



WASHINGTON STATE
Natural Bodybuilding & Figure Championships
PRO-QUALIFIER FOR THE WNBFF
AUGUST 08, 2009

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 1st 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 \$45.00, 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: **\$40.00** (\$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 08/01/2009
If going to be late please phone in entry 360-653-7414.
(\$30.00 Late Entry Fee)

PREJUDGING: 9:00 a.m. **All athletes check-in at 8:00 for briefing. DO NOT BE LATE!**

**Mandatory poses only. No Body building routines.
FITNESS ROUTINES WILL BE DONE IN PREJUDGING.**

FINALS: 5:00 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.

**WNBF Pro Cards will be awarded to: Open overall women, men
And men's masters bodybuilders, open figure and Ms Fit Body.**

MUSIC: Posing is limited to 60 seconds at finals show. Music will be cut off
At 60 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 Tickets early for best seating.
Tickets may be purchased at the door, or in advance at
www.byrnep Performingarts.org

**If you have any Questions about the
show Please call us at (360)653-7414.
Ask for Kevin or Denise James.**

HOTEL#1: Medallion Hotel
16710 Smokey Point Blvd.
Arlington, WA 98223
(360) 657-0500

www.medallionhotel.net

Hotel Has Pool, restaurant, & Some Cardio Equipment. Also has a lounge. Located across the street from the after party. It is 4.5 miles from the Venue

HOTEL#2: Quality INN **Poly Graph Hotel**
5200 172nd St NE Bldg. E
Arlington WA. 98223
(360) 403-7222

Hotel has some cardio equipment. The Hotel is located across the street from the airport. It is 3.19 miles from the Venue

MUST MAKE RESERVATIONS BY JULY 7th TO GET SHOW RATE

**ATTENTION ALL ATHLETES.
PLEASE BRING YOUR OWN SHEETS & TOWELS TO THE HOTELS.
IF YOU STAIN ANY HOTEL SHEETS OR TOWELS YOU WILL BE RESPONSIBLE FOR ALL DAMAGES TO THEM.**

Summary of Fees: All fees must accompany application

| | | |
|---|----------------|---------------------------------|
| * Entry fee (add \$25 if entering 2 divisions): | \$40 | |
| * Drug Testing fee: | \$45 | |
| * INBF registration: | U.S. Residents | \$40 |
| * INBF registration: | NON Residents | \$50 Please figure US Currency. |

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 98th PL NE
Marysville, WA 98270

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

(DREAM TAN BANNED!!!!)

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 (Weight_____)
 WOMEN - Classes to be announced (Weight_____)
- NOVICE FIGURE Two piece swimsuit round only! Short/Tall classes (TBA) Ht: _____
TEENS (13-19) MEN
- MASTERS MEN (Over 40)
 WOMEN (Over 40)
- WOMEN'S FIGURE Two piece swimsuit round only! Short/Tall classes (TBA) Ht: _____
Masters figure 40 and over—non pro-qualifier must crossover to qualify Ht: _____
Ms. Fit Body New Category, See web site for details. Ht: _____
- 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** _____

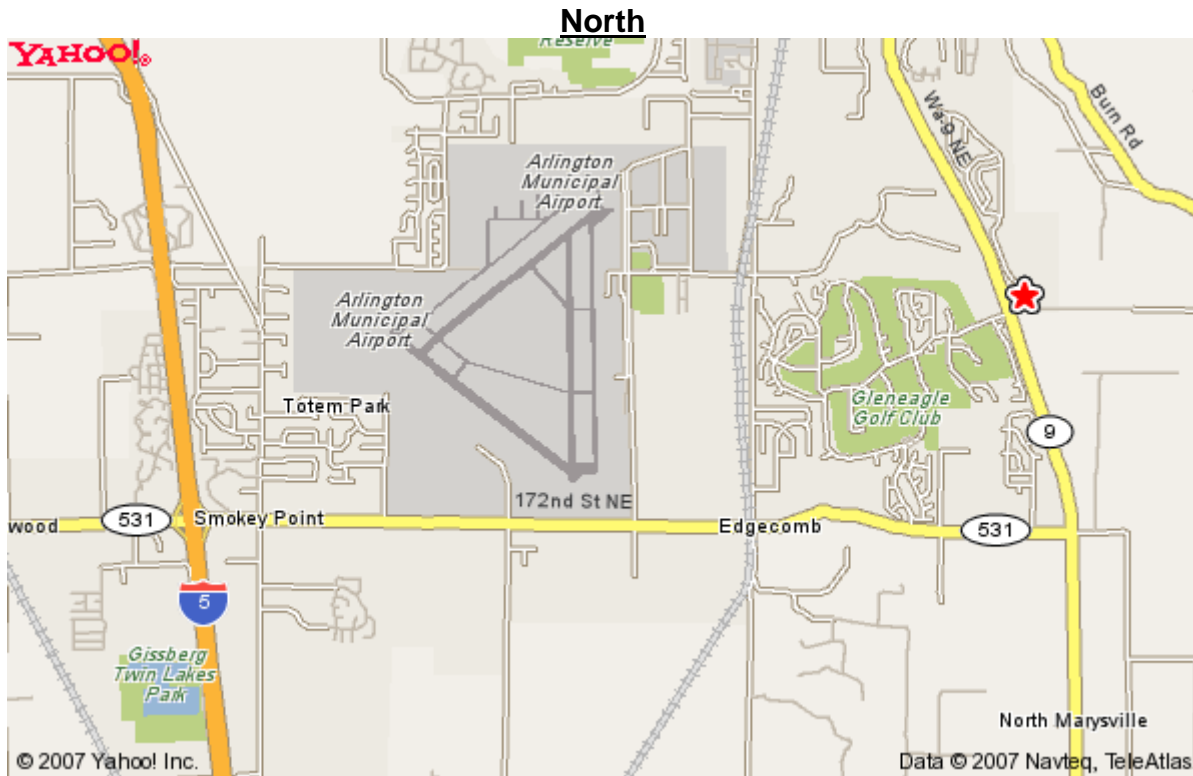
In consideration of acceptance of this entry, I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights and claims for damages I may have against International Natural Bodybuilding and Fitness, Inc. (INBF), World Natural Bodybuilding 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 2009 INBF Washington State Natural Bodybuilding & Figure Championships on August 08, 2009. 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)

PARENTS SIGNATURE _____ DATE: _____

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 168TH St NE
Arlington WA.

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

