



**INBF 2010 Northern States Super Natural
Canadian & American Challenge
Pro qualifier for bodybuilding*, figure* and masters***

****NOTE – BOOK HOTEL EARLY. It is NCAA weekend and rooms will go quick and there will be none left in the whole city.**

www.northernstatessupernatural.com

Facebook: Super Natural Bodybuilding and Fitness

DATE: March 20, 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 716.783.7286

ENTRY FEES: \$45 and \$30 for each crossover. There may be a **\$25 late fee postmarked after March 13.**

After March 6, 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 February 20, & 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.

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

FIGURE, MS. FIT, BIKINI

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** ()

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

***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, 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.)**

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 _____

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 injures and/or losses suffered by me as a result of my participation and/or attendance at the 2010 INBF Northern States Super Natural, Saturday March 20, 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 March 6, ONLY MONEY ORDERS
ACCEPTED for application and INBF fees. Due to the high cost of bank fees Canadians must pay by money order.**