

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

DATE: Saturday, July 31st, 2010

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

SANCTIONING: The International Natural Bodybuilding Federation is the sanctioning body. This show is a **WNBF Pro Qualifier** being held in conjunction with the **WNBF Pro Mid-America Championships**.

PROMOTERS: Dr. Joe Klemczewski, Tony Bronco, Kori Propst, Sean McCauley, & Jordan Chabinsky
e-mail: sean@thedietdoc.com phone: 812-868-8710
For more information, please visit www.midamericaproam.com

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

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.

BODYBUILDER'S POSING ATTIRE: Pre-Judging: Posing suits must be worn and be of solid color, opaque, devoid of embroidery, stripes or other embellishments. Accessories are not permitted including jewelry. At Finals, accessories & props attached to body may be used.

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

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. Music must be cued to start and recording must be of good quality. ONLY CD's are accepted. Two copies must be provided. **No profanity will be allowed. At the promoters 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 by competitors at time of polygraph). **Entries must be postmarked no later than JULY 12, 2010. All entries postmarked after July 12th will be required to pay a late fee of \$50, NO EXCEPTIONS.** Entries are nonrefundable and NO entries will be accepted after JULY 21st, 2010. (You will receive additional information by email after we receive your entry.)

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.

HOTEL: Please contact Sean McCauley for details concerning the host hotel. sean@thedietdoc.com

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/NANBF card at drug testing. INBF Cards are \$40 and can be purchased at the check-in. (Additional information about drug testing will be emailed to you after we receive 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 7 YEAR BAN FROM THE INBF/WNBF.** INBF membership required. BE PREPARED TO POLYGRAPH UP TO 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 FROM THE SHOW. You will receive a VERY complete packet of information detailing everything you need to know. This packet will be sent out via email, so PLEASE provide the 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 (_____) _____ E-Mail _____

Occupation: _____ Current I.N.B.F. Card Exp. Date _____ Last 4 Digits of your SS#: _____

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

A fee of \$25.00 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 the age of 18, signature of parents or legal guardian is required.

PLEASE CHECK ALL DIVISIONS YOU ARE ENTERING

- FIGURE OPEN** **WOMEN'S FIT BODY** **FIGURE NOVICE (No crossover to Beginner)**
 MEN'S NOVICE BODYBUILDING **TEEN BODYBUILDING** **COLLEGIATE** **MASTERS FIGURE 40+ (PRO QUALIFYING)**
 GRAND MASTERS (55+) **MEN'S MASTERS 40+ (PRO QUALIFYING)**

MENS OPEN BODYBUILDING (No crossover. WNBF Pro Qualifying division)

() Bantamweight - under 150 lbs. () Lightweight - 150 1/4 to 165 lbs. () Middleweight - 165 1/4 lbs. to 176 lbs.

() Light Heavy - 176 1/4 lbs. to 190 lbs. () Heavyweight - over 190 lbs.

MENS NOVICE BODYBUILDING (No crossover) () Lightweight - under 165 lbs. () Middleweight - 165 1/4 lbs. to 176 lbs.

() Light Heavy - 176 1/4 lbs. to 190 lbs. () Heavyweight - over 190 lbs

WOMENS OPEN BODYBUILDING (No crossovers. WNBF Pro Qualifying division) () Lightweight - under 118 lbs. () Heavyweight - 118 lbs. & over

WOMENS NOVICE BODYBUILDING (No crossovers) () Lightweight - under 118 lbs. () Heavyweight - 118 lbs. & over

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 Bodybuilding & Fitness Federation, Inc. (INBF), 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 Natural Mid-America, 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 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):

_____.