

2009 INBF NATURAL SPRINGFIELD MISSOURI CLASSIC

Bodybuilding, Fit Body and Figure Championships

DATE: Saturday, November 7, 2009

LOCATION: Missouri State University
Plaster Student Union
901 South National
Springfield, MO 65897

SANCTIONING: The International Natural Bodybuilding Federation. This show is a WNBF Pro Qualifier.

PROMOTERS: Michael and Lana Thomas
Email: Michael03champ@yahoo.com

TICKETS: Tickets will be available the Day of the event.

AWARDS: Awards will be given to the Top 5 in each class. Overall winners will receive beautiful trophies

CLASSES: Height classes apply to Fit Body and Figure divisions. Weight divisions will apply to all bodybuilding categories. Contest promoters

BODYBUILDER'S POSING ATTIRE: Prejudging, 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 and 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 finals. If you are entered in more than one class you will

pose only once. Music will be limited to 60 seconds. Music must be cued to start and recording must be of good quality. ONLY CD's are accepted. Two copies should be brought to the event. NO PROFANITY WILL BE ALLOWED. MUSIC CONTAINING PROFANITY WILL BE IMMEDIATELY TURNED OFF.

ENTRY: Entry fee is \$45.00 Cross over Fee is \$30.00 Polygraph Fee is \$40.00 (cash paid directly to Event Polygrapher by competitors at time of polygraph). Entries must be postmarked no later than October 24, 2009. All entries post marked after October 21, 2009 will be required to pay a late fee of \$50.00, NO EXCEPTIONS. Entries are nonrefundable and NO entries will be accepted after October 29, 2009. (You will receive additional information by mail after we receive your entry).

TRAVEL: Springfield is close to Springfield-Branson Airport and Branson Regional Airport. Directions will be provided once entry is received. Car Rentals and Shuttle service will be available.

HOTEL: Comfort Inn, 3370 East Battlefield, Springfield, MO 65804 Ph 417-520-6200

WEBSITE: www.buildmusclelosefat.org or www.buildmusclelosefat.org/forum

ELIGIBILITY: The competition is open to all physique athletes who have NOT at any time during the 84 months prior to the day preceding the event, engaged in the personal use of anabolic steroids, or any other growth enhancing drugs, diuretics, prohormones, (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 \$40.00 and can be purchased at the check-in. (Additional information about drug testing will be mailed to you after we receive your entry). All competitors MUST be of amateur status (must NOT receive any cash prize from any bodybuilding, figure or fitness organization).

NOTE: NANBF membership cards will be accepted at all INBF shows for the entire 2009 calendar year, provided they are current (not expired).

TESTING AND CHECKING: 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 TESTING 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. 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. 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 this entry form.



(CUT AND MAIL BELOW THIS LINE)

(CUT AND MAIL BELOW THIS LINE)

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MONEY ORDER IS THE ONLY FORM OF PAYMENT NO PERSONAL CHECKS WILL BE ACCEPTED!!!

MAIL ALL ENTRIES TO: Michael Thomas
1927 South National Suite B
Springfield, MO 65804

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****

NAME: _____
AGE: _____ **SEX:** _____ **YOUR EXACT HEIGHT** _____
ADDRESS: _____
CITY: _____ **STATE:** _____ **ZIP:** _____
PHONE: day _____ evening _____
EMAIL: _____
OCCUPATION: _____
CURRENT INBF CARD EXP. DATE _____
LAST 4 DIGITS OF SS# _____

- | | | |
|---|--|--|
| <input type="checkbox"/> BEGINNER FIGURE | <input type="checkbox"/> OPEN FIGURE | <input type="checkbox"/> WOMEN'S FIT BODY |
| <input type="checkbox"/> FIGURE NOVICE (NO CROSSOVER TO BEGINNER) | <input type="checkbox"/> TEEN BB | <input type="checkbox"/> COLLEGIATE |
| <input type="checkbox"/> MENS NOVICE BB | <input type="checkbox"/> MASTERS (45-54) | <input type="checkbox"/> GRAND MASTERS (55+) |
| <input type="checkbox"/> SUBMASTERS (35-44) | <input type="checkbox"/> MASTERS FIGURE 40+ (PRO QUALIFYING) | <input type="checkbox"/> MENS 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 to 190 lbs.)
 Heavyweight (over 190 lbs.)

MENS NOVICE BODYBUILDING (No crossover to open due to WNBF Pro Qualifying)
 Lightweight (under 165 lbs.) Middleweight (165 1/4 to 176 lbs.)
 Lightweight (176 1/4 to 190 lbs.) Heavyweight (over 190 lbs.)

WOMENS OPEN BODYBUILDING (No Crossover. WNBF Pro Qualifying Division)
 Lightweight (under 118 lbs.) Heavyweight (118 lbs and over)

WOMENS NOVICE BODYBUILDING (No crossover to open due to WNBF Pro Qualifying)
 Lightweight (under 118 lbs) Heavyweight (118 lbs and over.)

FREE EVENT T-SHIRT: Please check one
 Small Medium Large XL XXL
 Additional Event T-shirts are available at \$20.00/item Total \$ _____

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WAVIER

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 and Fitness Federation, Inc. (INBF), Missouri State University, Springfield, Missouri, World Natural Bodybuilding Federation, Inc (WNBF). Promoters, Michael and Lana Thomas 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 2009 INBF Natural Springfield, MO Classic, November 7, 2009 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

Print Name: _____ Date: _____

Signature: _____ Date: _____

IF COMPETITOR IS UNDER 18:

I am the parent/legal guardian of the individual named above and have full legal capacity to consent to the INBF Bodybuilding rules and regulations. I have read this wavier and agree to its terms.

Name (print) _____

Address: _____

City: _____ State: _____

Zip: _____

Phone: _____

Email: _____

Signed: _____ Date: _____