



2012 INBF Northern States Super Natural

Pro qualifier bodybuilding and figure and masters BB & figure*

March 17. Held at Marvvalle Senior High School

www.northernstatessupernatural.com

Facebook: **Super Natural Bodybuilding and Fitness**

DATE: March 17, 2012 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: IF STAYING AT THE HOTEL, FOR DISCOUNTED RATE YOU MUST TELL THEM YOU ARE WITH THE SUPER NATURAL BODYBUILDING SHOW: Holiday Inn, 620 Delaware Ave, Buffalo NY, 716-886-2121

CONTACT: Marian Giallombardo 716.876.2738, 445.5603, marian@localnet.com or Donnie Cray 716.390-6865

ENTRY FEES: \$45 and \$30 for each crossover. There may be a **\$25 late fee postmarked after March 12.**

After march 5, 2012, 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 feb 17, & 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

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

Men Bodybuilding (only check a weight class if you are open, novice please fill in approx show weight.

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

OPEN: () 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 weight _____

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

Women's bodybldg (NOTE: ONE IS EITHER NOVICE OR OPEN, NOT BOTH)

() 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.

WOMEN'S CLASSES

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.

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

FIGURE (NOTE: ONE IS EITHER NOVICE OR OPEN, NOT BOTH)

() **Open Figure - height:** height (bare foot) _____ feet _____ inches

() **Masters Figure 40+**

() **Novice Figure: height:** height (bare foot) _____ feet _____ inches

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

**FOR OTHER IMPORTANT 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. Call for apt approx 4 – 6 weeks before the show. 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.**

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 _____

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.)

Titles Won: PLEASE LIST TITLES AND CLASSES YOU PLACED (or list first-timer if it is your first 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), 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 2012 INBF Northern States Super Natural, Saturday March 17, 2012. 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 _____ Parent(for those under 18) _____ DATE _____

**FILL OUT & RETURN ENTIRE APPLICATION & INBF Membership app. Make money order/check payable:
Marian Giallombardo. Mail to 192 Louvaine Dr, Buffalo NY 14223. AFTER March 5, ONLY MONEY ORDERS
ACCEPTED for application and INBF fees. Due to the high cost of bank fees Canadians must pay by money order.**