

2010 INBF Monster Mash Bodybuilding and Figure Application

Saturday November 6, 2010

Marlborough Middle School

Prejudging 11:00 AM Finals 5:00 PM

Entry fee for all classes \$60.00 (*Competitors will pay the polygrapher directly for testing.) -. Crossover Fee \$40.00
All entry fees are payable to **NANCY ANDREWS**. The application due date is October 23, 2010. Any application received after October 23, 2010 will require a late fee of \$40. Email or call to schedule your polygraph test. We will have sites in Burlington, Marlborough, Quincy and Worcester. Additional sites may be added so check the website.

All fees are non-refundable

Figure, Master's, Novice Men and Novice Women will be split based on entries. Classes will be determined on the day of the show. Crossovers will be allowed (\$40 crossover fee). Exception - No crossovers from Novice to Open Classes. Women may do bodybuilding, fitness and figure, Best Body and Ms Fit. **Best Body Bikini and Ms Fit Body are new classes offered this year! Bikini competitors do not have to polygraph test.** The overall winners for the open classes in bodybuilding and figure will qualify for WNBF Pro status.

Check Class:

WOMEN'S CLASSES	MEN'S CLASSES
<input type="checkbox"/> Open Women LW Bodybuilding - under 118 lbs	<input type="checkbox"/> Teenage Men (19 years and under)
<input type="checkbox"/> Open Women HW Bodybuilding- 118 lbs and over	<input type="checkbox"/> Junior Men (Under 24 Years old)
<input type="checkbox"/> Master's Women Bodybuilding - over 40 years	<input type="checkbox"/> Men's Novice Competition weight _____
<input type="checkbox"/> Novice Figure Height ____ ft ____ in	<input type="checkbox"/> Open Men LW - under 156 lbs
<input type="checkbox"/> Open Figure - Women 2 piece swimsuit only.	<input type="checkbox"/> Open Men MW - 156 to 174 lbs
Please include height. Height ____ ft ____ in	<input type="checkbox"/> Open Men LHW - 174 1/4 to 190 lbs
<input type="checkbox"/> Master's Figure - over 40 years	<input type="checkbox"/> Open Men HW - 190 lbs and over
<input type="checkbox"/> BEST BODY Bikini Height ____ ft ____ in	<input type="checkbox"/> Master's Men - over 40 years
<input type="checkbox"/> BEST BODY Bikini Master's (40 yrs and over)	<input type="checkbox"/> Grandmaster's Men - over 50 years
<input type="checkbox"/> Ms. Fit Body Height ____ ft ____ in	
<input type="checkbox"/> Ms. Fit Body Master's (40 yrs and over)	<input type="checkbox"/> Fitness Women - 2 Rounds -2 piece suit and fitness routine (routine performed at finals ONLY)

Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ Email _____

Weight _____ DOB _____

Gym you represent _____

Trainer _____

Titles _____

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 releases any and all rights and claims for damages I may have against International Bodybuilding Federation Inc. (INBF), Marlborough Public School System, World Natural Bodybuilding Federation (WNBF), Nancy Andrews and any 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 at the 2010 INBF Monster Mash Bodybuilding Championship on November 6, 2010.

Signature: _____ Date: _____

Signature of parent or guardian (if under 18): _____

Complete this form, print it, and mail it along with signed Banned Substances sheet to:

Nancy Andrews, 2 Guinevere Circle, Shrewsbury, MA, 01545

HOST HOTEL - Hampton Inn Route 20 Marlborough, MA 508-787-9888 Group Rate \$89 booked by October 30, 2010