



INBF 2019 Mr & Ms Super Natural, Pro qualifier
 & Transformations, Fit Family, Fit Couple
October 19, 2019 Buffalo, NY Approx. show times, noon – 5pm

DATE: October 19, 2019

VENUE: Maryvale Senior HS, 1050 Maryvale Drive, Buffalo NY 14225

TIME: SHOW TIME 12pm (competitor check in 10am) and runs straight thru to the end (approx 5pm).

CONTACT: Marian Giallombardo 716.445.5603, wnbfbuffalo@gmail.com

HOST HOTEL (POLYGRAPH TESTING IS AT HOST HOTEL/AT VENUE FOR SAT APPOINTMENTS): Best Western, 510 Delaware Ave., Buffalo, NY 14202, CALL the hotel number direct for show rate, 716.886-8333.

FOR THE DISCOUNTED RATE you must tell them you are with INBF Fitness Show: They have set aside a block of rooms at a special discounted rate. This rate is NOT available online or via the 1-800 number.

OTHER INFO: Tanning/polygraph & other info on page 3 of this application and on our website and the checklist.

ENTRY FEES (BB, MS FIT, PHYSIQUE, BIKINI, FIGURE):

Canadians need to pay with international money order and in US dollars.

Super Early Bird: Postmarked up to 9/07/19, \$35, additional classes \$30 each & free t-shirt

Early bird: 9/8/19 – 9/20/19; \$45 and \$35 each additional class & get free t-shirt.

FREE T-shirt: Postmarked by 10/1/19

Regular rate: Postmarked 9/21 – 10/11. \$60 and \$45/each additional class {free t-shirt postmarked by 3/5}.

Late Entry: 10/12/19 and after - \$80 and \$50/each additional class. No free t-shirt.

ENTRY FEES NON SANCTIONED CLASSES: (add \$15 if postmarked after 10/06/19)

{Free T-shirt if postmarked by on or before March 5, 2019}

Fit Family/Fit Couple - \$100 max or \$25 per person (no polygraph/WNBF card needed, unless in other classes)

Fit Mom/Grandma/Dad/Grandpa -\$40 (polygraph required, WNBF card needed)

Transformations - \$35 (no polygraph & no WNBF card needed)

Ms. Curvy / Mr. Buff - \$45 (no polygraph & no WNBF card needed)

FREE T-shirt if POSTMARKED BEFORE 10/1/19 (fill in size below: small - 1X)

T-shirt size _____ sm, med, lg, 1X

To purchase additional shirts/miss deadline for the FREE shirt, \$25 (s,m,lg)

WNBF CARD (\$70 + PROCESSING FEE, PAY ONLINE. We hand out the INBF cards at competitor meeting, www.worldnaturalbb.com/join-inbf-2):

INBF card needed for regular sanctioned classes. Not needed for transformation/fit couple/fit family/Ms Curvy).

Join on www.worldnaturalbb.com. Canadians will also need to get their INBF/WNBF card from www.worldnaturalbb.com.

Name _____ Age(day of show) _____ Ph. # Day _____

Ph. # Nite _____ e-mail _____

Instagram name _____ Cell # _____

Address _____

City _____ State _____ Zip _____ Gym & trainer _____

INBF CARD: Do you have a non expired card (Y/N)(card No) _____ (go to www.worldnaturalbb.com to buy or renew)(we hand them out at the competitor meeting)

Did you buy your card online yet (check yes/no) _____ Yes, Date Purchased _____ No

Titles Won: PLEASE LIST TITLES AND CLASSES YOU PLACED (or list first-timer if it is your first show)

ELIGIBILITY:

*****(Transformation/fit couple/fit family/Ms. Curvy/ Mr. Buff – do not need WNBF cards)**

Open to all amateur athletes who possess a current INBF/WNBF card (see above for how to get one). Athletes must be 10 yr. drug free from the date of show, and must submit to a polygraph test, in addition Pro card winners must submit to a urinalysis after they come off stage as required by WNBF rules. Go to <https://www.worldnaturalbb.com/drug-testing-banned-substances/> for a list of drugs

WAIVER: In consideration of your accepting 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 the World Natural Bodybuilding Federation Inc. (WNBF), Maryvale School District, Buffalo NY, Marian Giallombardo 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 2019 INBF/WNBF Mr & Ms Super Natural, Saturday October 19, 2019. I understand that, in order to compete in an INBF/WNBF-sanctioned event, I will be required to submit to up two (2) drug tests to validate a 10 year abstinence from the use any type steroids, hormones, prohormones, prescription diuretics and any and all other compounds deemed illegal by the decision of the WNBF concerning my participation in an WNBF-sanctioned contest pending the results of one or both tests, as well as my adherence to all INBF rules and regulations. Failure to pass WNBF/INBF drug tests or failure to adhere to WNBF rules and regulations will result in my expulsion from the competition in question, as well as loss of WNBF eligibility for seven years. I also agree to submit to any and all out-of-season testing required by WNBF and agree to stand by the results of said testing, whatever it may be.

Signature _____ Parent(for those under 18) _____ Date _____

MAIL TO

Mail page 1 & page 2 and make money order/check payable: Marian Giallombardo. Mail to 192 Louvaine Dr, Buffalo NY 14223. AFTER October 6, ONLY MONEY ORDERS ACCEPTED. Due to the high bank fees Canadians please pay by International money order.

CLASSES***

1. ONE IS EITHER NOVICE OR OPEN, NOT BOTH
2. Novice: Has not placed in the top 3 in and open weight class & not placed first in a novice contest.
3. Debut can NOT cross into open, but can cross into novice, masters, teen.
4. Bodybuilders & Fit Family & Fit Couple – 60 second routine maximum.
5. CROSSOVERS into other classes: You can cross over into Teens & Couples & Over 40/50/60 Classes or into other categories but one is either Open or Novice. The debut (first-timer class) can do novice, but not open. (call Marian for further explanation 716-445-5603 or email wnbfbuffalo@gmail.com)
6. Sanction Classes (ex bodybuilding, figure, etc... can cross over into non-sanctioned (such as transformation)

Bodybuilding:

Men (only check a weight class if you are open, novice please fill in approx show weight.

Men's OPEN: () LW- up to 165 () MW- 165 1/4 -176 () LHW- 176 1/4 -190 lbs () HW- over 190 lbs.

Men's DEBUT: () - approx show weight _____ {we will divide up novice class at day of show}.

Men's NOVICE: () - approx show weight _____ {we will divide up novice class at day of show}.

Other Men's Bodybuilding Classes: () teen () 40+ () 50+ () 60+

Women's () Open LW -under 118 lbs. () Open HW -118 lbs. & over () Novice () 40+ () 50+

Other bodybuilding Classes: Couples/pairs (), Wheelchair: Men() Women ()

Men's Physique: height ____ weight ____ () Open () Novice () Debut () teen () 40+ () 50+ () 60+
Women Ms Fit (aka) Physique: ____ your height: () open () Debut () novice () 40+ () teen
Womens Fitness ()
Bikini: (height barefoot ____) () Open () Debut () Novice () Jr -19 yrs & under () 40+, () 50+
Figure: (Your height ____ (bare foot): () Open () Debut () Novice () 40+ () 50+

Non Sanctioned Classes: see below for more info

-These classes are fun & family-oriented. This is a chance to show off your hard work. (see below for details)
Fit Family () **Fit Couple** () **Transformation Class** () **Fit Mom** () **Fit Dad** ()
Fit Grandma/Grandpa () **Ms. Curvy** () **Mr. Buff** ()

KEEP PAGE 3 FOR REFERENCE & MAIL BACK PAGE 1 AND 2

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POLYGRAPH: E-MAIL OUR POLYGRAPH PERSON, MYRA (esscteam@aol.com.) FOR AN APPOINTMENT. (\$60 cash only for polygraph) YOU are responsible to make the appointment. Call/email for apt approx 4-6 weeks before the show or as soon as you know you are doing the show. Appointments are usually the Thur and/or Fri before the show at the host hotel (see above for address). Some spots are open Sat (at the venue) for those coming from out of town the day of the show.

NOTE:

Also print the "checklist" from our website as it will cover other info

READ THIS ***MORE IMPORTANT INFO*******

1. **Polygraph test** – see above for where to call to make your apt. YOU PAY POLYGRAPHER (\$60) IN CASH THE DAY OF YOUR TEST, do NOT include polygraph fee with application.
2. Transformations, Ms. Curves, Mr. Buff, Fit Couple, Fit Family don't need the WNBFB Card.
3. **INBF membership card** -(unless you have one not expired by 10/19/19). Go to www.worldnaturalbb.com to get your card (click "join" in the upper left hand corner of the website).
4. **FEES:** Make sure all fees are paid (application fee for each class if in more than one class). Payable to Marian Giallombardo. No checks accepted after October 6. Canadians send US money orders please.
5. **Book host hotel** - if you need a hotel. See above or see checklist for info.
6. **Tanning:** Buffalo Airbrush Tan. www.buffaloairbrushtan.com. 716-579-4548.
7. **Makeup & hair:** call marian 716-445-5603
8. **Sugaring** info go to www.northernstatessupernatural.com for details.
9. **Lash extensions** call marian 716-445-5603
10. **Photography** by Mike Zuch. Go to www.zuchphoto.com/fitbuffalo to book your apt. for special rates. Or email Mike@zuchphoto.com, or call/text 716-417-5816.
11. You are either open OR novice, NOT both. New or newer competitors most likely should be in novice class.
12. **T-shirts** free only for applications post marked by 10/1/19. Or you can purchase them. (see page 1).
13. **Tickets** (to purchase and for pricing) – see website for link for the advance order form or purchase at door.
14. **MAIL APPLICATION/PAYMENT:** see page 2.
15. **Questions**, call/text Marian 716-445-5603, wmbfbuffalo@gmail.com.
16. If you win a **pro card**, you must remain after the show for your **urine test**...Consider doing the one of the upcoming WNBFB pro shows. Go to worldnaturalbb.com for complete listing.
17. **Banned Substance list** – go to www.worldnaturalbb.com
18. **Fit Family/Fit Couple-** 60 sec on stage routine as a family. Attire: men-Shorts, women/kids-shorts & any top. Please keep clothing **family-oriented.... Call if you are not sure about acceptable clothing.**

19. **Transformation** Class – show off your hard work. Entails stage walk of your choice. Attire: men-Shorts (shirt if you want), women/kids-shorts & any top. Can wear tasteful swimsuit if you want. Call Marian about the “before & after” photos (for those who care to share them). Bio (200 – 499 words - bring to show).
20. **Ms. Curvy/Mr. Buff**– Old-fashioned type of swimsuit/beach contest. Women - One or two piece suit- Can be store bought type, no thongs, no skimpy overly revealing suits, bare feet. Similar to old fashioned bathing beauty contests/pinup. **Bring your curves. We are NOT looking for super thin ladies.** Men – **NOT a bodybuilding or large muscled look.** All ages welcome. Bring a beach towel or sarong if you would like.
18. **TRAINERS:** Will need to buy a ticket, BUT NO additional trainer pass fees! Trainer pass handed out at competitor meeting.
19. **Music** (for bodybuilders only): 60 sec (90 sec pros). Handed to sound person before your routine.

*** The promoters have the right to change/combine/delete classes due to participation (or other reasons)

Mail application fees to Marian Giallombardo,

192 Louvaine Drive, Buffalo, NY 14223, USA

MORE INFO: 716-445-5603, wmbfbuffalo@gmail.com

wmbfbuffalo@gmail.com; www.northernstatessupernatural.com