



**INBF**  
**2008 Northern States Super Natural**  
**American & Canadian Challenge**

[www.northernstatessupernatural.com](http://www.northernstatessupernatural.com)

**Date:** April 26, 2008 McKinley High School, 1500 Elmwood Ave., Buffalo NY 14207

**Contact:** Marian Giallombardo 716.876.2738, 445.5603, marian@localnet.com or Donnie Cray 716.598.0996

**ENTRY FEES:** \$40 and \$30 for each crossover. **\$25 late fee postmarked after April 17.**

**After March 31 only accepting money orders.**

**INBF CARD:** Can either include fee with application fee. If not included in application fee, only money orders are accepted.

**APPLY BEFORE MARCH 31 & GET A FREE AWESOME T-SHIRT\*\* (fill in size below: Sm. to 3X)**

**Mens Open**

( ) Bantamweight - under 150 lbs. ( ) Lightweight - 150 1/4 to 165 lbs. ( ) Middleweight - 165 1/4 lbs. to 176 lbs.  
( ) Lighthheavy - 176 1/4 lbs. to 190 lbs. ( ) Heavyweight - over 190 lbs.

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Womens Open ( ) Lightweight - under 118 lbs. ( ) Heavyweight - 118 lbs. and over.

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Women's Ms. Fit Body Division ( ) Based on two rounds; Symmetry and Posing

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Womens Fitness ( ) Based on two rounds – 1) Swimsuits (50%) 2) Fitness round (50%).

Womens Figure: Under 35 ( ), 35+ ( ) - Based on one round - Swimsuit, walk and quarter turns

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Novice: ( ) Men - Classes to be announced. ( ) Women - Classes to be announced.

Definition: 1- Has not placed in the top 3 in and open weight class, in any organization.

2- Has not placed 1st in a novice contest, in any organization.

3- A Novice Competitor can not crossover to the open division.

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Teens: ( ) 13-19 Couples ( ) Women Masters Over 35 ( ) Wheelchair ( ) M & ( ) W

Men Masters: ( ) Over 40 ( ) Over 50 ( ) 60+ ( ) 70+

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**Masters Men & Masters Women, Teens & Couples have the option to crossover into the Open or Novice.**

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

T-shirt size\*\* \_\_\_\_\_ (FREE if postmarked by march 31. \$15 for shirt if you want to purchase additional shirts or if you miss deadline for a FREE shirt)

**INBF card No./exp date \_\_\_\_\_ (if you do not have one see INBF form on website. Can include INBF card fee with application fee. If paid separately MUST pay via money order – see application for fees).**

Ph. # Day \_\_\_\_\_ Nite \_\_\_\_\_ e-mail \_\_\_\_\_

Cell phone number \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Gym Representing \_\_\_\_\_ Titles Won: PLEASE LIST TITLES AND CLASSES YOU PLACED \_\_\_\_\_

**POLYGRAPH TEST:** you are responsible to sign up for test (see website for info) (if you had recent test from INBF show, list show tested for and date of show) \_\_\_\_\_

**WAIVER:** In consideration of your accepting this entry, I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights and claims for damages I may have against the International Natural Bodybuilding Federation Inc. (INBF), McKinley High School, Buffalo NY, World Natural Bodybuilding Federation, Inc. (WNBF), Marian Giallombardo, Donie Cray and any sponsors, agents, representatives and assigns for any injures and/or losses suffered by me as a result of my participation and/or attendance at the 2008 INBF Northern States Super Natural, Saturday April 26, 2008. I understand that, in order to compete in A INBF-sanctioned event, I will be required to submit to up two (2) drug tests to validate a seven year abstinence from the use any type steroids, hormones, prohormones, prescription diuretics and any and all other compounds deemed illegal by the decision of the INBF concerning my participation in an INBF-sanctioned contest pending the results of one or both tests, as well as my adherence to all INBF rules and regulations. Failure to pass INBF drug tests or failure to adhere to INBF rules and regulations will result in my expulsion from the competition in question, as well as loss of INBF eligibility for seven years. I also agree to submit to any and all out-of-season testing required by INBF and agree to stand by the results of said testing, whatever it may be.

**DON'T FORGET YOU NEED A CURRENT INBF CARD (see website for form) and a polygraph apt..**

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
OF PARENT OR GUARDIAN (if under 18) \_\_\_\_\_ **PLEASE FILL OUT & RETURN ENTIRE APPLICATION FORM. Make money order/check payable: Marian Giallombardo. Mail to 192 Louvaine Dr, Buffalo NY 14223. AFTER MARCH 31 ONLY MONEY ORDERS ACCEPTED.**

**\*\*\*\*\*CHECK OUT WEBSITE FOR HOST HOTEL INFO and direction to site. AND DOWNLOAD AND READ THE CHECKLIST.\*\*\*\*\***

**Checklist will cover info such as:**

- 1. Polygraph**
- 2. Music**
- 3. Check in times**
- 4. Other important info**