

Dear Competitor:

**ATTENTION WOMEN:** We now have a new class called Ms. Fit Body. Check out the form in the forms & applications section.

The following is a checklist and some “reminders.” **The show is at McKinley High School at 1500 Elmwood Ave, Buffalo NY 14207. Night show starts at 6:00 pm, we want competitors back at the venue by 5pm. Prejudging is at 11 am.**

1. Your polygraph will take place at the Holiday Inn Hotel, **Please note that we are at a different hotel from 2007.** We will now be at 620 Delaware Ave (between North & Allen), Buffalo, NY (716-886-2121, 1-800-HOLIDAY). We'll have a check in desk in or near the lobby.

**E-MAIL MYRA ( [esscteam@aol.com](mailto:esscteam@aol.com) ) FOR AN APPOINTMENT. IT IS \$40 CASH. You are responsible to make the appointment.**

2. **You will need to bring to the test/check in:** a) photo **ID** b) **\$40 US (for poly)** -cash c) **CD only** (there will be a charge for tapes to be made into CDs) labeled with your name & class/classes.

3. At the **poly test** you will need to pay for anything that you have not paid for such as INBF membership fee (\$35 US. \$50 for foreign competitors cash, money order) or the application fee (\$40, \$30 crossover, any late fees).

-We will have forms at the show to buy photos (forms are online too)(and for video if we offer it in 2008).

4. **Competitor check in is at 9am sharp at McKinley High School.** The competitor meeting will follow once everyone is checked in. At that time we will weigh anyone who has not been weighed and polygraph those who come in Sat from out of town. Only competitors are allowed in the meeting. Family & friends will need to buy a ticket and wait in the auditorium.

5. **Music:** You need 2 Cds (labeled with your name/class). Up to 90 seconds. This should be the only music on the CD. We may take the music at the poly test. If it is not ready let us know. **WE PREFER CD. IF YOU BRING A TAPE THERE WILL BE A CHARGE TO CONVERT IT TO A CD.**

6. **INBF card:** You **NEED** an INBF card to compete. If you do not have one that had not expired, one you will need to fill out the application (see website). You can send INBF fee included with the application fee. We will accept checks only until March 31. Canadian competitors will need to send money orders. If you pay the INBF separately or mail the INBF application and payment to them, they will **ONLY** accept money orders (see application).

For payment of INBF card: Foreign INBF members - Certified Check or Money Order and their bank must be affiliate with a bank in the United States. (call 716-876-2738 with any questions)

#### **OTHER THINGS**

A. **You are allowed to use props during your night routine.** Ex. sunglasses, or a cape or cloths that you take off during the routine. If you are unsure what is allowed, please call us.

B. Directions: We suggest that you look on Yahoo.com or Mapquest.com. If you have problems call us.

C. Contact phone numbers: Marian 716-876-2738 if not in, cell 716-445-5603 or Donnie 716.598.0996, or [marian@localnet.com](mailto:marian@localnet.com).

D. Hotel: people staying at the host hotel (holiday Inn in Buffalo – see above for address) try not to get tan and oiling products on the linens or carpets. If the room gets too dirty they may charge you extra. If you are staying at another hotel, make sure we know how to contact you there.

E. Tickets: Are available in advance (send check/MO to Marian Giallombardo) or at the polygraph or at the door. Advance ticket form is on line on our website. (money orders only after march 31).

F. Video: We may hire a professional videographer. If we do, **we will not be permitting anyone to shoot video.** If we don't, we will allow you to bring your video cameras.

G. Oil: **No Pam or other Aerosol spray allowed.**

H. It is a good idea to bring 2 posing suits in case one gets dirty.

I. There will be **food** (pizza, donuts, protein bars, candy) and drinks (coffee, pop, water, snapple) for sale during the day and night show. There will also be show T-shirts and other clothing for sale.

Good luck, have fun and we will see you soon! Let us know if you need help with anything.