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31st ANNUAL NPC SOUTHERN STATES FITNESS, FIGURE, BIKINI, PHYSIQUE & BODYBUILDING CHAMPIONSHIPS SIZZLES THIS SUMMER IN SOUTH FLORIDA
New Competition Divisions Added This Year for Men's Physique & Women's 30+ Bikini

May 12th, FT. LAUDERDALE, Florida – On Friday, July 8th and Saturday, July 9th, the **31st Annual NPC Southern States Championships** will sizzle this summer in South Florida when the two-day fitness, figure, bikini, physique and bodybuilding championships gets underway at the **War Memorial Auditorium** in Ft. Lauderdale, Florida. The NPC Southern States Championships is the largest, regional national qualifier east of the Mississippi and will consist of over 200 of the nation's top sanctioned NPC (National Physique Committee) amateurs competing for a spot into the nationals later this summer. Age divisions of entrants include teenage, adult and senior competitors (both men and women) from eighteen different states and Puerto Rico, which shows that you can commit to be fit at any age.

New to this year's Championships, will be the **Men's Physique** division with competitors being judged on their muscularity and body condition along with their fitness combined with their overall condition. Displaying proper shape and symmetry, will be equally as important for the Men's Physique competitors in addition to their stage presence and personality while sporting board shorts attire. In addition to this, a **Women's Bikini 30+** division has also been added to allow more women to compete in their stunning, summer bikini bodies.

Kicking things off on Friday night will be the **Maria Bellando Women's Fitness, Figure & Bikini Championships** and the **Manuel Mair Men's Fitness & Physique Championships**. The Women's Fitness competitors will perform an exciting two-minute routine choreographed to music

with dance, theater and gymnastic elements and the Bikini contestants will display their best body poses in their two-piece swimsuit for the judges. The Men's Fitness competitors have timed exercises to determine the number of push-ups and pull-ups each entrant can do in sixty seconds along with an obstacle course competition to determine this year's winner. Special guests who will perform Friday night include **IFBB Figure Pro & 2010 Ms. Olympia** Erin Stern and **IFBB Fitness Pro** Nicole Duncan.

On Saturday night, the line-up of events will really heat up the stage at the War Memorial Auditorium when the different **Bodybuilding** divisions from teen to Grand Masters (Men Over 70) show-off their best-sculptured muscles to the audience and judges in a choreographed routine to music. Guest Posers for this event will be a cavalcade of **IFBB Pro Stars** including **Jason Huh, Kai Greene, Ben Pakulski, Johnnie Jackson** and **Flex Lewis**.

"This year's championships promises to be one of the most exciting ever held," commented **Peter W. Potter**, 2011 NPC Southern States Championships promoter. "The combination of the top quality amateur NPC competitors with the best of the IFBB Pros, and the added attraction of 8-Time IFBB Mr. Olympia and former Chairman of the President's Council of Fitness & Sports, Lee Haney, will provide a panoramic view of the sport at its very best."

The 2011 NPC Southern States Championships is open to any athlete in the United States. The competition is sanctioned by the NPC, the affiliated organization of the International Federation of Body Builders, an international amateur sports organization. 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 8th and Saturday, July 9th are only available from USA Sports Promotions of Florida and at the Box Office the day of the events.

For more information about the 2011 NPC Southern States Championships please visit www.npcsouthernstates.com.

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