



**INBF 2010 Mr. & Ms. Super Natural  
Pro qualifier for master's bodybuilding\*, figure masters\*  
and  
WNBF Pro Natural Women's Cup – pro Masters figure & pro open  
and pro masters bodybuilding**

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

**Facebook: Super Natural Bodybuilding and Fitness**

**DATE:** October, 2010 Maryvale Senior HS, 1050 Maryvale Drive, Buffalo NY 14225

**TIME:** Prejudging 11am (competitor check in 9am); Evening finals 6pm (competitors be there 5pm)

**HOST HOTEL:** Holiday Inn, 620 Delaware Ave, Buffalo NY, 716-886-2121

**CONTACT:** Marian Giallombardo 716.876.2738, 445.5603, marian@localnet.com or Donnie Cray 716.276.6900

**ENTRY FEES:** \$45 and \$30 for each crossover. There may be a **\$25 late fee postmarked after Sept. 18.**

**After September 1, 2010, we are only accepting money orders.**

**INBF CARD: Payment may be include fee with application fee. If not included with application and sent separately to INBF, only money orders are accepted and Canadian applications will need to pay via credit card.**

**APPLY BEFORE September 1, & get a FREE awesome T-shirt (fill in size below: Sm. to 3X)**

T-shirt size \_\_\_\_\_ /\$15 if you want to purchase additional shirts or if you miss deadline for FREE shirt.

## **BODYBUILDING**

**Men Bodybuilding (NOTE: ONE IS EITHER NOVICE OR OPEN, NOT BOTH)**

**\*\*Novice:** Has not placed in the top 3 in and open weight class & not placed 1st in a novice contest.

( ) LW - 150 1/4 to 165 lbs. ( ) MW - 165 1/4 lbs. to 176 lbs. ( ) LHW - 176 1/4 lbs. to 190 lbs.

( ) HW - over 190 lbs. ( ) teen ( ) Masters 40+ ( ) Masters 50+ ( ) Novice - approx show wt \_\_\_\_\_

**Women's bodybldg** ( ) LW - under 118 lbs. ( ) HW - 118 lbs. & over ( ) Novice\*\* ( ) Masters 40+

**Other Classes:** Couples ( ) **Wheelchair:** Men ( ) Women ( )

**CROSSOVERS into other classes: Masters bodybuilders, Teens & Couples have the option to crossover into the Open or Novice bodybuilding. Bodybuilders can also do male model, figure, Ms Fit or bikini.**

**\*\*Novice:** Has not placed in the top 3 in and open weight class & not placed 1st in a novice contest.

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**MALE MODEL:** ( ) Male Model ( ) Junior Male Model - 19 yrs and under

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**FIGURE, MS. FIT, BIKINI (NOTE: ONE IS EITHER NOVICE OR OPEN, NOT BOTH)**

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

( ) open Ms Fit class ( ) Masters Over 40 Ms Fit

**Best Body Bikini** ( ) **Junior bikini 19 yrs and under** ( ) **Bikini 40+** ( ) **Bikini 50+** ( )

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

**Women's Figure:** Based on one round - Swimsuit, walk and quarter turns

( ) **Open Figure - height:** height (bare foot) \_\_\_\_\_feet \_\_\_\_\_inches

( ) **Masters Figure 40+**

( ) **Novice Figure: height:** height (bare foot) \_\_\_\_\_feet \_\_\_\_\_inches

NOTE: Novice Figure & Open Figure can also do Masters Figure & Ms Fit & Bikini

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**\*Pro card awarded only if 5 or more in class**

**OTHER INFO: download the checklist from our website as it will cover info such as:  
Polygraph; Music – for bodybuilders; Check in times; Other important info**

**POLYGRAPH: E-MAIL OUR POLYGRAPH PERSON, MYRA ( [esscteam@aol.com](mailto:esscteam@aol.com), 718-222-5888 )  
FOR AN APPOINTMENT. IT IS \$45 CASH (only cash is accepted for the polygraph). You are responsible to  
make the appointment. Polygraph appointments are taking place the Thursday and Friday before the show. There  
are some spots open Saturday morning (before the show) for competitors coming from out of town.**

**INBF card No./exp date \_\_\_\_\_ (if you do not have one, get INBF form on our website. Can include  
INBF card fee with application fee.)**

**NO ALCOHOL OR SMOKING ON SCHOOL PREMESIS.** Please be respectful of this, as these are the schools rules  
and we must follow them if we want to be allowed back.

Name \_\_\_\_\_ Age \_\_\_\_\_ Ph. # Day \_\_\_\_\_

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

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Gym Representing \_\_\_\_\_

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

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**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), Maryvale School District, Buffalo NY, World Natural Bodybuilding Federation, Inc. (WNBF), Marian Giallombardo, Donie Cray and any sponsors, agents, representatives and assigns for any injuries and/or losses suffered by me as a result of my participation and/or attendance at the 2010 INBF Mr & Ms Super Natural, Saturday October 2, 2010. I understand that, in order to compete in an 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 our website for form) and  
a polygraph apt and book your hotel ASAP if you are from out of town (they book up  
quickly).**

Signature \_\_\_\_\_ DATE \_\_\_\_\_

PARENT OR GUARDIAN (if under 18) \_\_\_\_\_

**PLEASE FILL OUT & RETURN ENTIRE APPLICATION. Make money order/check payable: Marian  
Giallombardo. Mail to 192 Louvaine Dr, Buffalo NY 14223. AFTER September 1, ONLY MONEY ORDERS  
ACCEPTED for application and INBF fees. Due to the high cost of bank fees Canadians must pay by money order.**