

2010 INBF Mid-America Pro-Am Bodybuilding, Fit Body, Figure & Fitness Model Championships

DATE: Saturday, July 31, 2010

LOCATION: William Henry Harrison High School, Evansville, IN. A complete packet of information/directions will be provided to each competitor upon entry.

SANCTIONING: The International Natural Bodybuilding & Fitness Federation (INBF) is the sanctioning body. This show is a World Natural Bodybuilding Federation (WNBF) Pro Qualifier being held in conjunction with the WNBF Pro Mid-America Championships.

PROMOTERS: Dr. Joe Klemczewski, Tony Bronco, Kori Propst, Sean McCauley and Jordan Chabinsky.

INFORMATION: For more information, please contact Sean McCauley at sean@thedietdoc.com, call 812-868-8710 (X222) or visit www.midamericaproam.com

TICKETS: Please contact Sean McCauley for advanced purchase of all tickets at sean@thedietdoc.com or call 812-868-8710 (X222).

AWARDS: Awards will be given to ALL competitors. The top 5 in each class will receive Neils Anderson sculpture trophies. Overall winners will be given beautiful crystal trophies along with other awesome prizes.

CLASSES: Height classes will apply in all Fit Body and Figure divisions. Weight classes will apply in all bodybuilding categories. Contest promoters reserve the right to adjust classes.

FIGURE POSING ATTIRE: Two-piece suit and heels. No thongs may be worn. Music to be provided by promoter. There is no longer a one-piece round in the INBF.

FIT BODY POSING ATTIRE: Two-piece suit and heels. No thongs may be worn. Music to be provided by promoter. There is no longer a one-piece round in the INBF.

FEMALE FITNESS MODEL ATTIRE: Two-piece bikini swimsuit of your choosing and heels. No thongs may be worn.

MALE FITNESS MODEL ATTIRE: Be prepared with posing trunks and casual shorts/swimsuits of choice.

POSING MUSIC: Competitors will pose to music of their choice at the Final show. If you are entered in more than one class, you will pose only once. Music will be limited to 90 seconds, must be cued to start and recording must be of good quality. ONLY CD's will be accepted. Two (2) copies must be provided. **No profanity will be allowed. At the promoter's discretion, music containing profanity will be immediately turned off.**

ENTRY: Entry fee is \$45. Crossover fee is \$30. Polygraph fee is \$40 cash, paid directly to event polygrapher at time of Polygraph.

TRAVEL: Evansville Regional Airport (airport code: EVV). Shuttles may be available and rental cars are available. Travel details will be provided to competitors upon entry.

WEBSITE: www.midamericaproam.com

ELIGIBILITY: The competition is open to all physique athletes who have NOT at any time during the 84 months prior to the day preceding this event, engaged in the personal use of anabolic steroids or any other growth enhancing drugs, diuretics or pro-hormones. (Andros) and related supplements are banned. **FOR A COMPLETE LISTING OF BANNED SUBSTANCES PLEASE VISIT WWW.INBF.NET.** All contestants must present a valid INBF card at drug testing. INBF cards are \$40 and can be purchased at check-in. Additional information about drug testing will be emailed to you after we have received your entry. All competitors MUST be of amateur status (must not have received any cash prize from any bodybuilding, figure or fitness organization).

TESTING & CHECK-IN: Polygraph is by appointment. Check-in and urine collection will be announced at a later date. Drug testing will be by urinalysis and polygraph. **THIS IS A FULLY TESTED SHOW. IF YOU MISS THE DRUG TESTING YOU WILL NOT BE ALLOWED TO COMPETE. ALL DRUG TEST FAILURES RESULT IN A SEVEN (7) YEAR BAN FROM THE INBF/WNBF.** INBF membership is required. **BE PREPARED TO POLYGRAPH UP TO THREE (3) DAYS PRIOR TO THE CONTEST. NO EXCEPTIONS.** Competitors may be asked to submit to a second polygraph the day of the show or after if needed.

ADDITIONAL INFORMATION WILL BE SENT TO ALL COMPETITORS 4-5 WEEKS PRIOR TO THE SHOW. You will receive via email a very complete packet of information detailing everything you need to know. PLEASE provide a correct (and legible) email address on the entry form.

(cut and mail below this line)

MAIL ALL ENTRIES TO:

The Diet Doc
8601 North Kentucky Ave., Suite G
Evansville, IN 47725

Name: _____ Age: _____ Sex: _____ Your Exact Height: _____
Address: _____ City: _____ State: _____ Zip: _____
Phone: Day (____) _____ Evening (____) _____ email Address: _____
Occupation: _____ Current INBF Card Exp. Date _____ Last 4 Digits of SS#: _____

YOUR FREE EVENT T-SHIRT! Please circle one: Small Medium Large XL XXL *Additional EVENT T-SHIRTS are also available for \$20/item: TOTAL \$ _____

A \$25 fee will be added for returned checks. You will be required to sign a release, as a standard procedure, at check-in. If you are under 18, signature of parent or legal guardian required.

PLEASE CHECK ALL DIVISIONS THAT YOU ARE ENTERING

- FIGURE OPEN
- TEEN BODYBUILDING
- BIKINI/FEMALE MODEL
- FIGURE NOVICE (No crossover to Open Figure)
- COLLEGIATE
- MEN'S FITNESS/MALE MODEL
- MASTER'S FIGURE 40+ (Pro Qualifying)
- GRAND MASTER'S 55+
- MEN'S MASTER'S 40+ (Pro Qualifying)
- WOMEN'S FIT BODY

MEN'S OPEN BODYBUILDING (No crossover. WNBF Pro Qualifying division): Bantamweight (under 150 lbs.); Lightweight (150 ¼ to 165 lbs.); Middleweight (165 ¼ to 176 lbs.); Light Heavyweight (176 ¼ to 190 lbs.); Heavyweight (over 190 lbs.)

MEN'S NOVICE BODYBUILDING (No crossover): Lightweight (under 165 lbs.); Middleweight (165 ¼ to 176 lbs.); Light Heavyweight (176 ¼ to 190 lbs.); Heavyweight (over 190 lbs.)

WOMEN'S OPEN BODYBUILDING (No crossover. WNBF Pro Qualifying division): Lightweight (under 118 lbs.); Heavyweight (over 118 lbs.)

WOMEN'S NOVICE BODYBUILDING (No crossover): Lightweight (under 118 lbs.); Heavyweight (over 118 lbs.)

WAIVER

In consideration of your accepting this entry, I hereby intend to be legally bound for myself, my heirs, executors and administrators, and hereby waive and release any and all rights and claims for damages I may have against the International Natural Bodybuilding & Fitness Federation, Inc. (INBF), William Henry Harrison High School, Evansville, IN, World Natural Bodybuilding Federation, Inc (WNBF). Promoters Dr Joe Klemczewski, Tony Bronco, Kori Propst, Sean McCauley, & Jordan Chabinsky 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 Mid-America Pro-Am Bodybuilding, Fit Body, Figure & Fitness Model Championships on July 31, 2010 or for any media coverage thereof.

I understand that, in order to compete in an INBF-sanctioned event, I will have to submit to up two (2) drug tests to validate a seven-year abstinence from the use of any type of steroids, hormones, pro-hormones, prescription diuretics and any 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 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 an INBF drug test 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.

AGREED:

Signature:

_____ Date: _____.

SIGNATURE OF PARENT OR GUARDIAN (IF UNDER 18):

_____.