Tickets: \$25

**GUEST  
POSERS:**

**JASON HUH, IFBB Pro**  
2010 NPC USA Champion  
2006 NPC Southern States Champion  
2004 NPC Teen National Champion

**KAI GREENE, IFBB Pro**  
2010 IFBB Arnold Classic Winner

**ERIN STERN, IFBB Figure Pro**  
2010 IFBB Olympia Figure Champion

**BEN PAKULSKI, IFBB Pro**  
Canadian National Champion

**JOHNNIE JACKSON, IFBB Pro**  
World's Strongest Bodybuilder  
Military Veteran  
Desert Shield/Desert Storm  
IFBB Atlantic City Pro- Overall Winner

**NICOLE DUNCAN, IFBB Fitness Pro**  
Fitness Model & Spokesperson

**FLEX LEWIS, IFBB Pro**  
2011 IFBB British Grand Prix- 202 Winner

**SPECIAL  
GUEST:**

**LEE HANEY, IFBB Pro**  
8X IFBB Mr. Olympia  
Former Chairman President's Council of Fitness & Sports

*Tickets are available from Ticketmaster, War Memorial Auditorium  
(954) 828-5380 and USA Sports Promotions of Florida  
(954) 763-2718.*

*Prejudging Tickets for the Friday, July 8<sup>th</sup> and Saturday, July 9<sup>th</sup> are only available  
from USA Sports Promotions of FL and at the Box Office the day of the events.*