

# 2010 Mr./Ms Natural Minnesota

## Bodybuilding Figure & X-treme Fit Invitational

(North American Natural Bodybuilding Federation)

(IFPA Pro Qualifier)

May 21<sup>st</sup> & 22<sup>nd</sup>, 2010

Bloomington Jefferson High School

4001 West 102<sup>nd</sup> Street Bloomington, MN

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**Promoter:** Aaron Callister (952) 412-6945 [acflexit@aol.com](mailto:acflexit@aol.com)

**Contest Times: Figure and X-treme Fit:** Friday May 21<sup>st</sup>, 2010 at 6:00 pm.

**Bodybuilding:** Saturday, May 22<sup>nd</sup>, 2010. Prejudging: 8:30am. Finals: 5:00pm.

**Height Classes:** Height classes will apply in Beginner, Novice, & Open Divisions. Promoter reserves right to adjust classes.

**Awards:** Top 5 in each class will receive an award on stage. **All first time competitors will receive an award.**

**Pro Cards:** IFPA Pro card awarded to Open overall winners and Masters Pro Qualifying divisions.

**Posing Attire:** Bodybuilders: Posing suits must be worn and be of solid color and devoid of embroidery, stripes or other embellishments. Accessories including jewelry are not permitted. At finals, props are allowed to be used for individual routines for all classes. (Figure competitors refer to nanbf website for attire requirements)

**Posing Music:** Competitors will pose to music of their choice. If you are entered in more than one division, you will only do routine once. Music must be limited to 60 seconds in length. Xtreme fit competitors will have 120 seconds to perform their routine. Music must be cued to start and of good quality. CD's with only track of your song will be accepted. You must have 2 copies of music, which will be collected at check-in. **(no music required for figure competitors)**

**Entry Fee:** Entry fee is \$45.00 for the initial division of competition & \$30.00 for each additional division. Entries must be postmarked no later than May 1st. Entries post marked after May 1st must include a late fee of \$30.00, NO EXCEPTION. Entries are non-refundable and no entries will be accepted after May 7th. **The sooner your entry is received, the better drug time slot you will receive.** (YOU WILL RECEIVE ADDITIONAL INFO AND DRUG TEST TIME BY MAIL ONCE ENTRY IS RECEIVED)

**Drug testing:** All competitors will be polygraphed. Be prepared to be tested on Wednesday, Thursday or Friday. A \$40.00 polygraph fee will be paid by athlete directly to polygraph tester. **(CASH ONLY).** Drug test times assigned when entry is received. **Best slots go first.** If you are competing in a NANBF show within 45 days before May 22<sup>nd</sup>, please let me know upon sending your entry as poly test is good for 45 days and you will not need to be scheduled for another poly test. **Urine Testing will be done at Finals for all Open, Masters and all 1<sup>st</sup> place finishers.**

**Eligibility:** Competition is open to all athletes who have not at any time during the 84 months prior the day of this event, engaged in the use of anabolic steroids, other growth enhancing drugs, or diuretics. All athletes must present current NANBF card at drug testing. NANBF cards (\$50.00) can be purchased at check-in. **REFER TO [WWW.NANBF.ORG](http://WWW.NANBF.ORG)**

-----CUT HERE AND MAIL ENTRY FORM BELOW-----

### OFFICIAL ENTRY FORM

Please Circle division below: (bb=body building for women)

Beginner Figure--Novice-Figure--Open Figure--Masters Figure (40-over Pro Qual.)-Masters Figure (50&over)

X-tremeFit-Novice Women's bb-Open Women bb-Women's Sub master's women's bb (35-39)

Women's Master's bb (40 & over) Teen Collegiate--Novice Men - Open Men - Men's Sub master's (35-39)

Men's Master's (40-49) -Men's Grand Masters (50 & Over) -Men's Master Pro Qualifier (40 & over)

Women's Masters bb Pro qualifier bb (35 & over) Wheelchair

**\*Novice Classes: No crossover from Novice to Open. Choose one or the other.**

**\*Beginner Figure: Never competed in any show prior to May 21<sup>st</sup>, 2010.**

**\*Novice Eligibility: Never taken first place in any division.**

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Work Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_

Birth Date \_\_\_\_\_ Occupation \_\_\_\_\_ Soc.Sec. #(Last 4) \_ \_ \_ \_

Gym or Health Club \_\_\_\_\_ Trainer \_\_\_\_\_

E-mail Address \_\_\_\_\_

**Thank you's:** \_\_\_\_\_ (2 names will be read by EmCee)

**\*Ticker order form available for download at [www.naturalmnbodbuilding.com](http://www.naturalmnbodbuilding.com)**

**Mail Check or Money Order to: AC Fitness, 913 Carriage Lane, Chaska, MN 55318**