



**WASHINGTON STATE**  
**Natural Bodybuilding & Figure Championships**  
**PRO-QUALIFIER FOR THE WNBFF**  
**AUGUST 09, 2008**

**PLEASE READ ENTIRE ENTRY FORM!!**

**LOCATION:** **Byrnes Performing Arts Center**  
**18821 Crown Ridge BLVD**  
**Arlington Wa 98223**

**ELIGIBILITY:**

- \* **Athletes must be drug free for a minimum of 7 years.**
- \* All contestants must be registered with the INBF. Fee is listed Below, & includes a subscription to Natural Bodybuilding & Fitness Magazine. Proof of registration or fees must accompany entry.
- \* Proof of age is required for Masters and Teens. Masters & Teen competitors may also compete as Open **or** Novice (**not both**).
- \* Novices are those whom have not placed 1<sup>st</sup> in any novice weight Class division, nor placed in the top 3 in an open contest for any Organization.

**DRUG TESTING:**

- \* All contestants are required to take a 7 year drug-free polygraph Exam. Contestants who have proof of passing a certified INBF polygraph within the last 90 days may be accepted.
- \* Open class winners will be urine tested. Promoters have the discretion to ask any athlete to take a urine test.
- \* Please carefully read through the list of INBF banned substances on the entry form, and **sign** statement at the bottom of the entry.
- \* Polygraph fees are \$40, and are due with entry.
- \* You will be contacted in August with the time for your test. All examinations will be at the contest hotel.  
Appointments will be set in the order of entries received.

**Drug testing policies & procedures are strictly adhered to!!**

**ENTRY FEE:** **\$35.00** (\$25 to crossover to a second division).  
**Promoters have the option not to accept late entries**

**\*\*\* Only Money Orders or Certified Checks Accepted \*\*\***

**DEADLINE:** Please send entries by **08/01/2008**  
If going to be late please phone in entry **360-653-7414**.

**PREJUDGING:** 10:30 a.m. **All athletes check-in at 9:00 for briefing.**  
**DO NOT BE LATE!** Mandatory poses only. No Body building routines.

**FITNESS ROUTINES WILL BE DONE IN PREJUDGING.**

**FINALS:** **6:00 p.m.** Top 5 competitors in each class will pose at night.  
Athletes who enter 2 divisions will pose in the first event only.

**AWARDS:** Awards will be presented to all competitors.  
First through third place winners will receive Niels Andersen awards.  
Overall winners (divisions with 2 or more classes) will receive  
Swords/daggers.  
Best Posers winners also awarded.

**Open overall bodybuilder winners, and Masters Men, will be eligible for a  
WNBF Pro Card, and can compete for cash at WNBF events. Figure Overall  
Winner will qualified for Pro figure WNBF events.**

**MUSIC:** Posing is limited to 90 seconds at finals show. Music will be cut off  
At 90 seconds! **Music must be on a CD.**  
Fitness girls maximum two minute routine.

**VIDEO:** **Videotaping is prohibited.** Professional videographer will tape the contest.

**TICKETS:** Prejudging: **\$17.00** Finals: **\$22.00** VIP SEATING FINALS ONLY **\$27.00**  
Tickets are general admission For Prejudging, so arrive early for best seats.  
Limited VIP Seating. Front section of Venue. Finals Only. Purchase early.  
Tickets may be purchased at the door, or in advance by calling 360-653-7414.

**HOTEL#1:** Quality INN  
5200 172<sup>nd</sup> St NE Bldg. E  
Arlington WA. 98223  
360-403-7222

**MUST MAKE RESERVATIONS BY JULY 15<sup>th</sup> TO GET SHOW RATE**

**Summary of Fees: All fees must accompany application**

* Entry fee (add \$25 if entering 2 divisions):	\$35
* Drug Testing fee:	\$40
* INBF registration: U.S. Residents	\$35
* INBF registration: NON Residents	\$50

**ALL FEES MUST BE PAID BY MONEY ORDER or CERTIFIED CHECK**  
**MAKE OUT TO KEVIN & DENISE JAMES.**

**\*\*\*\* ENTRY DEADLINE IS AUGUST 1st \*\*\*\***

**SEND COMPLETED ENTRY FORM & FEES TO:**

**Kevin & Denise James  
INBF Promotions  
6331 98<sup>th</sup> PL NE  
Marysville, WA 98270**

**THANK YOU FOR SUPPORTING NATURAL BODYBUILDING & THE INBF!  
WE HOPE YOU ACHIEVE YOUR PERSONAL BEST!**

## OFFICIAL ENTRY FORM

CLASSES: Check weight division(s) entered (*Contestants are weighed at polygraph appt.*)

- MEN'S OPEN             LIGHTWEIGHT - under 156 lbs.  
                               MIDDLEWEIGHT - 156 1/4 to 176 lbs.  
                               LIGHT HEAVYWEIGHT - 176 1/4 to 190 lbs.  
                               HEAVYWEIGHT - over 190 lbs.
- WOMEN'S OPEN         LIGHTWEIGHT - under 118 lbs.  
                               HEAVYWEIGHT - over 118 lbs.
- NOVICE                 MEN - Classes to be announced  
                               WOMEN - Classes to be announced
- TEENS (13-19)         MEN  
                               WOMEN
- MASTERS               MEN (Over 40)  
                               WOMEN (Over 40)
- WOMEN'S FIGURE      Two piece swimsuit round only! Short/Tall classes (TBA)
- WOMEN'S FITNESS    Two piece swimsuit round and 2 min routine.  
MIXED PAIRS          **Need Three Couples To Offer Class!!! Enter Early**

\* Masters and teens classes may be further divided depending on number of contestants.  
\* Masters and teens have the option to also enter the Open or Novice divisions if they wish.

**Name** \_\_\_\_\_ **Age** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Work Phone** \_\_\_\_\_

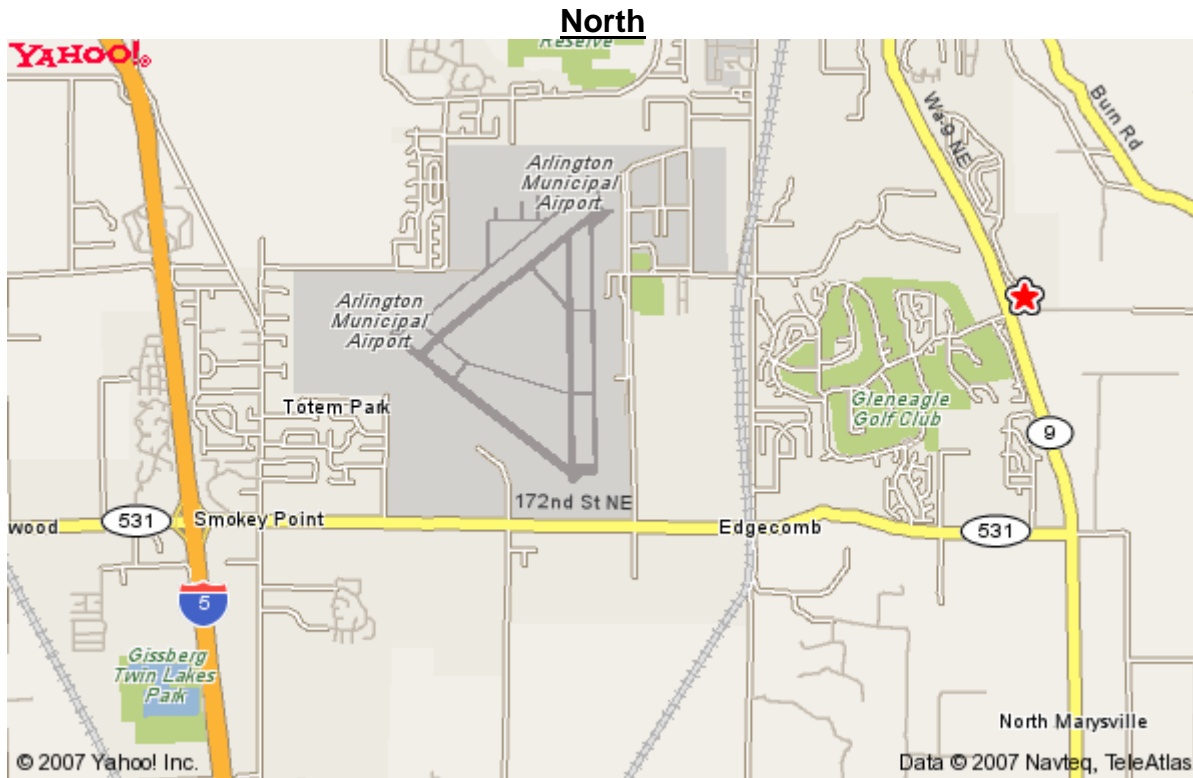
**Gym Representing** \_\_\_\_\_ **Email** \_\_\_\_\_

In consideration of acceptance of 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 International Natural Bodybuilding and Fitness, Inc. (INBF), World Natural Bodybuilding Federation, Inc. (WNBF), the promoters, Kevin & Denise James, and any and all sponsors, agents, representatives, and assigns for any and all injuries and/or losses suffered by me as a result of my participation and/or attendance and traveling to and from the 2008 INBF Washington State Natural Bodybuilding & Figure Championships on August 09, 2008. I also waive any/all rights to photographic materials allowing the same to be used for promotions and sales.

CONTESTANT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
(Signature of parent required if under 18 years of age)

## **Directions to Venue are as follows**

Take Exit 206 off Interstate 5, go east on 172nd Street NE , travel 3.4 miles to State Route 9, turn left on Route 9 (north) go .9 miles, at the traffic signal turn right (east) on Crown Ridge Blvd .1 miles to the High School.  
If you need help with directions call 425-238-8800.



**After Party will be held at  
EL GITANO MEXICAN RESTURANT. 360-653-1400**

**3525 168<sup>TH</sup> St NE  
Arlington WA.**

**Go back towards Hwy 9. Turn Left onto hwy 9, Turn right onto 172<sup>nd</sup> St NE, Turn Left onto  
Smokey Point BLVD. Turn Left onto 168<sup>th</sup> St NE.**

