

Dear Competitor:

If you are on facebook, join Super Natural Bodybuilding and Fitness so you will be continually updated on various aspects of the show and future shows.

The following is a checklist and some “reminders.” **The show is at Maryvale Senior High School, 1050 Maryvale Dr, Buffalo NY 14225. Night show starts at 6:00 pm, we want competitors back at the venue by 5pm. Check in for prejudging is 9am and Prejudging is at 11 am.**

1. Your polygraph will take place at the Host Hotel (Holiday Inn, 620 Delaware Ave (between North & Allen), Buffalo, NY (– **IF STAYING AT THE HOTEL, FOR DISCOUNTED RATE YOU MUST TELL THEM YOU ARE WITH THE SUPER NATURAL Bodybuilding show**, 716-886-2121 or sign up by clicking on the link on our website for the hotel). We’ll have a check in desk in or near the lobby.

2.

POLYGRAPH: E-MAIL OUR POLYGRAPH PERSON, MYRA (esscteam@aol.com) 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 (and maybe Wednesday) before the show. There are some spots open Saturday morning (before the show) for competitors coming from out of town.

a. You are responsible for making your polygraph apt.

b. Only competitors coming in from out of town the day of the show will take the poly the morning of the show (and those tests will be at Marvale High School, all other tests are at the Host Hotel).

2. **You will need to bring to the polygraph test/check in:** a) photo **ID** b) **\$45 CASH US (for poly)**

3. At the **poly test** you will need to pay for anything that you have not paid for such as INBF membership fee (which is \$40. \$50 for foreign competitor).

-We will have forms at the show to buy photos (forms will be on our website)(and for video if we offer it).

4. **Competitor check in is at 9am sharp at Maryvale 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:** Bodybuilders will need one Cd (labeled with your name/class), but we suggest a back-up in case the first one doesn’t work. Up to 60 seconds (changed from 90 sec so the show won’t run as long). For the Pro Women it is 90 seconds. This should be the only music on the CD. We will only accept CD’s (no tapes). No music needed for bikini, male model, Ms Fit or Figure.

6. **INBF card:** You **NEED** an INBF card to compete. If you do not have one or have an expired one, one you will need to fill out the application (form is available on our website). You can send INBF fee to us with the application fee. We will accept US checks only until September 2, 2011. After September 2, we will only accept money orders (Canadian must send money orders in US funds, regardless of the date). **If you pay for your INBF card separately by sending to the INBF they will ONLY accept money orders (see application) and foreign application can only be paid by credit card.**

*******For payment of INBF card: Foreign INBF members – If you fee is not included in the money order with the application fee, then you need to pay via credit card (call 716-876-2738 with any questions)**

OTHER THINGS

A. **Bodybuilders 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 716.632.4054, or marian@localnet.com.

D. Host Hotel: **BOOK EARLY. IT COULD BE HARD TO GET A ROOM IF YOU WAIT. IF STAYING AT THE HOTEL, FOR DISCOUNTED RATE YOU MUST TELL THEM YOU ARE WITH THE NORTHERN STATES SUPER NATURAL** People staying at the host hotel (Holiday Inn, 620 Delaware Ave, Buffalo, NY) 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 to Marian Giallombardo) or at the door. Advance ticket form is on our website. **No Canadian checks accepted (due to the high fees to deposit them).**

F. Photos will be taken at the show and available for purchase. If you would like to pre order you get a discount. We will have a pre order form available.

G. 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.

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

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

J. There will be **food** (pizza, donuts, protein bars, candy) and drinks (coffee, pop, water) for sale during the day and night show. There will be pizza for the competitors after the show which we are sure you will enjoy. There will also be show T-shirts for sale (but they go quick).

K. **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.

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