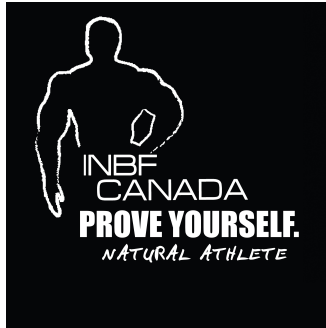


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## **2011 INBF Canada SWO Cup & Fitness & Lifestyle Expo**



**Saturday, February 19th, 2011**  
**Prejudging 1:00 pm – Evening Show 6:00 pm**  
**Competitor Meeting/Weigh-ins – Caboto Club 10:30 am**

### **Eligibility:**

Open to all amateur athletes who have a current **INBF card (\$50 USD)** (**IMPORTANT: Dues must be sent to the INBF in the U.S.A and must be a certified cheque payable in US funds to INBF INC. NO PERSONAL CHEQUES accepted**) (**Dues include subscription to NB&F magazine**) or may obtain one no later than 15 days before the date of the show. Athletes must be drug free seven (7) years from the date of the show.

### **Send Cheque or money order to:**

**INBF Canada Inc.**  
Attn: Fernando Cipriani  
3 Green Meadow Way  
Hamilton, Ontario  
L9H 3Z4

To be eligible to compete in any INBF Canada competition, competitors must complete and submit this entry form, have an INBF membership card and pay all required competition fees or desired package rate.

Overall winners for the open classes in bodybuilding, figure and Ms. Fit Body will qualify for WNBF pro status. Masters winners will be qualified to compete in all WNBF Pro Masters events.

### ***Athletes Receive***

- Chance for overall WNBF Pro Card.***
- Full Access to 2-day Expo***
- Official T-shirt
- Chance to win an official INBF Canada Jacket, (valued \$150)
- Product from Fusion Bodybuilding
- Winners have chance to appear in Natural Bodybuilding & Fitness Magazine, Pro Natural Muscle Newspaper and the Official INBF Canada Calendar.
- Medal for all Participants
- Sculptured Trophies for 1<sup>st</sup> to 3<sup>rd</sup> place.
- Over \$4000 in prizes.
- AND MORE....

**Will receive email 3 weeks before event to book polygraph (competitor responsible to contact polygrapher, email will provide info to contact polygrapher) Polygrapher Myra Graver at (esscteam@aol.com).**

### **Please Checkmark One of the Following:**

- Applications received 10 days prior to competition date will be subject to a \$50 late fee.**
- Make all cheques payable to INBF Canada Inc.**

**DVD's of event available for purchase at the event.**

**ENTRY FEE PAID BY SENDING CHEQUE OR MONEY ORDER TO FERNANDO AT THE ADDRESS ABOVE.**

Photo's & Video packages can be purchased at the event.

**\_\_\_ Basic Package \$140.00 Plus 5% GST(Additional Class add \$25)**

Entry Fee \$50

**Additional Class (please add to total) - \$25**

Polygraph test \$90.00

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Please check the appropriate class and divisions:

**Open Men:** ( ) Lightweight – under 165 lbs  
**PRO CARD** ( ) Middleweight – 165 1/4 to 180lbs  
( ) Heavyweight – 180 1/4 and up

**Open Women:** ( ) Lightweight – under 118 lbs  
**PRO CARD** ( ) Middleweight – 118lbs and over

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**Masters Men:** ( ) Over 40 ( ) Over 50 ( ) Over 60      **Masters Women:** ( ) Over 40 ( ) Over 50 ( ) Over 60

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**Ms. Fit Body:** ( ) Height \_\_' \_\_" (Promoter will divide  
**PRO CARD** into classes) (With Shoes On)

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**Best Body Women:** ( ) Height \_\_' \_\_"  
(Promoter will divide into classes)  
(With Shoes on)

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**Mr. Fitness:** ( ) Weight (    lbs)

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**Figure Women:** ( ) Height \_\_' \_\_" (Promoter will divide  
**PRO CARD** into classes) (With Shoes On)

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_ Phone (home): \_\_\_\_\_ (cell or work): \_\_\_\_\_

Birthdate: \_\_\_\_\_ Approx. contest day weight: \_\_\_\_\_

Gym: \_\_\_\_\_ Trainer: \_\_\_\_\_

Titles: \_\_\_\_\_

Acknowledgements: \_\_\_\_\_

**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 International Natural Bodybuilding Federation, Inc. (INBF), Caboto Club, World Natural Bodybuilding Federation, Inc. (WNBF), Mathew Park, Fernando Cipriani 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 Canada SWO Cup, Saturday, February 19<sup>th</sup> 2011, or for any and all media coverage thereof. I understand that, in order to compete in an INBF-sanctioned event, I will be required to submit up to two (2) drug tests to validate a seven year abstinence from the use of any type of steroids, hormones, pro-hormones, prescription diuretics and any and all other 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 INBF rules and regulations. Failure to pass INBF drug tests 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 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): \_\_\_\_\_