



BRENDA RAHE PRESENTS



2011 INBF Central USA Natural Bodybuilding, Fit Body & Figure Challenge

NEW FOR 2011:

THIS SHOW IS NOW A WNBF PRO-QUALIFIER FOR THE MEN'S & WOMEN'S MASTERS BODYBUILDING DIVISIONS & THE MASTERS FIGURE DIVISION!

THE SHOW WILL ALSO REMAIN A WNBF ROOKIE-PRO QUALIFIER FOR THE MEN'S OPEN BODYBUILDING AND FIT BODY DIVISIONS!

How WNBF Rookie Pro-Qualifying Shows Work:

A Rookie Pro Card allows athletes to compete in WNBF professional events for the remainder of the calendar year upon earning this status. Should the athlete fail to earn prize money during that period, he or she returns to amateur status. If the athlete wins prize money, he or she will be granted full WNBF professional status.

- Date: Saturday, May 7, 2011
Location: UW-Sheboygan Fine Arts Theatre, 1 University Drive, Sheboygan, WI 53081
Schedule: Check-in Noon - 1:00 pm (sharp). Prejudging 2:00 pm. Evening Show 6:00 pm
Entry Deadline: Entries must be postmarked by Saturday, April 23, 2011. ABSOLUTELY NO LATE ENTRIES.
Entry Fee: \$40.00 each division - not refundable.
Posing: Bodybuilding - symmetry and mandatory posing at pre-judging, 90-second maximum posing routine at evening show.
Eligibility: Open to all amateur athletes who possess a current INBF card (\$40) which may be purchased day of show, and includes a 1-year subscription to Natural Bodybuilding & Fitness magazine.
Testing: All athletes must be free of strength and growth inducing drugs and prescription diuretics for 7 years prior to the contest.
Awards: Men's & Women's Bodybuilding 1st - 5th place in each weight class. Best posing routine award for Men's and Women's Bodybuilding, as well as overall award for Men's and Women's Bodybuilding.
Ticket Sales: Tickets may be purchased in advance or day of show. Call Brenda at 920-453-9604, or E-mail absdefinition@aol.com to purchase tickets in advance.
Coverage By: Natural Bodybuilding & Fitness Magazine, Pro Natural Muscle Newspaper, www.brendarahe.com, www.inbf.net, local media.

ENTRY FORM

Name: _____ Age: _____
Street: _____
City: _____ State: _____ Zip: _____
Daytime Phone: (____) _____ Evening Phone: (____) _____ E-Mail: _____
So your gym can receive natural bodybuilding information, please provide the name and address of the gym you workout at:
Name: _____ Street: _____
City: _____ State: _____ Zip: _____
Divisions: Check one for each entry fee submitted.
Men's Open Bodybuilding: [] Bantamweight under 150 lbs [] Lightweight 150 1/4 to 165 lbs [] Middleweight 165 1/4 to 176 lbs [] Light Heavyweight 176 1/4 to 190 lbs [] Heavyweight 190 1/4 lbs and over
Women's Open Bodybuilding: [] Lightweight under 120 lbs [] Heavyweight over 120 lbs
Master's Bodybuilding: [] Men's Masters (40-49) [] Men's Grandmasters (50 & Over) [] Women's Masters (40-49) [] Women's Grandmasters (50 & Over)
Teen Bodybuilding: [] Men's Teenage (age 13-19) [] Women's Teenage (age 13-19)
Bodybuilding Wheelchair Division [] Men's [] Women's
Ms. Fit Body: [] Height _____
Women's Figure: [] Women's Open Figure Height _____ [] Women's Masters Figure (40 & Over) Height _____

* Classes may be adjusted at the discretion of the contest director based on entries *

WAIVER: In consideration of your accepting this entry, I herby 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), World Natural Bodybuilding Federation, Inc. (WNBF), UW-Sheboygan, Brenda Rahe 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 2011 INBF Central USA Natural Challenge, May 7, 2011, 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, prohormones, 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, 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): _____